

## CMHA Pamphlets

- Children and Attention Deficit Disorders
- Children and Depression
- Children and Difficult Behavior
- Children and Family Break-up
- Children and Self-Esteem
- Children and the Stress of Parenting
- Children and their Fears
- Coping with Unemployment
- Depression and Bipolar Disorder
- Depression in the Workplace
- Eating Disorders
- Feeling Angry?
- Grief After Suicide
- Grieving
- Growing Older
- Mental Health for Life
- Mental Illness in the Family
- Mental Illnesses
- Obsessive Compulsive Disorder
- Phobias and Panic Disorder
- Post-Traumatic Stress Disorder
- Postpartum Depression
- Preventing Suicide
- Reflections on Youth Suicide
- Schizophrenia
- Seasonal Affective Disorder
- Separation and Divorce
- Stress
- The Myths of Mental Illness
- Understanding Anxiety Disorders
- Violence and Mental Illness
- When A Young Person is Suicidal
- You and Your Aging Parents
- "Mental Fitness-Ours to Share" – the CMHA/PEI Division semi-annual newsletter
- CMHA Program pamphlets

These publications, as well as many other resources on mental health and mental illness, are available at:

- 1) **Consumer & Family Support Program**  
(628-1648 or toll-free 1-800-682-1648)  
178 Fitzroy Street, Charlottetown
- 2) **Consumer & Family Support, East Prince**  
61 Duke Street, Summerside (436-7399)
- 3) **Consumer & Family Support, West Prince**  
1 College Street, Alberton (853-4180)

## Where Are We?

The Canadian Mental Health Association has three offices on Prince Edward Island:

### CMHA/PEI Division

178 Fitzroy Street  
P.O. Box 785  
Charlottetown, PE C1A 7L9  
**Phone:** (902) 566-3034  
**Fax:** (902) 566-4643  
**email:** [division@cmha.pe.ca](mailto:division@cmha.pe.ca)  
**Web Page:** [www.cmha.pe.ca](http://www.cmha.pe.ca)

### CMHA/Prince County

61 Duke Street  
Summerside, PE C1N 3R9  
**Phone:** (902) 436-7399  
**Fax:** (902) 436-2209  
**email:** [adminmanager@cmha.pe.ca](mailto:adminmanager@cmha.pe.ca)

### CMHA/West Prince

1 College Street - P.O. Box 537  
Alberton, PE C0B 1B0  
**Phone:** (902) 853-4180  
**Fax:** (902) 853-3877  
**email:** [cmhawest@cmha.pe.ca](mailto:cmhawest@cmha.pe.ca)



Canadian Mental Health  
Association  
PEI Division

*Celebrating 50 Years!*

1960-2010



Canadian Mental Health  
Association  
PEI Division

# Promoting the Mental Health of All Islanders



## Who We Are

The Canadian Mental Health Association/PEI Division began its work on Prince Edward Island as a division of CMHA National late in 1959. CMHA National, formed in 1918, is one of the oldest volunteer organizations in Canada.

CMHA/PEI is a non-profit mental health agency, promoting the mental health of all Islanders through the provision of information, strategies, supports and services designed to enable people to manage and take positive charge of their lives to the best of their abilities.

We have over 125 volunteers and more than 40 support staff to manage and deliver our programs.

## What We Do

CMHA/PEI delivers programs and services, provides education and information, conducts research, helps develop social policy and advocates on issues affecting people with mental illness.

### Program Highlights:

- **Changing Minds**

An innovative, two day, mental illness education program designed for front-line responders that addresses a community need for mental health education and stigma reduction.

- **Clubhouse Program**

Provides 1,000 individuals living with persistent mental health problems with opportunities to become involved in residential, pre-vocation, employment, education and social-recreation programs. Program locations are:

**Fitzroy Centre** ..... Charlottetown  
**Notre Dame Place** ..... Summerside  
**Hope Centre**..... Alberton

- **CMHA Resource Libraries**

Located in Charlottetown, Summerside and Alberton, they provide individuals and families

with information and support resources on mental health and mental illness topics.

- **Consumer Advocacy**

Through social action, CMHA/PEI influences government, other policy makers and funding agencies to improve legislation and services affecting the mental health of Islanders.

- **Consumer & Family Support Program**

Promotes mental health and social action through Self-Help/Mutual Aid, produces a resource directory annually, delivers presentations raising mental health/illness awareness and is the primary support program for the self-help community.

- **I'm Thumbody Program**

A self-esteem program for Grade 3 students presented in the classrooms across the Island by trained volunteers.

- **'With Hope in Mind' Program**

A family-to-family program delivered by trained volunteers designed to educate and support family members of someone with a serious mental illness.

- **Mental Health Week**

National Mental Health Week, held the first week in May, offers activities aimed at raising the public's awareness of mental health issues.

- **Mental Health Works**

An award-winning program, delivered by HRA, that offers practical strategies to help managers effectively address complex issues with employees who may be dealing with a mental illness.

- **Suicide Prevention Program**

Delivers the Signals of Suicide program in junior high schools and provides Applied Suicide Intervention Training (ASIST) for caregivers. Also helps coordinate suicide prevention, intervention and post-vention efforts that strengthen supports and enhance resiliency in Island communities.

- **White Cross Program**

Provides regular social-recreation programs in the Queens region and an Island-wide Christmas gift program to people with mental and emotional disorders. Over 500 gifts are delivered each year.

## CMHA/PEI Membership

There are many benefits to becoming a member of CMHA/PEI. You will receive our newsletter regularly, have a voice in mental health issues on P.E.I. and across Canada and have the opportunity to directly support CMHA programs and activities.

If you are interested in becoming a member, please fill out the form below and send to:

**CMHA/PEI Division**  
**P.O. Box 785**  
**Charlottetown, PE**  
**C1A 7L9**

### CMHA Membership Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Membership:

new

renewal

***Our membership Fee is \$20.00/year (or \$2.50/year for low income persons). Cheques are to be made payable to CMHA/PEI Division. All charitable donations will be receipted.***



**Canadian Mental Health  
Association  
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