



Living with Mental Health Issues

Mental illness is common. Statistics show that one in every five Canadians will have a mental health problem at some point in their lives. Yet, in spite of the fact that every Canadian knows someone who has been, or will be, affected by mental illness, few people know very much about it.

It is a myth that mental illness is a weakness or defect in character and that people can get better simply by “pulling themselves up by their bootstraps.” Mental illnesses are real illnesses—as real as heart disease and cancer—and they require and respond well to treatment. Mental illness can be treated. Most people make a full recovery.

The main categories of mental illness include:

- Schizophrenia (psychosis)
- Mood Disorders (such as depression and bipolar disorder)
- Anxiety Disorders
- Personality Disorders
- Eating Disorders

How do you know if you need help?

Sometimes the need for help is obvious, and getting it is as simple as phoning for an ambulance or a fire truck. At other times, it can be hard to admit help is needed. This is especially true when your emotions are involved. Here are some of the reasons you may decide you need help:

- You find yourself feeling overwhelmed by feelings of anger or despair, and you cannot enjoy life anymore
- You used to be healthy, but now you are always feeling a bit sick and you are missing more and more time from work
- Your finances are out of control, and you are worried about being able to pay the next month’s rent or mortgage payment
- You cannot “get over” the death of someone you loved very much
- There is too much conflict at home; you are afraid your marriage may break up
- You are drinking too much or having some other kind of drug problem
- You are feeling suicidal

Mental illness is a disturbance in thoughts and emotions that interferes with a person’s ability to cope with the challenges of everyday life.

Where to Find Help

If you need professional help or advice, please call:

Thunder Bay Crisis Response Service 346-8282
A 24-hour, seven day a week response telephone line and a 12 hour mobile response team. 1-888-269-3100
Trained staff are available to deal with any inquiry related to mental well-being (Call even if you need to just "talk issues out" when you feel desperate or alone).
- Pre-crisis support
- Support to family members and friends
- Referrals and service links to other community services
- Follow-up & Wellness planning
Bought to you by the Canadian Mental Health Association

Other Thunder Bay Community Health Services

Alpha Court	683-8200
Children's Centre-Thunder Bay	343-5000
Beendigen Healing Our Own	344-9579 (toll free) 1-888-200-9997 Crisis Line: 346-HELP (4357)
Dilico Anishinabek Family Care	623-8511
Catholic Family Development Centre	345-7323
Children's Aid Society (24 hours)	343-6100
Thunder Bay Counselling Centre	684-1880
Lakehead Psychiatric Hospital	343-4300 <i>Diagnosis, treatment, short and long-term rehab</i>
Lutheran Community Care Centre	345-6062
Sister Margaret Smith Centre	684-5100
St. Joseph's Care Group <i>(Eating Disorders & Youth Program)</i>	
Thunder Bay Sexual Assault/Sexual Abuse	344-4502



Let's **think** about
mental illness

with an **OPEN**
m i n d



For more information on
specific mental illnesses,
please visit

www.WithanOpenMind.com
www.mooddisorderscanada.ca