

Did you know?

- Mental health conditions indirectly affect all Canadians at some time through a family member, friend or colleague.
- 33% of Canadians will personally experience a mental health condition in their lifetime.
- Mental health conditions affect people of all educational levels, income levels, ages, and cultures.
- Approximately 7-8% of adults will experience major depression at some time in their lives.
- About 1% of Canadians will experience bipolar disorder.

Contact Us

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**Canadian Mental
Health Association**

*Haliburton, Kawartha, Pine Ridge
Mental health for all*



Ontario



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge

*Serving the counties of Peterborough, Northumberland, Haliburton,
City of Kawartha Lakes and the Township of Brock*



“Caregiver Support”

A Caregiver's Journey

1 in 5 Canadians will experience a mental health condition in a given year, however an untold number of families will be impacted by mental illness. Families are often the first to notice when their family member is becoming unwell, and families can help a loved one in many ways such as being emotionally supportive, encouraging their loved one to access support, and helping with practical needs such as going to appointments.

Families provide meaningful support to the best of their ability, but the road to recovery has many bumps and hurdles, and families can sometimes be left feeling alone and exhausted with many unanswered questions.

What is Journeying Together?

The Journeying Together program provides education and support services to families; endeavouring to journey alongside caregivers as they support their loved one. Support is flexible and geared toward your unique needs, and can be offered in the following formats:

- One-to-One support with a Family Education Support Worker
- Educational Support Group
- On-Going Monthly Peer Group

One-to-One Support

The Family Education Support Worker is able to meet directly with families to provide support that is unique to each family's need.

Services include:

- Emotional support
- Referral to community resources
- Education on mental health conditions and the mental health system
- Skill development for improved coping, communication and problem solving

Educational Support Group

This program offers an 8-week educational support group in a relaxed and non-judgmental atmosphere.

Topics include:

- Understanding stigma
- Overcoming stress
- Navigating the mental health system
- Communication and problem solving
- Local community resources

Where can people access this program?

In the Kawartha Lakes and Haliburton communities.

On-Going Monthly Peer Group

Caregivers can attend an ongoing monthly group for peer support, to check-in with one another and discuss shared experiences. It is helpful to not feel alone in your situation.

Who can access this program?

People who are caring for an individual experiencing mental health conditions. Your loved one does not need to be diagnosed or receiving mental health support for you to seek service.

No referral is necessary

“Caregiver Bill of Rights”

You have the right to:

- Determine what recovery means to you
- Take care of yourself
- Express uncomfortable feelings
- Request consideration
- Judge your own decisions and behaviours and feel comfortable with the way you are handling the situation
- Explore options and have your choices respected