

## Did you know?

- Mental health concerns indirectly affect all Canadians through family members, friends or colleagues
- 1 in 3 Canadians will personally experience a mental health concern in their lifetime
- Mental health concerns can affect anyone
- Approximately 8% of adults will experience major depression at some time in their lives
- About 1% of Canadians will experience bipolar disorder
- By age 40, about 50% of the population will have or have had a mental health concern



## Contact Us

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**Canadian Mental  
Health Association**

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

This program was made possible  
in part through the support of:



**HEROD**  
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## Journeying Together



**Canadian Mental  
Health Association**

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

Serving the City and County of Peterborough, City of Kawartha Lakes  
and counties of Haliburton and Northumberland.

Support for family, friends  
and caregivers

## A Caregiver's Journey

In any given year, an untold number of families, friends and caregivers are impacted as 1 in 5 Canadians personally experience mental health concerns.

Families are often the first to notice when their loved one is becoming unwell. They can help by being emotionally supportive, encouraging access to support and assisting with practical needs such as going to appointments.

The road to recovery can have many bumps and hurdles and sometimes, families, friends and caregivers may be left feeling alone and exhausted with many unanswered questions.

## What is Journeying Together?

The Journeying Together program educates and supports families, friends and caregivers along the journey to support their loved ones.

Support is flexible and geared towards unique needs. It can be offered in the following formats:

- One-to-One Support with a Family Education Support Worker
- Educational Group
- On-going Monthly Peer Support 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 about mental health concerns and the mental health system
- Skill development for improved coping, communication and problem solving

## Educational Group

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

Topics include:

- Understanding mental illness, grief and stigma
- Stress, self-care and coping strategies
- Navigating the mental health system
- Communication and problem solving
- Local community resources

## On-going Monthly Peer Support Group

This support group offers a chance 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?

This program is for people caring for individuals experiencing mental health concerns.

Your loved one does not require a diagnosis for you to access this program.

No referral is necessary.

## Where can I access this program?

Journeying Together is available in the City and County of Peterborough, City of Kawartha Lakes and the counties of Haliburton and Northumberland.

Contact information on back of brochure.

## Common difficulties faced by loved ones and caregivers

- Self-care
- Setting limits/boundaries
- Fear, stress, anxiety, isolation
- Navigating the mental health system, speaking with professionals
- Communication difficulties
- Coping with crisis situations and risk behaviours
- Guilt, shame, grief, feeling overwhelmed, stigma
- Balancing and respecting rights and expectations of the caregiver and loved one