### 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**

Kawartha Lakes Programs & Services

33 Lindsay Street South, 2nd Floor Lindsay, Ontario, K9V 2L9 Phone: (705) 328-2704 extension 4027 Fax: (705) 328-2456

#### **Peterborough Programs & Services**

466 George Street North Peterborough, Ontario, K9H 3R7 Phone: (705) 748-6711 extension 1028 Fax: (705) 748-2577

Northumberland Cobourg: 905-377-9891 extension 201

> Haliburton 705-328-2456 extension 4027

Administrative Office (Ontario Telemedicine/Early Psychosis Intervention) 415 Water Street Peterborough, Ontario, K9H 3L9 Phone: (705) 748-6687 Fax: (705) 748-4078

> Email: info@cmhahkpr.ca Online: www.cmhahkpr.ca

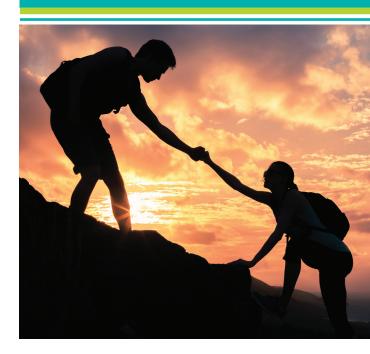


Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge Mental health for all

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



## 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

March 2018

#### 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