



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all

Case for Support

Journeying Together: Caregiver Support Services



Caregiver Support

In Canada, supporting a loved one living with a mental illness is a significant task that many individuals undertake, often without adequate support or resources. The importance of caregiver support in regards to mental health care cannot be overstated. It enables caregivers to provide the best possible care for their loved ones while also maintaining their own mental and physical health. Far too often, these caregivers are left to fend for themselves, placing extra strain on an already often tense situation.

A recent report by Battams (2017) provides a snapshot of the caregiving experience in Canada, revealing that caregivers often provide between 70% and 75% of the necessary care at home. Additionally, family caregivers in Canada likely contributed \$25 billion in unpaid labour to the healthcare system. This demonstrates the immense value and contribution of caregivers to the Canadian healthcare system and economy.

While in recent years, funding bodies have recognized the importance of investing in mental health care, unfortunately, in most cases, none of this funding is directly allocated to support caregivers. The mental health system continues to grow and expand in its reach and services. However, access to care for the caregiver remains a significant gap.



What We Do

The Journeying Together program, is an initiative designed to educate and support families, friends, and caregivers of individuals experiencing mental health concerns. The program provides a flexible approach to cater to the unique needs of each situation. It offers various forms of support, including one-to-one skills and capacity building support, caregiver support groups, and educational groups. The program is accessible in the City and County of Peterborough, City of Kawartha Lakes, and the counties of Haliburton and Northumberland. It is designed for people caring for individuals aged 16 and up experiencing mental health concerns, and self-referrals are accepted.

Caregiver support is a crucial element of mental health care. Caregivers are often the first to notice when their loved ones are becoming unwell. They can provide emotional support, encourage access to support, and assist with practical needs. The role of caregiver support in building capacity and skills for improved coping, communication, and problem-solving is invaluable. Through the Journeying Together program, caregivers receive the necessary education and support to better assist their loved ones and themselves, thereby enhancing the overall effectiveness of mental health care.

The organization has Family Support Workers who are available to meet with caregivers in person, virtually, or by phone. These meetings can be arranged on a one-to-one basis or in group settings, offering flexibility and convenience to accommodate different needs and preferences. During these meetings, caregivers can ask questions, share concerns and get direction on what they can do to help. The Journeying Together program works help navigate a complicated mental health system and show caregivers what they can do to support their loved one and themselves.



Financial Needs

The success of the Journeying Together program is largely attributed to the support of the community. Herod Financial Services has made substantial donations to the program since 2014. Their contributions have been instrumental in the program's success and have enabled CMHA HKPR to continue providing this essential service to the community.

Even with this support, CMHA HKPR continues to see an increasing number of individuals who require assistance. A contribution to the Journeying Together program through CMHA HKPR will be a beacon of hope and transformation. This won't just be a donation; it will be a lifeline to those facing the challenges of mental health concerns, as well as a powerful catalyst for caregivers. By extending your hand, you will become a partner in a journey of education and support that will empower caregivers and families. The Journeying Together program will be a continued source of knowledge, offering one-on-one guidance and capacity-building support through dedicated Family Education Support Workers. Your generous gift will ensure that this vital lifeline continues to flourish, providing caregivers with the essential tools they need to uplift their loved ones.

But your impact won't stop there. When you contribute to Journeying Together, you will be sowing the seeds of improved mental health for over 250 individuals each year. You will be nurturing an environment of understanding and resilience, where caregivers and their loved ones can thrive together. The ripples of change you create will extend far beyond, weaving a tapestry of well-being that will strengthen families and enrich communities.

Together, we will transform lives, uplift spirits, and strengthen the foundations of our communities. Join us on this inspiring mission, for the power to make a difference lies within you. Donate today, and let's embark on a journey together towards a brighter, healthier future for all.

PEOPLE

Journeying Together is **Currently supporting 120 people** across the four counties: Haliburton, Kawartha Lakes, Northumberland, and Peterborough.

By equipping them with the necessary skills and knowledge, the program enables these individuals to provide better support to their loved ones and themselves.

GROWTH

The Journeying Together program has had a significant impact, supporting approximately 250 individuals per year. In its first fiscal year, the program served 49 individuals and had 294 service provider interactions. By the fiscal year 2017-2018, when the program expanded, it served 138 individuals and had 438 interactions. The most recent data from the fiscal year 2022-2023 shows that the program served 139 individuals and had a remarkable 1,165 service provider interactions.

COMMUNITY

For every \$50 received, we get to run one more group session.

The program's impact, combined with the unwavering support from the community, highlights the significance of such initiatives in promoting a mentally healthy society.

SUPPORT

For every \$250 received, one new caregiver gets support.

Your donation can help us continue this upward trajectory, reaching more families in need across these counties.

LEGACY

The Journeying Together program is a testament to CMHA HKPR's commitment to mental health education and support. By prioritizing the caregivers who play a vital role in the mental health journey of their loved ones, the program ensures that these individuals do not feel isolated and overwhelmed.

Donate Now ↘

Donations will support us in continuing to work towards mental health for all in the communities we serve. Your donations are greatly appreciated, and will directly support mental health programs and services in our region.

Donations can be made to general funds, to specific programs, or in memory of a loved one.



Use the QR code to donate today!

For more information, contact Jack Veitch, Manager of Community Engagement and Education at jveitch@cmhahkpr.ca or 705-748-6687 extension 1015.



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