

JOIN THE ASSOCIATION

Your support will help CMHA-Montreal to better...

- Raise the public's awareness of the importance of mental health
- Work to change social policies that impact mental health
- Help people who are dealing with emotional difficulties

By becoming a member, you will...

- Benefit from a reduced rate at our events and training sessions
- Get a free subscription to *Équilibre* magazine

Visit our Web site

www.acsmmontreal.qc.ca or contact us to learn about our membership fees.

MAKE A DONATION!

You can make a donation online through the CMHA-Montreal Web site, www.acsmmontreal.qc.ca

You can also send us a cheque made out to:



CANADIAN MENTAL
HEALTH ASSOCIATION
MONTREAL BRANCH

847 Cherrier Street, suite 201
Montreal, Quebec H2L 1H6

PUBLICATIONS



■ *Répertoire des ressources en santé mentale du Montréal métropolitain (French only)*



■ *Carrefour communautaire-institutionnel. Un modèle efficace de rapprochement des réseaux (French only)*



■ Youth and Mental Health: Pedagogical activity guide *My life: it's cool to talk about it!*

■ Youth Intervention Guide



■ Mental Illness: A Regional Handbook for Families

■ **Équilibre Magazine**
(free for members)
Available only in French

■ Relations interculturelles

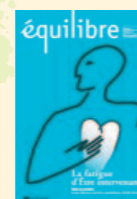
■ Les émotions



■ Conciliation famille-travail

■ Pharmacologie et santé mentale

■ La fatigue d'être intervenant



■ Travail et santé mentale : créer des espaces d'humanité

■ Vieillir en santé mentale

■ Travailler au bien commun

To obtain the full list of our publications, please visit our Web site, www.acsmmontreal.qc.ca, or contact us by telephone at 514 521-4993.

WHAT IS MENTAL HEALTH?

We each have our own idea of what we mean when we talk about mental health, feeling good about ourselves or being happy. According to the Canadian Mental Health Association, the main components of mental health are:

Ability to enjoy life – Can you live in the moment and appreciate the “now”? Are you able to learn from the past and plan for the future without dwelling on things you can't change or predict?

Resilience – Are you able to bounce back from hard times? Can you manage the stress of a serious life event without losing your optimism and a sense of perspective?

Balance – Are you able to juggle the many facets of your life? Can you recognize when you might be devoting too much time to one facet at the expense of others? Are you able to make changes to restore balance when necessary?

Self-actualization – Do you recognize and develop your strengths so that you can reach your full potential?

Flexibility – Do you feel and express a range of emotions? When problems arise, can you change your expectations—of life, of others, of yourself—to solve the problem and feel better?



Centraide
of Greater Montreal

30
YEARS

OF promotion AND
prevention IN
MENTAL HEALTH

Rouleau • Paquin design communication 30 % post-consumer waste fiber



CANADIAN MENTAL
HEALTH ASSOCIATION
MONTREAL BRANCH

Dedicated to promoting mental health and preventing mental illness, the **Canadian Mental Health Association (CMHA), Montreal branch**, strives to improve the personal and collective well-being of the Montreal community.

We provide a forum for discussion and collaboration for people and groups concerned with mental health.

In collaboration with its partners, CMHA-Montreal lobbies decision-makers with an eye to influencing social policy and improving mental health services.

The Montreal branch of the Canadian Mental Health Association is a non-profit community organization founded in 1979 as part of a pan-Canadian network.

CANADIAN MENTAL HEALTH ASSOCIATION Montreal Branch

847 Cherrier Street, suite 201
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Fax: 514 521-3270

E-mail: acsmntl@cooptel.qc.ca

Web site: www.acsmmontreal.qc.ca

OBJECTIVES

- Promote mental health through education and the dissemination of information
- Advocate in favour of improved mental health services
- Influence social policy
- Support collaboration and partnerships

PROMOTION, PREVENTION AND INFORMATION

At CMHA-Montreal, we...

- Organize conferences, seminars and training sessions
- Publish *Équilibre*, a magazine featuring social issues related to mental health
- Publish reference works
- Manage a Web site: www.acsmmontreal.qc.ca
- Issue advisories and briefs
- Provide an information and referral service for both the public and mental health workers

www.acsmmontreal.qc.ca

OUR PROGRAMS AT A GLANCE

Youth Campaign

Supports mental health workers in schools, community organizations and the public health care system in their efforts to provide youth aged 12 to 25 with tools to better manage their mental health.

Carrefour communautaire-institutionnel (CCI)

Brings together mental health workers and clients who have a common interest in mental health and the availability of a range of adapted services. This initiative's goal is to raise awareness of the advantages of interdisciplinary work and expertise-sharing in order to encourage the emergence of new practices.

Communications and Mental Health

Promotes mental health and the prevention of mental illness in the community. Activities include: the publication of reference works and the magazine *Équilibre*, the management of the Association's Web site, media relations. Promoting ethical media coverage to better inform the public is an ongoing priority.

Shelter, Housing and Mental Health

Organizes a variety of events to bring together stakeholders with a focus on improving the provision of decent and affordable living spaces to reduce barriers to integration faced by people in the community.

www.acsmmontreal.qc.ca

Work and Mental Health

Encourages the promotion of mental health in the workplace and a better work/life balance.

Intercultural Relations

Organizes various educational activities to promote greater accessibility to mental health services for people from ethnocultural communities and to facilitate their adaptation and integration into Quebec society.

Aging in Good Mental Health

Promotes mental health among seniors. Works to prevent depression in people aged 55 and up by raising awareness of the importance of quality of life and social networks and taking preventive measures to avoid psychological distress and depression.

Vivre en solo

Offers workshops on how to manage solitude, prevent mental health problems, develop a social network and adopt new attitudes to help counter isolation.

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