

## Language Matters:

- Try to use 'person first' language. They are a person **with or living with** a mental illness.
- Words Matter! Avoid using words like "They're crazy" or "what a psycho." It's not fair to describe someone by their illness.

## Be a Stigma Buster:

- Stigmas create negative attitudes and beliefs toward people who have a mental health condition. This can create fear and misunderstanding.
- Stigma about mental health conditions is one of the biggest reasons people do not seek help or tell anyone.
- You never know what someone is going through, reach out, be a good listener, encourage help and support.

## Contact Us!

**Provincial Office can be contacted at:**  
1311 Saskatchewan Drive, Regina, SK  
Mailing Address is:  
P.O. Box 305 Regina, SK S4P 3A1  
Telephone:306-584-2620  
[www.schizophrenia.sk.ca](http://www.schizophrenia.sk.ca)

## Send us your Questions!

[info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)

To book a Partnership Program Presentation

### **Regina Area:**

Austin Holonics at: 306-988-8445  
Email: [austin@schizophrenia.sk.ca](mailto:austin@schizophrenia.sk.ca)

### **Saskatoon Area:**

Curtis Harman at: 306-374-3220  
Email: [curtis@schizophrenia.sk.ca](mailto:curtis@schizophrenia.sk.ca)

### **Rural Areas:**

David Field at: 306-584-2369  
Email: [david@schizophrenia.sk.ca](mailto:david@schizophrenia.sk.ca)



**A REASON TO HOPE. THE MEANS TO COPE.**  
**SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN**  
**SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN**  
**UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.**

## **Mental Health Information**



## **Provided by the Partnership Program**

Stigma busting information designed to promote treatment & recovery from schizophrenia and a range of other mental illnesses.

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## Mental Wellness Tools

- Anything that makes you feel better – nature, hobbies, pets.
- Medication – helps with moderate to severe mental illness.
- Therapy – if you live with a mental illness, having mental health issues, or even if you don't, therapy is a safe place to talk.
- Supports – trusted family, friends, teacher, peer support worker to help you in good times and bad.
- Abstain from substance use – alcohol and drugs can cause backwards steps to good mental wellness.
- Use good social media practices.
- The basics – sleep, eating well, exercise and a good routine.

## Mental Health Resources

- Call the Schizophrenia Society Peer Support Worker at: **1-877-584-2620**.
- Call **211** or use [www.sk.211.ca](http://www.sk.211.ca) to find mental health resources and more in your area.
- Call **811** if you need mental health support, you can talk to a nurse or mental health counsellor confidentially 24/7
- Call **988**, a national suicide and crisis support line.
- **911** if it is an emergency such as serious thoughts of suicide or acts of self-harm.
- **Wellness Together Canada**  
1-866-585-0445  
Text "support" to 741741
- **1<sup>st</sup> Nations and Inuit Help Line**  
1-855-242-3310 (toll free) or visit <https://www.hopeforwellness.ca/>
- **Kids Help Phone:** 1-800-668-6868  
Text: 686868
- **Regina Mobile Crisis:** 306-757-0127
- **Saskatoon Crisis Service:** 306-933-6200
- **Rural Crisis Service:** 1-800-667-4442
- **Centralized Intake for Mental Health and Addictions:**  
Regina: 306-766-7800  
Saskatoon: 306-655-7777

## What is Schizophrenia?

- Schizophrenia is a **mental illness that affects how a person thinks, feels, and behaves**. People with schizophrenia may seem like they have lost touch with reality, which causes significant distress for the individual, their family members, and friends.

## What is Psychosis?

- Psychosis is described as disruptions to a person's thoughts and perceptions that make it difficult for them to realize what is real and what isn't.

## What is Depression?

- Depression is used to describe a long period when a person feels sad to the point of feeling worthless, hopeless and/or helpless.

## What is an Anxiety Disorder?

- Anxiety disorders are a group of related conditions, each having unique symptoms. Those suffering from anxiety disorders all experience persistent, excessive fear or worry in situations that are not threatening.

## What is Bipolar?

- Bipolar disorder is a mental illness that causes dramatic shifts in a person's mood, energy, and ability to think clearly. People with bipolar experience high and low moods—known as mania and depression—which differ from the typical ups-and-downs most people experience.



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