

MEMBERSHIP FORM

Name: _____

Address: _____

City, Prov: _____

Postal Code: _____

Home Phone: _____

Work/Cell Phone: _____

Email: _____

CHEQUE enclosed for annual dues

Annual dues \$ 20.00

Plus (optional) donation \$ _____

TOTAL \$ _____

WE APPRECIATE YOUR SUPPORT

A tax receipt will be issued for the total amount.

Please mail this completed form
with your cheque to:

205 – 1865 Marine
Suite 205, West Vancouver , BC V7V 1J7
604-926-0856
www.pathwayssmi.org

Pathways Society
is available for information and support
weekdays 9:30-4:30pm
(by appointment)

Other Crisis and Support Contacts

Police and ambulance: 911

HOpe Centre: 604-984-5000

- **Central Intake for Adult Community Mental Health and Addictions**
- **Rapid Access Emergency Services (RAPS)**

• **Team Station direct line:**
604-984-5010

• **Social worker:** 604-984-5000,
ext. 5285 or 5288

Stepping Stones: 604-904-6180

Health Connections Clinic:

604-984-3777

BC Nurse Line: 1-866-215-4700 or
604-215-4700

PATHWAYS

205 - 1865 Marine Drive

West Vancouver BC V7V 1J7

604-926-0856

**Pathways is an incorporated society
and registered charity .**



PATHWAYS FAMILIES
HELPING
FAMILIES
Serious Mental Illness Society



**Providing Families with
Personal Support
and Information on
Major Mental Illnesses**

Schizophrenia, Bipolar Disorder,
Depression, Anxiety Disorders and Others

Open Monday to Friday
9 :30 a.m. to 4:30 p.m.

**1865 Marine Drive, Suite 205
West Vancouver, BC V7V 1J7
604-926-0856**

www.pathwayssmi.org



Offers personal support and education to families of those with serious mental illness, information on major mental illnesses to the community at large, and advocacy on behalf of those with a mental illness and their families.

Give us a call if:

- you have questions or concerns
- you just want to talk;
- you want information on our:

- Family-to-Family Education Program
- Monthly Support Groups
- First Hand Stories (in schools)
- Public Education Lecture Series

Call 604-926-0856

www.pathwayssmi.org

Pathways Mental Illness Society

Provides support to families throughout the lower mainland with its signature Family Education course and support groups offered in Port Coquitlam, Vancouver, North Shore, and the Sea to Sky Corridor.

The Society has information of particular interest to families of the those with mental illness, such as wills and estate planning guides, other legal information, and procedures in applying for disability benefits.

A staff person or volunteer is on hand to help with questions, concerns, or advocacy needs.

If language aid or cultural interpretation is required, we have members from various ethnic backgrounds who have volunteered their services.

You can help by:

- becoming a member,
- volunteering your time or knowledge

Major Mental Illnesses

Schizophrenia is the most chronic and disabling of the major mental illnesses, afflicting 1 in 100 people worldwide. Symptoms may include delusions, hallucinations, thought disturbances, inexplicable mood changes, cognitive problems and social withdrawal.

Bipolar disorder was once referred to as manic depression. Patients may have episodes of depression (prolonged sadness, feelings of worthlessness, irritability) or mania (euphoria, hyperactivity, impulsiveness), generally with periods of normal moods in between the two extremes.

Depression is characterized by low motivation and energy, anxiety, feelings of hopelessness, and a sense of impending doom.

Anxiety disorders, including OCD, PTSD, and Panic Disorder, can cause people to feel extremely frightened, distressed, or uneasy about everyday situations, greatly impairing quality of life.

Note: Psychosis (loss of touch with reality) can occur in acute episodes of each of the above disorders.