

MEMBERSHIP FORM

Available on our website for online payments

NAME: _____

ADDRESS: _____

CITY, PROV: _____

POSTAL CODE: _____

PHONE: _____

EMAIL: _____

Annual Dues \$ 25.00

Donation (optional) \$ _____

Total \$ _____

A tax receipt will be issued for the total amount.
Charitable Registration No. 89422 6935 RR0001.

WE APPRECIATE YOUR SUPPORT

Pathways protects your vital information, we do not sell or share our donor lists. To donate by credit card, please call: **604-926-0856**

Make cheque payable to Pathways Serious Mental Illness Society. Please mail completed form and cheques to:

**Pathways Serious Mental Illness Society, 205-1865
Marine Dr, West Vancouver, BC, V7V 1J7.**

PATHWAYS SOCIETY

Support groups and one-on-one support available by appointment. Pathways is an incorporated society and registered charity.

OTHER CRISIS AND SUPPORT CONTACTS

Contact	Phone Number
Police and Ambulance	911
Vancouver General Hospital	604-875-4111
Lions Gate Hospital (North Shore)	604-988-3131
Royal Columbian Hospital (New Westminster)	604-520-4253
Eagle Ridge Hospital (Port Moody)	604-461-2002
HOpe Centre: Intake for Adult Mental Health + Addictions (North Shore)	604-984-5000
24/7 Crisis + Suicide Prevention Centre of BC	1-800-784-2433 or 1-800-SUICIDE
24/7 Mental Health Support + Crisis Line	310-6789 (no need to dial area code)
Stepping Stones Concurrent Disorders Services	604-904-6180
Health Connections Clinic	604-984-3777
Health service navigator: Help you navigate the health care system	811
Access and Assessment Centre: mental health or substance use issue.	(604) 675-3700



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
9:30am – 4:30pm

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



Pathways Serious Mental Illness Society is a pioneering family-support organization. We offer education, personal support, information and advocacy to families who have a loved one with a serious mental illness: schizophrenia, bipolar disorder, depression, anxiety disorders, PTSD, and borderline personality disorder.

SUPPORT SERVICES WE OFFER

- Family-to-Family Education Program
- Monthly Support Groups
- One-on-one support sessions

OTHER SERVICES WE OFFER

- School Presentations: First Hand Stories
- Public Education Lecture Series

GIVE US A CALL IF

- You have questions or concerns
- You want information on our support services

604-926-0856
pathwayssmi.org

PATHWAYS SERIOUS 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 to share with families who have a loved one with mental illness, such as wills and estate planning guides, other legal information, and procedures in applying for disability benefits.



YOU CAN SHOW YOUR SUPPORT BY

- Becoming a member
- Volunteering your time or knowledge
- Spreading the word and sharing our website
- Following our social media



MAJOR MENTAL ILLNESSES

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

BIPOLAR DISORDER was once referred to as manic depression. Patients may experience 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.