

WE NEED YOUR SUPPORT

Thank you for supporting Pathways.
You are making a difference in our
community.

BECOME A MEMBER!

So you can:

- Be part of an organization doing important work
- Be in a position to influence the direction of Pathways
- Have the opportunity to contribute to helping families in need
- Increase our ability to influence over government policies, services and laws
- Be part of a warm and helping community

DONATE NOW!

We are here to help. We offer all of our programs and services for free, thanks to our donors. Your donation can transform the lives of those supporting a loved one living with a Serious Mental Illness.



DONATE NOW!

We are available for
information and support.

Weekdays 9:30-4:30
(by appointment or walk-in)

Important Phone Numbers:

- **Emergency: 911**
- Crisis Intervention + Suicide Prevention Centre of BC: 1-800-784-2433 or 1-800-SUICIDE
- 24/7 mental health support line 310-6789 – No area code needed -
- Indigenous Crisis line 1-800-KUU-US17 (588-8717)
- Senior's Distress Line 604-872-1234
- Talk Suicide 1-833-456-4566 (national)
- November 2023: 988 for suicide prevention and mental health crisis Nation wide number)

North Shore:

- HOpe Centre (crisis) 604-984-5000
(Service Hours: Mon-Fri, 8:30 a.m.-4:30 p.m.)
- NS: Car 22 Mental Health Response Team: 911
- North Van RCMP non-emergency 604-985-1311.
- West Vancouver non-emergency 604-925-7300,
- North Shore Peer-Assisted Care Team (PACT) (crisis and before crisis) 1-888-261-7228 or text 778-839-1831 – available in English and Farsi
- Vancouver: Car 87 (mental health response team):(604) 675-3700



604-926-0856



info@pathwayssmi.org



www.pathwayssmi.org



101-315 1st Street West, North Vancouver BC V7M 1B5



PATHWAYS FAMILIES
HELPING
FAMILIES
Serious Mental Illness Society



PROVIDING SUPPORT, INFORMATION, EDUCATION AND ADVOCACY ON SERIOUS MENTAL ILLNESSES

Schizophrenia, Bipolar Disorder,
Borderline Personality Disorder,
Depression, Anxiety Disorders, PTSD,
Concurrent Disorders and Others

604-926-0856

info@pathwayssmi.org
www.pathwayssmi.org

About Pathways SMIS

We are a pioneering, volunteer-led and membership-based family support organization working on the front lines to deliver programs and services centred around education, support, and advocacy to families, significant others and friends of a loved one with a serious mental illness (SMI) across British Columbia.

SERVICES

All our services are available **free** of charge:

- Family-to-Family (mental illness) education course
- Weekly Support Groups
- One-to-One Support Sessions
- Public Lecture Series
- Skills Building Workshops
- School Presentations

www.pathwayssmi.org

Visit our website to find out more about how our families can help yours.



Peer Support

Peer support is at the heart of what Pathways SMIS does. We train volunteers with lived/living experience of caring for a loved one with a SMI who deliver:

- Weekly support groups
- 1:1 family peer support
- Mental Health system navigation
- Resources

Education

At Pathways SMIS, we host educational courses, skills-building workshops, and public lectures.

Through our eight-week F2F courses, we use evidence-based curriculum to empower families to effectively care for themselves and their loved ones.

Our programs are FREE and offered in-person and online.

Advocacy

We advocate for the right to timely and adequate treatment for those living with an SMI as well as the involvement of families in that care.

“

I was very moved by the courage of participants sharing their stories. For me, it was such a relief to be able to share our family's journey with our daughter as it is difficult to even share amongst ourselves with her paranoia."

Family-to-Family Course Attendee

VOLUNTEERING

Our programs and services are delivered entirely by Family Peer Support Volunteers. Join the team and get trained up today!

info@pathwayssmi.org

