

## The Cumberland County Chapter

- Is a volunteer mental health organization based in Cumberland County, focusing on family-sensitive and community-based caring.
- Is a community-based resource providing information and support to individuals coping with effects of schizophrenia, psychosis, and where applicable co-occurring substance abuse issues.
- Is dedicated to the improvement of the quality of life for all those who are affected by these disorders, (i.e. individuals, family /friends, and other supporters).

### Regular Meetings

Cumberland County Chapter meetings are held in Springhill from September to June, every 3rd Tuesday of the month at 7.00 PM. Notices of dates, times and location of meetings are placed each month in the Record. Members are also contacted each month as a reminder. For more information, call the 1-800 number of the SSNS, or check the chapter website .

[www.cumberland.ssns.ca](http://www.cumberland.ssns.ca)

## Chapter Activities

- We meet monthly, (except through the summer months) as a group of people interested in support, information and education, whether as mental health consumers, or as caring family and friends.
- Through the regular meetings and special workshops, we provide information about schizophrenia and related disorders, as well as the resources available for treatment and support.
- We make special public presentations in order to provide education, and information to the general public, and associated caring professionals about schizophrenia, its context in society, and the effects it has on individuals living with the illness and their families.
- We consult with Mental Health Services of the Cumberland Health Authority on the services available for persons living with schizophrenia and their families.
- We participate in fund raising activities necessary to meet our objectives.

## Contact Information

The Cumberland County Chapter can be contacted through the SSNS.  
(Schizophrenia Society of Nova Scotia)

Toll free number:

1-800-465-2601

At this number, information is available on:

- Schizophrenia and psychosis;
- Locating and contacting the nearest support group;
- Community resources;
- Where you can talk to someone who understands.

Our website:

[www.cumberland.ssns.ca](http://www.cumberland.ssns.ca)

Schizophrenia Society  
of Nova Scotia

# Cumberland County Chapter



**A Reason to Hope.**

**The means to Cope**

*The logo for the Schizophrenia Society of Canada is a stylized iris. The three Petals of the iris symbolize Courage, Faith and Hope.*

## Membership / Support for the Schizophrenia Society of Nova Scotia

I wish to become a member of the Society (annual fee: \$15.00)

I do not wish to become a member of the Society, but wish to make a donation to support the Society's efforts to provide "a reason to hope, and a means to cope".

I would like my donation to be anonymous.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ (cell) \_\_\_\_\_

Email\*: \_\_\_\_\_

(\*to receive updates and notices from the Chapter and SSNS)

### Payment Options (Please circle one)

VISA/MASTERCARD/Cheque made payable to:  
Schizophrenia Society of Nova Scotia.

Name on Card \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiry \_\_\_/\_\_\_ Signature \_\_\_\_\_

To make your credit card payment over the phone,  
please call : 1-800-465-2601 or 465-2601

Mailing Address:

Schizophrenia Society of NS  
Room B23, E.C. Purdy Building  
300 Pleasant St  
PO Box 1004, Station Main  
Dartmouth NS  
B2Y 3Z9  
E-mail: [ssns@ns.sympatico.ca](mailto:ssns@ns.sympatico.ca)

## What is Schizophrenia ?

•It is a serious but treatable bio-chemical disorder

•Symptoms

- ◇ Feeling Depressed
- ◇ Feeling anxious, upset, panicky
- ◇ Having difficulty thinking and concentrating
- ◇ Showing little or no emotion
- ◇ Being confused about what's real, and what's imaginary
- ◇ Feeling threatened or suspicious
- ◇ Avoiding contact with other people
- ◇ Hearing voices or sounds that are not there
- ◇ Seeing people or things that are not there
- ◇ Using words that don't make sense
- ◇ Suddenly be obsessive with/ about things such as religion
- ◇ Being scared or angry with loved ones for no reason
- ◇ Having difficulty doing things at work or school
- ◇ Having poor personal hygiene
- ◇ Being apathetic or showing little motivation in things that the person once found interesting

•It always needs prompt medical attention .The sooner the better....

### It is not:

- A split personality
- Caused by poor parenting
- Anyone's fault

## The Stigma of Mental Illness

"Schizophrenia remains one of the most misunderstood illnesses of our time"

Mental illness often creates a feeling of shame and fear in those who have been touched by it. Whether you have a mental illness or someone you care about is affected, the first and often the most difficult step is to seek support and accurate information.

In Canada and in fact worldwide schizophrenia and its related mental disorders affect 1 out of every 100 persons at some point in their lives. During their lifetimes 1 in every 5 Canadians will experience mental illness. To learn more about schizophrenia and other mental illnesses, or to become involved, call the toll free number of the SSNS, or log on to their web site. (1-800-465-2601)

Website : [www.ssns.ca](http://www.ssns.ca)

"Contrary to popular media images of the "Violent Mental Patient," people with schizophrenia tend to be vulnerable and fragile, not violent....."

"Remember that a person with schizophrenia is a person with a family, talents, hopes, and dreams. They could have the flu. They don't; they have schizophrenia.

.....quotes taken from Schizophrenia Society of Canada's "Reaching Out" program and Manitoba Schizophrenia Society's "The Truth about Schizophrenia".

## Becoming a member of the Schizophrenia Society

Anyone with an interest in schizophrenia, psychosis or related illnesses is welcome to become a member of the Schizophrenia Society of Canada (which also includes membership in the Schizophrenia Society of Nova Scotia as well as the Cumberland Chapter.)

**Note:** The Schizophrenia Society of Nova Scotia is a registered charity, and donations may be made by filling out the attached form or through the SSNS internet web log ([www.blog.ssns.ca](http://www.blog.ssns.ca)). These donations greatly benefit the ability of the society to provide support and education to consumers and family members