



# Mind Your Health

**Having issues with adjusting in Canada ?**

**Dealing with personal or family issues (conflict, violence)?**

**Are you feeling overwhelmed?**

**Feeling stressed?**

**Feeling isolated? Angry? Depressed?**

**Have your eating and sleeping habits changed?**



If you or a loved one over the age of 24, are experiencing any of the above and would like to seek support, BMC can help! Contact our Mental Health Counsellor at (905) 790-8482 or visit our website at [www.bmccentre.org](http://www.bmccentre.org) for more information.

**We offer:**

***Assessment & Referral,  
Counselling,  
Case Management Services,  
Peer Support Groups,  
Mental Health Workshops, and  
Life Skills Training.***

**OUR LOCATIONS**

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Brampton North  
150 Central Park Dr. Suite 107  
Brampton ON L6T 2T9  
Phone: (905) 790—8482

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Brampton South  
197 County Court Blvd.  
Brampton ON L6W 4P6  
Phone: (905) 790—8482

Funded By:



# Frequently Asked Questions



## What is Mental Health?

A balance between the physical, social, mental, economic, emotional, and spiritual health. It is one's ability to cope with the up's and downs of life and have high self-esteem and confidence. Lastly, it is about how one thinks, feels and behaves.

## What is Mental Illness?

Mental illness is a health problem which affects a person's thinking, emotions, mood, behavior, and how he interacts with others. It affects people of all ages, educational levels, income levels, social classes, religions and cultures.

## Is it Common?

Surprisingly, yes. More than 450 million people suffer from mental health issues in the world; while in Canada 1 in every 5 (20%) individuals will suffer from such issues.

## What are the causes?

Based on ongoing research the causes include a combination of **Genetics, Biology and Environmental Stressors**. In addition, one's lifestyle, socioeconomic status, alcohol/substance abuse, negative or traumatizing life experiences and family history can also play a role in onset or relapse of mental health issues.

## Who can be affected?

It can affect anyone irrespective of age, education, income level, gender, nationality, religion and status. As previously mentioned 1 in every 5 Canadian adults will have a mental illness. More so, every Canadian will be indirectly affected by mental illness because of a family member, friend or colleague with a mental health issue.

## Is there a cure?

With adequate treatment and support, mental health issues are treatable.

## What are the Treatment Options?

The first step is early assessment. Once a professional can provide a diagnosis, treatment can include counseling (i.e. short or long term Individual, Family or Group Counselling), accessing social support (from family, friends and the community), training and workshops, and medication.,

There are various professionals that can provide treatment such as Psychologists, Psychiatrists, Social Workers, Counsellors, and etc. These services are available in hospitals, community mental health agencies and health clinics.