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The Can Help Program is a program of  
Canadian Mental Health Association,  
Fort Frances and is funded by the  
Ministry of Health and Long Term  
Care.



### *Can Help*

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*Can Help*

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## *Consumer & Family Advocacy Network*



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We Can Help

# *Mission Statement*

**Can Help addresses the needs of consumer/survivors and families who are affected by the stigma and reality of mental illness.**

**It facilitates the development of grass root networks of support, self-help and education for individuals who are seriously mentally ill and their families in the Kenora Rainy River District. This is achieved through real cooperation, collaboration and shared resources resulting in accessible, effective services when they are required.**

**Can Help is a consumer and family advocacy network sponsored by the Canadian Mental Health Association Fort Frances that provides support and education to self-help groups for individuals with mental illness and their families.**



## **We can put you in touch with an individual who shares similar concerns**

Can Help believes that bringing people together who are dealing with the similar issues and concerns can help them cope with and triumph over the stigma of mental illness. Just the feeling of knowing that you are not alone can be empowering.

## **We can find a consumer or family support group close to you**

Can Help works closely with Sunset country Psychiatric Survivors, Mood Disorder Groups, Family Support Groups in the region.

## **We can give information on specific mental illness**

**Our association with the Canadian Mental Health Association's Provincial and National Offices gives us access to their library, educational resources and research.**

## **We can share our library resources with you.**

**Canadian Mental Health Association Fort Frances has a library of books, journals, videos and free internet that you can access.**

## **We can refer you to resources**



## **and services in your community**

**As we believe in holistic support, Can Help will refer members and their families to health, educational, financial and other services in the region. Can Help also investigates consumer business opportunities and economic development throughout the Kenora Rainy River District.**

## **We can keep you informed on current government policies in the mental health field**

**Your Can Help staff passes on information to consumers and family members both verbally and through reports and newsletters, and keeps policy makers informed about consumer and family needs**

## **We can help you form a support group in your area**

**Can Help helps with the establishment of new groups and offers supports through educational events, information, resources and conferences.**