

3. The Manitoba Schizophrenia Society (MSS)

Formed in 1979, as a family advocacy group, the Manitoba Schizophrenia Society, Inc. is a consumer-focused, family sensitive mental health self-help organization dedicated to the improvement of the quality of life for the all those who are affected by schizophrenia, psychosis and co-occurring disorders, through education peer support and advocacy we work in partnership with consumers, families and service providers. The MSS is committed to a holistic approach in responding to mental illness: the bio-psycho-social-spiritual-recovery-empowerment model. We believe people with mental illness can live meaningful lives with purpose and hope.

Phone: (204) 786-1616
Fax: (204) 783-4898
Email: info@mss.mb.ca
Website: www.mss.mb.ca
Executive Director: Chris Summerville

4. Mood Disorders Association of Manitoba, Inc. (MDAM)

Established in 1983 by Gwen Finnen, who believed consumers and family members would benefit from connection with others in similar circumstances. The organization strives to empower individuals and to help them take responsibility for their own recovery. MDAM offers support to those afflicted and their loved ones, helping them to understand and accept their illness, its treatment, and their role in recovery. As well, the organization develops public awareness of the social, biological and psychological factors in mania, depression and other mood disorders. At our Association we endeavor in all that we do to accept individuals where they are, and to support them on their journey of recovery.

Phone: (204) 786-0987
toll-free: 1 (800) 263-1460
Fax: (204) 775-3497
Email: mdam@depression.mb.ca
Website: www.depression.mb.ca
Executive Director: Tara Brousseau

5. Obsessive Compulsive Disorder Centre Manitoba Inc. (OCDC)

OCD Centre Manitoba was established in 1995 by consumers who were looking for much needed support and information that was not readily available in Winnipeg. A dedicated group of those with OCD, parents, family members and friends worked together to make available resources and help others in the community.

OCD Centre Manitoba, Inc. is a non-profit organization that provides support, education, and information to consumers, family, friends, and professionals, and promotes research.

Phone: (204) 942-3331
Fax: (204) 772-6706
Email: education@ocdmanitoba.ca
Director of Administration
‡ Education: Jan Thiessen

6. Suicide Prevention Education Awareness Knowledge (SPEAK)

Speak was started in 2001 by 5 families who had lost children to suicide. After meeting informally for one year, the group decided to share its knowledge with others. We want people to know that it is alright to talk openly about suicide.

The mission of SPEAK is to educate people of all ages about the link between depression and suicide, and to decrease the stigma associated with having a mental illness.

Speak has a monthly drop-in support group, run by survivors for survivors (family and friends who have lost someone to suicide). It is held the last Monday of each month at Harrow United Church, 955 Mulvey Avenue, 7:00-8:30 p.m.

Phone: (204) 831-3610
Email: speak@mts.net
Website: www.speak-out.ca



**Mental Health Self-Help Organizations
Co-Located @ FACES**

4 Fort Street, Suite 100
Winnipeg, MB R3C 1C4

(FACES is Wheelchair Accessible)

About Faces....

The name FACES was chosen to represent the six self-help mental health organizations at 4 Fort Street that work for and represent the many FACES of the individuals with mental illness, including their friends, families and natural supports.

FACES includes the following organizations:

1. Anxiety Disorders Association of Manitoba, Inc. (ADAM)
2. Canadian Mental Health Association, Manitoba Division (CMHA)
 - Partnership for Consumer Empowerment (PCE)
 - Mental Health Education Resource Centre of Manitoba (MHERC)
 - Eating Disorders Self Help (EDSH)
 - Mental Health Works (MHW)
3. Manitoba Schizophrenia Society (MSS)
4. Mood Disorders Association of Manitoba, Inc. (MDAM)
5. OCD Centre Manitoba, Inc. (OCDC)
6. Suicide Prevention Education Awareness Knowledge (SPEAK)

1. Anxiety Disorders Association of Manitoba Inc. (ADAM)

The Anxiety Disorders Association of Manitoba Inc. (ADAM) was formed in 1986 by and for people suffering from anxiety disorders. ADAM is a registered self-help charity committed to helping individuals who struggle with anxiety disorders.

We Offer cognitive behavioral groups, ongoing support groups, an information and referral service, and education and public awareness.

Phone: (204) 925-0600
Fax: (204) 925-0609
Email: adam@adam.mb.ca
Website: www.adam.mb.ca
Executive Director: Bruce Sielski

2. Canadian Mental Health Association, Manitoba Division Inc. (CMHA)

The Manitoba Division of CMHA was established in 1956 in response to concern about patients' rights and lack of appropriate treatment. CMHA strives to maintain a balance between the promotion and protection of mental health and care for those living with a mental illness. The Division oversees the Association's work on social action, public awareness, fundraising, research and policy development and works with regional offices to improve and expand services to meet the needs of as many Manitobans as possible. The Division partners with other mental health organizations to promote awareness of mental health in Manitoba and provides a leadership role within the mental health community and policy decision makers. The Division also provides ongoing support for provincial recovery and empowerment programs and mental health education resource development.

Phone: (204) 953-2350
Fax: (204) 775-3497
Email: info@cmhamanitoba.ca
Website: www.manitoba.cmha.ca
Executive Director: Ruth-Anne Craig

CMHA MB Division Provincial Programs:

Eating Disorders Self-Help (EDSH)

Self-directed recovery program involving educational resources, workshops, peer support programs on eating disorders and disordered eating, and community outreach and support for people impacted by eating disorders. For more information contact Aliza at:

Phone: (204) 953-2358
Fax: (204) 775-3497
Email: eatingdisorders@cmhamanitoba.ca
Website: www.manitoba.cmha.ca
Program Coord.: Crystal Tardiff

Partnership for Consumer Empowerment (PCE)

PCE is a mental health education program that provides workshops and presentations, advocacy, policy and program consultation. Workshops present consumer perspectives of living with mental illness; the concepts of empowerment and recovery; and other related topics. For more information contact Melissa (Program Assistant) at:

Phone: (204) 953-2354
Fax: (204) 775-3497
Email: pccemanitoba@cmhamanitoba.ca
Website: www.manitoba.cmha.ca
Program Coordinator: Melissa Paley

Mental Health Education Resource Centre (MHERC)

Resource development library providing educational materials on mental health and related issues to service providers, consumers, families, natural supports, caregivers, educators and the general public. Services include lending library, public-access computers, website, brochures, etc. For more information contact Cheryl:

Phone: (204) 953-2355
Fax: (204) 772-4969
Email: info@mherc.mb.ca
Website: www.mherc.mb.ca
Resource Centre
Coordinator: Cheryl McClure

Mental Health Works (MHW)

CMHA mental health training works to effectively address complex issues around mental health issues in the workplace. Practical and interactive multimedia workshops provide clear strategies and practical tools for managers through education and interventions. Other presentations and workshops provide an overview on how mental health issues in the workplace can be better managed and understood.

Phone: (204) 953-2353
Fax: (204) 775-3497
Email: mentalhealthworks@cmhamanitoba.ca
Website: www.mentalhealthworks.ca
Certified Mental Health
Works Trainer: Debbie Keele