



Canadian Mental  
Health Association  
Kamloops

# BECOME A VOTING MEMBER

Canadian Mental Health Association, Kamloops Branch

2020/2021

## Our Vision: Mentally healthy people in a healthy society

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

In BC, mental health, substance use and addictive behaviour are within the scope of the organization.

Through our family of over 100 local, provincial and national locations across Canada, CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Mental health begins where you live, learn, work and play. Together, we are making a difference.

*“CMHA is very, very helpful by just being here. A place to come to, feel welcome and be respected for who I am.”*

- Wilf



## Ride Don't Hide, **VIRTUALLY**

The nationwide, fundraising bike ride that brings mental health into the open, **WHEREVER YOU ARE.**

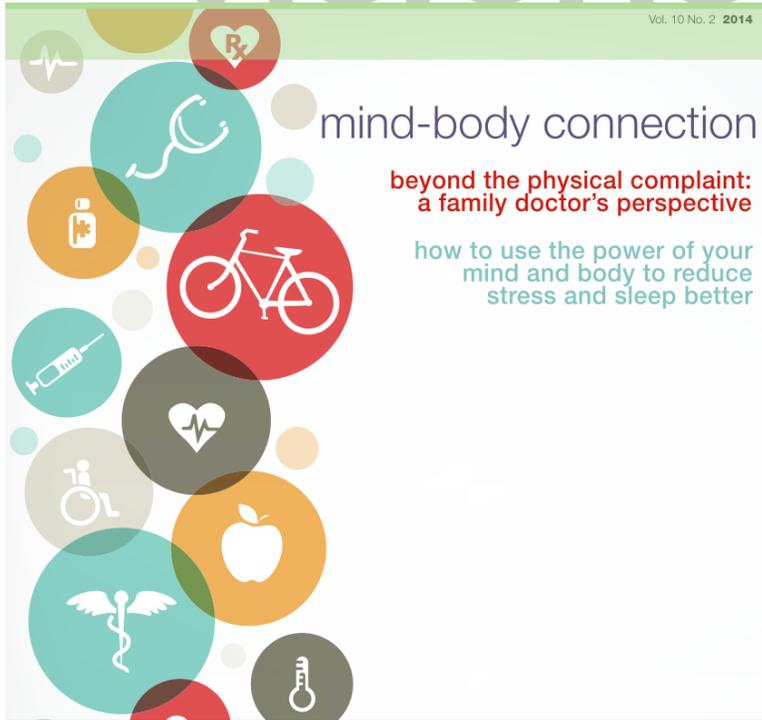
[ridedonthide.com](http://ridedonthide.com)

Register or donate till September 21, 2020

Ride Don't Hide is a nationwide fundraising event that brings MENTAL HEALTH into the OPEN

# visions

Vol. 10 No. 2 2014



Receive 4 Award-Winning VISIONS MAGAZINE with your membership

## Our services

Main office 651 Victoria Street Kamloops

Shelter ~ Emerald Centre

Shelter ~ The Royal

Supportive Housing ~ Rosethorn

Affordable housing for seniors 55 plus and People with Disabilities

Kamloops Clubhouse ~ Merritt Clubhouse

Community Education

## Fundraising—Donations

Ride Don't Hide [www.ridedonthide.com](http://www.ridedonthide.com) ~ now till September 21, 2020

For more information email [kamloopsRDH@cmha.bc.ca](mailto:kamloopsRDH@cmha.bc.ca)

## The benefits of membership

**Provide hope and help to people affected by mental illness**

Mental illness can cost a person their family, friends, job, education, physical health, and in some cases, their life.

CMHA's 14 branches throughout BC are here to help support people with mental illness and their families on their journey to recovery. We believe everyone deserves a home, a job and a friend.

Across BC, CMHA provides help and hope through direct services.

**Promote mental health for all and prevent mental illness**

Many people with mental illness never receive the treatment and support they need because they are unaware of the signs of mental illness and treatments available, or are ashamed to seek help.

CMHA helps battle misconceptions, empower people to seek help, and raise broad awareness around maintaining good mental health.

**Add strength to our voice**

Your membership strengthens our voice when it comes to improving the way we view and treat mental illness in BC .

**Have a voice in the direction of CMHA**

With your annual membership to your local CMHA branch, you also become a member of CMHA BC Division.

**Stay up to date on mental health in BC**

Your membership helps us keep in touch with people who care about mental health in BC.

**Mental illness will affect 1 in 5 Canadians directly—that's almost 900,000 in BC**

# Yes, I'd like to become a member!

I would like to...

Provide hope to the millions of people in BC whose lives have been directly or indirectly affected by mental illness

Help CMHA provide services across BC and in my community

Join a community of people who recognize the importance of helping people affected by mental illness and promoting the mental health of all British Columbians

Learn more about mental health and mental illness

## Your membership with CMHA KAMLOOPS includes:

- ◆ A CMHA membership card, to show you care about mental health in BC
- ◆ A voice in the future direction of CMHA through the opportunity to run for and elect the governing board and attend the Annual General Meeting
- ◆ A subscription to CMHA BC's free monthly email newsletter, Mind Matters
- ◆ A free subscription to the award-winning quarterly Visions Journal within BC (a \$25 value)

## Annual Membership

### \*Please check one

- \$20 Individual
- \$5 Subsidized Individual
- \$50 Organization

### \*Please check one

- New membership
- Renewal

Thank you for supporting CMHA Kamloops!

### Membership Form

Date: \_\_\_\_\_

Mr.  Ms.  Mrs.  Dr.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Prov. \_\_\_\_\_ Postal code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- Please do not send mail, including Visions magazine, unless required by our bylaws
- Please do not send e-mail unless required by our bylaws
- I would like information on volunteering
- I would like information on recognizing CMHA in my will

**PAYMENT:** Please make cheque out to Canadian Mental Health Association, Kamloops Branch

or pay online at [www.kamloops.cmha.bc.ca](http://www.kamloops.cmha.bc.ca) under 'GET INVOLVED'

\*Memberships expire March 31 of each year. New, non-subsidized memberships that begin between September 1 and March 31 need only pay half of the regular membership fee.

**Thank you for supporting Canadian Mental Health Association, Kamloops Branch and our community!**



 ride don't hide



Bring mental health into the open, **WHEREVER YOU ARE.**

## Contact Us

Give us a call or email for more information about our services

**Canadian Mental Health Association, Kamloops**  
651 Victoria Street  
Kamloops BC V2C 2B3

250 374 0440  
kamloops@cmha.bc.ca

Visit us on the web at  
[www.kamloops.cmha.bc.ca](http://www.kamloops.cmha.bc.ca)

Serving Kamloops since 1992



For more information go to [www.cmha.bc.ca](http://www.cmha.bc.ca)



Canadian Mental Health Association  
Mental health for all

British Columbia Division

## COVID-19

# Stay Well In Uncertain Times

Caring and support are also contagious. We're here to help with proven information and tools.



Thank you for supporting

**Canadian Mental Health Association, Kamloops  
and our community!**