



**NORTH SHORE  
SCHIZOPHRENIA  
SOCIETY**

## MEMBERSHIP FORM

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

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

City, Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work/Cell Phone: \_\_\_\_\_

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

**CHEQUE** enclosed for annual dues

January 1 - December 31 \$ 20.00

Plus (optional) donation \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**WE APPRECIATE YOUR SUPPORT**

*A tax receipt will be issued  
for the total amount.*

Please mail this completed form with  
your cheque to:

North Shore Schizophrenia Society  
205 – 1865 Marine Drive  
West Vancouver BC V7V 1J7

**The Family Support Centre**  
is available for information and support  
weekdays 9 am to 5 pm  
(or by appointment)

**North Shore Mental Health Teams:**

**Adult Community Mental Health &  
Addiction Services, North Shore**  
Intake: 604-904-3540

**Community Psychiatric Services/  
Urgent Outreach**  
1350 St. Andrews Street  
North Vancouver BC V7L 3L4  
604-983-6020

**For Assistance After Hours:**

- Police and ambulance 911
- Lions Gate Hospital 604-988-3131
  - Psychiatric Emergency Program  
ext 4289 - 24 hours a day
  - A2 Inpatient Psychiatry ext 4400  
Visiting hours: Mon-Fri 5:30-8:00 p.m.  
Weekends 3:30-8:00 p.m.

**Family Support Centre**  
**North Shore Schizophrenia Society**

205 - 1865 Marine Drive  
West Vancouver BC V7V 1J7  
604-926-0856

The North Shore Schizophrenia Society  
is an incorporated society and  
registered charity (89422 6935 RR0001).

Your generosity is appreciated.

Receipts will be issued for income tax  
purposes.

**[www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org)**

**Personal Support  
and Information on  
Major Mental Illnesses**

Schizophrenia, Bipolar Disorder,  
Depression, Anxiety Disorders and Others

# FAMILY SUPPORT CENTRE

**PHONE  
or  
DROP IN**

Open Monday to Friday  
9 a.m. to 5 p.m.  
or by appointment



**Operated by the  
North Shore  
Schizophrenia  
Society**

205 - 1865 Marine Drive  
West Vancouver BC V7V 1J7

**604-926-0856**

[info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)  
[www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org)

# The Family Support Centre

operated by the

## North Shore Schizophrenia Society

offers personal support and education to families of the seriously mentally ill, information on major mental illnesses to the community at large, and advocacy on behalf of the seriously mentally ill and their families.

### Drop in or give us a call if:

- you have questions, concerns, or difficulties in getting services,
- you just want to talk,
- you want information on our Family to Family education program, support groups, Partnership Program (in schools), or Public Education Meetings.

Everyone is welcome!

**Call 604-926-0856**

## The Family Support Centre

maintains a selection of books, pamphlets and videos on major mental illnesses and available resources. It has information of particular interest to families of the seriously mentally ill, such as wills and estate planning guides, other legal information, and procedures in applying for disability benefits.

***There is a staff person or volunteer on hand to help with questions, concerns or advocacy needs.***

If language aid or cultural interpretation is required, we have members from various ethnic backgrounds who have volunteered their services. We also have literature available in French, Spanish, Punjabi, Persian and Chinese.

### You can help by:

- becoming a member,
- volunteering your time or knowledge.

We gratefully acknowledge the financial assistance of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Lynn Valley, Capilano, and Mt. Seymour Lions Clubs; Soroptimist International of North and West Vancouver; West Vancouver Community Foundation; Community Foundation of Whistler; Squamish Community Foundation; Lynn Valley Legion; North Shore Credit Union; and our many other generous donors.

## MAJOR MENTAL ILLNESSES

**Schizophrenia** is the most chronic and disabling of the major mental illnesses. It afflicts 1 in 100 people worldwide. Symptoms may include delusions, hallucinations, thought disturbances, inexplicable mood changes, cognitive problems and social withdrawal. It usually first strikes young people between the ages of 16 and 25.

**Bipolar disorder** used to be referred to as manic depression. Patients may have episodes of depression (prolonged sadness, feelings of worthlessness, irritability) or mania (euphoria, hyperactivity, impulsiveness), generally with periods of normal moods in between the two extremes.

**Depression** is characterized by low motivation and energy, anxiety, feelings of hopelessness, and a sense of impending doom.

**Note:** Psychosis (loss of touch with reality) can occur in acute episodes of these disorders.