



**NORTH SHORE
SCHIZOPHRENIA
SOCIETY**

MEMBERSHIP FORM

Name: _____

Address: _____

City, Prov: _____

Postal Code: _____

Telephone 1: _____

Telephone 2: _____

Email: _____

CHEQUE enclosed for annual dues

April 1 to March 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

Sea to Sky Mental Health Services

**Adult Mental Health and Addictions
Squamish:**

604-892-6400 M-F, 8:30 a.m. to 4:30 p.m.
Access/Intake: 604-892-6365

Whistler:

604-932-3202 M-F, 9 a.m. to 5 p.m.
Access/Urgent Response: 604-698-6455

Pemberton/Mt. Currie:

604-698-5861 M-F, 8:30 a.m. to 4:30 p.m.

Child and Youth Mental Health

Squamish: 604-892-1400

Whistler/Pemberton: 604-894-2091

24 Hour Crisis Centre Distress Line

1-800-661-3311

24 Hour Emergency Assistance:

- Squamish and Whistler **911**
- Britannia Beach
 - Police **604-898-6111**
 - Ambulance **604-892-5422**
- D'Arcy / Mt. Currie
 - Police **604-894-5757**
 - Ambulance **604-894-6353**
- Pemberton
 - Police **604-894-6126**
 - Ambulance **604-894-6353**

North Shore Schizophrenia Society

Sea to Sky Family Support Group
604-898-9372

Family Support Centre
205 - 1865 Marine Dr., West Vancouver
604-926-0856

info@northshoreschizophrenia.org

The North Shore Schizophrenia Society
is a Registered Charity 89422 6935 RR0001
Receipts will be issued for income tax purposes.

www.northshoreschizophrenia.org

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

FAMILY SUPPORT SERVICES

Schizophrenia, Bipolar Disorder,
Depression, Anxiety Disorders
and Others

Sea to Sky
Family Support Group
604-898-9372

Family Support Centre
604-926-0856



**North Shore
Schizophrenia
Society**

www.northshoreschizophrenia.org

NSSS Sea to Sky Services

As well as the Family Support Centre, located in West Vancouver, the North Shore Schizophrenia Society offers two key programs in Squamish for families in the Sea to Sky Corridor.

Sea to Sky Family Support Group

Family members and close friends of the mentally ill meet monthly to share experiences, learn from each other, and give each other support.

Family-to-Family Education Course

An intensive 12-session education course on mental illness - covering symptoms, medication, what it is like to be ill, communicating, problem-solving, advocacy, and more. Complete with workshops.

Both programs deal with all serious mental illnesses: schizophrenia, bipolar disorder, depression, anxiety disorders, and others.

Please call 604-898-9372 for details.

www.northshoreschizophrenia.org

The Family Support Centre

Offers support, education, counselling, and other services for families of the seriously mentally ill, information on major mental illnesses, and advocacy on behalf of the seriously mentally ill and their families.

Drop in, call or email us if you have questions, concerns, or difficulties getting services, or if you just want to talk. There is a staff person or volunteer on hand to help.

Everyone is welcome!

205 – 1865 Marine Drive

West Vancouver

604-926-0856

info@northshoreschizophrenia.org

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; Royal Canadian 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.