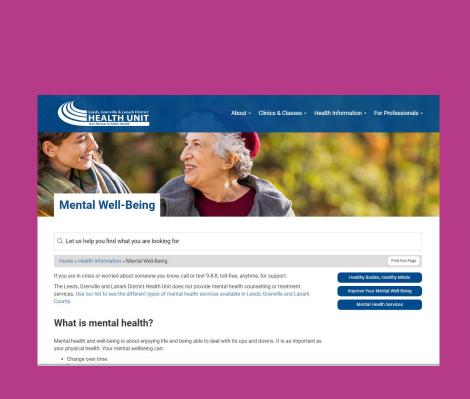


www.healthunit.org/BPSO/



1. Supporting and Strengthening Families Through Expected and Unexpected Life Events



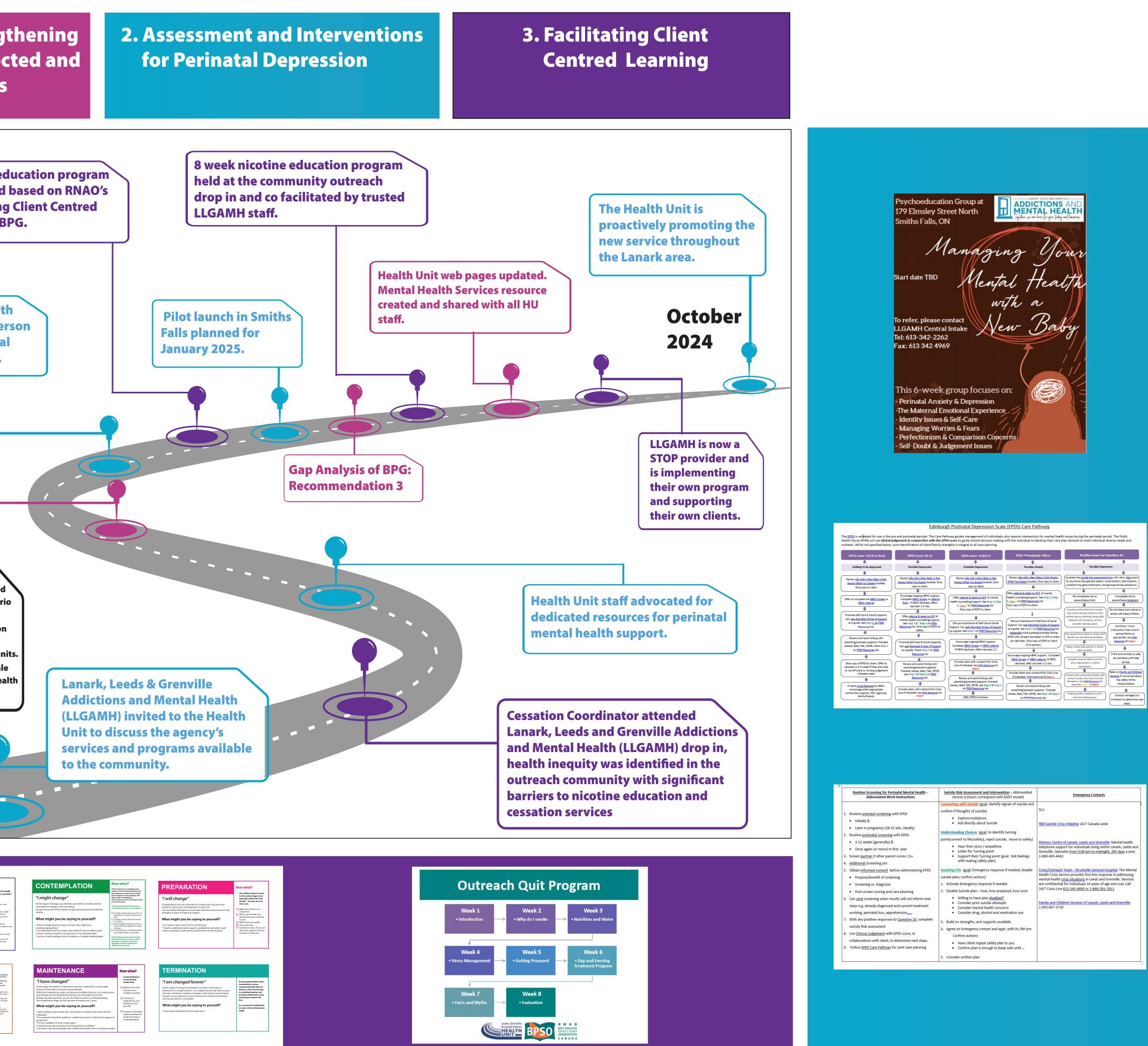


Depending or	vices are free. A doctor's referral is not needed n your situation, mental health services might amily doctor, workplace programs, school or a	also be available
Local Ment	al Health Services Local (Lanark, Leeds a	and Grenville)
Agency	Description	Contact Info
Brockville General Hospital brockvillegeneralhospital.ca/ en/patient-care/mental-health- program.aspx	If you are worried someone may need police or medical help right away, contact 9-8-8 Helpline. Call or text 9-8-8.	Call or text: 9-8-8 Available 24/7
Children's Mental Health of Leeds and Grenville cmhlo.ca	For children, youth and families. Children 12 and over can refer themselves.	1-800-809-2494 8:30 am-4:30 pm
Connect Youth – a program of John Howard Society of Kingston & District johnhoward.on.ca/kingston/ services/ youth-services/	Services for youth ages 12–25 in Leeds and Grenville. Offers help with basic needs, life skills, transportation and housing.	Call or text: 613-918-0173
ConnectWell connectwell.ca/services/ mental-health/	Counselling, support services and group programs for those over the age of 18 and living in Lanark County.	1-866-762-0496
Country Roads Community Health Centre crchcon.ca	Offers mental health counseling for anxiety, depression, and other issues. Provides individual counselling services as well as group programs.	Portland: 613-272-3302 Westport: 613-273-9850
Distress Centre Lanark, Leeds & Grenville developmentalservices.com/ services-distress	Private phone support service from 5:00 pm to midnight every day.	1-800-465-4442 5:00 pm to midnight, daily
John Howard Society johnhoward.on.ca/kingston/	We help young people, homeless people, and people involved with the law get mental health care.	613-246-2092
Lanark County Community Justice commjustice.org	We resolve conflicts and crimes using "restorative justice," which is different from regular courts. We support parents with teens.	Email: admin@commiustice.org Call: 1-613-264-1558
Lanark County Mental Health Jemb.ca	Help for adults and youth over 17 with mental health concerns.	613-283-2170 Monday-Friday 8:00 am-4:00 pm
Lanark, Leeds and Grenville Addictions and Mental Health Ilgamh.ca	Mental health services for people 16 and older; addiction services for any age.	1-866-499-8445 Monday-Friday 8:30 am–4:30 pr 24/7 Crisis Line: 1-866-281-291
Open Doors for Lanark Children & Youth opendoors.on.ca	For children, youth and families.	1-877-232-8260 Monday-Friday 8:30 am-4:30 pm Tuesday 8:30 am-8:00 pm
PLEO Parents' Lifelines	For parents of children to age 25 facing mental health, addiction, or behavioural challenges.	1-855-775-7005
Rideau Community Health Service rideauchs.ca/programs- services/counselling-services	Mental health services for people 18 and older. Individual and groups available.	613-283-1952
RNJ Youth Services	Help children and youth aged 8 to 17, and their families in Leeds, Grenville and Lanark.	Brockville: 613-342-4238 Smiths Falls: 613-284-8304
Wellness Access for Youth (WAY) kdh.on.ca/way	Connects youth ages 12–24 and their families in North Grenville to wide range of service.	Call: 1-866-741-1929 Email: info@ wellnessaccessforyputh.ca

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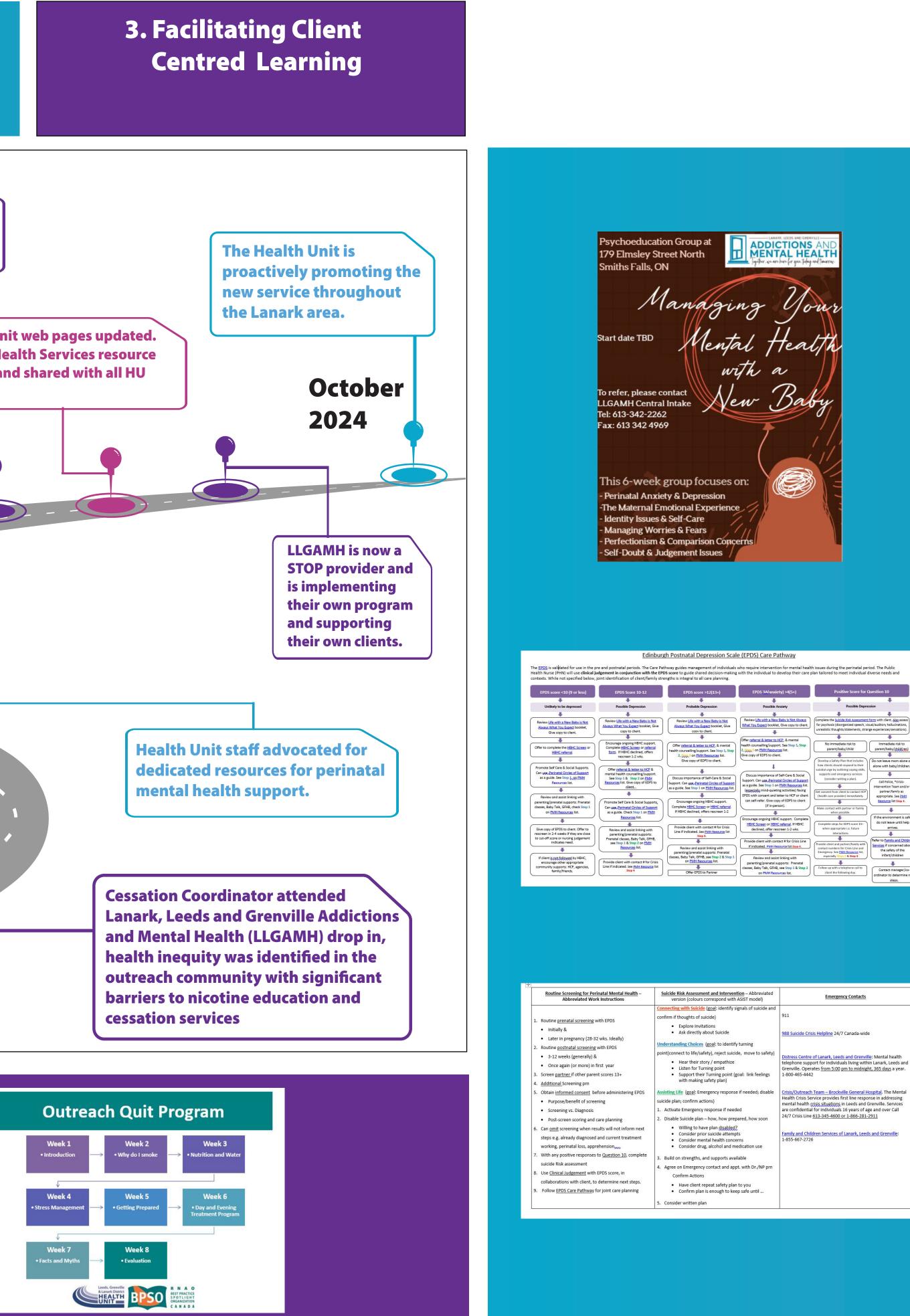


From Ask to Action: 3 BPG Journeys



It bit dags nevy pattern of harhvisor has been sustained for a reasonable mount of time and is now part of your lifelysic. The second of the part of the second of the sec	"I have changed" At this stage new pattern of behaviour has been sustained for a reasonable amount of time such new part of your lifetyle. Within the maintenance stage you become conflictent that you can continue your Mitten behaviour al changes are methoded in your life. Penhage caulaly important, you are less likely to return to smoking/suppirg. Constitute to minispate the hardware of the pence of the second s
mount of time and is now part of your lifestyle. Within the maintenance stage, you become stage, you become stage, you become stage, you become stage stage states and the stage stage stage states are embedded in your life. Henhape caugal important, you are less likely to return to smoking/yoping. The maintenance stage can last between 6 months and 5 years.	amount of time and is now part of your lifetyle. If the source stage, you become confident that you can continue you mew lifetyle and the behavioural changes are embedded in your life. Perhaps equally important, you are less lifety to return to smoking yologing. The maintenance stage can last between 6 months and 5 years. What might you be saying to yourself? Togut smoking serveal weeks ago. Some days are tougher than others but Im
	I quit smoking several weeks ago. Some days are tougher than others but I'm







This work is part of the BPSO designation program funded by the Government of Ontario. For more information about the RNAO BPSO Designation please visit www.RNAO.ca/bpg/bpso.