

Drop In & Resource Centre

Weekdays

11a.m.-4p.m.

MHRC offers a safe, friendly place where members are welcomed and accepted as they are, and where unsafe, discriminatory or harassing behavior is not permitted.

- A cup of coffee (for a quarter)
- Friendship/Fellowship
- Daily activities -like movies, music, crafts, Karaoke, discussions, and board games. We celebrate members birthdays for each month on the last Wednesday of the month.
- Peer support— Those who attend the drop in centre may speak in person to a peer worker between 11a.m. and 4p.m.
- Computer/Internet access
- Resource Centre—pamphlets/brochures/library with information for self education around resources, illnesses, medications, treatment and systemic issues
- Telephone use (local calls only)

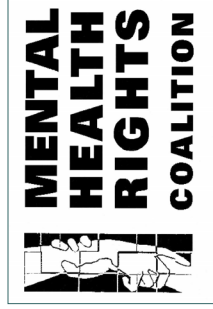


MHRC displays information from the community, as well as advertisements for upcoming events that may benefit consumers.

A Voice in the Community

The Mental Health Rights Coalition represents the interests, opinions and needs of people with mental health issues by being active on many boards, steering committees, advisory groups, networks and their working groups, such as:

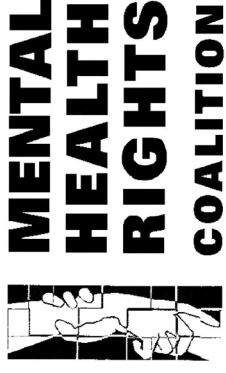
- COAST: Crisis Outreach and Support Team
- Hamilton Addictions and Mental Health Network
 - Recovery Working Group
- Health and Wellness Resource Centre
 - Knowledge Integration Study
- Ontario Peer Development Initiative
- Consumer-Run Co-Op Proposal Group
 - Voices of Experience
 - Wellness Network
 - WiseMind Inc.
- Peer Support Job Development Group
- Mental Illness Awareness Week Committee
 - Photovoice Hamilton
 - Peer Recovery Network
- Psychiatric Emergency Services Advisory -Committee
- OPDI Peer Development Task Force
- Consumer/Survivor Initiative Network of LHIN 4
- Mental Health and Addictions Network



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MHRC
HAMILTON

Our mission is to encourage, enable and empower the voice of consumers in the mental health system



Reduce Stigma
Reduce Isolation
Increase Accessibility
Support Re-Integration
Promote Participation

MHRC is a Consumer/Survivor Initiative; we are run by and for consumers of the mental health

www.mentalhealthrights.ca

ACTIVITIES, PROGRAMS AND SERVICES

Who We Are

Mental Health Rights Coalition (MHRC) is a non profit organization funded by Ontario's Ministry of Health and Long Term Care as a Consumer/Survivor Initiative.

MHRC was formed in 1991 by consumers concerned about the absence of adequate community supports and services for those leaving institutions. MHRC was incorporated as a non profit organization in 1995.

Membership is free of charge for self disclosed consumers of the mental health system over the age of 18.

- Receive newsletters
- Vote at Annual General Meeting
- May stand for election on Board of Directors
- May be hired to work at MHRC.

Non consumers may become members, but do not have the rights of membership. They will receive newsletters and other notices only via email.

All staff, Board Members, and drop-in members of MRC are Consumer/Survivors of the mental health system. All staff are trained Peer Support Workers.



An important part of our mission is to empower consumer/survivors

forums that cater to the consumer's needs, such as finding meaningful employment, learning self-advocacy skills, and finding out what services are in the community for consumers.

Research

The Coalition prides itself on our involvement in many research studies having to do with

Peer Support, the credibility of

Consumer/Survivor Initiatives (CSIs),

and the quality of life for consumers who are active in CSIs. Often, these projects provide our members with job opportunities as research assistants, and our staff always benefit from having experience with participatory action research to add to their skill sets.

The Rights Stuff

The official newsletter of

The Mental Health Rights Coalition

Members and staff publish articles about the rights of consumers, changes in legislation, and information that will benefit consumers in the area. Included is our monthly calendar of events. The Rights Stuff is published every other month. It is mailed to those members who do not have internet access and notice of publication is emailed to other agencies and community organizations about how to access the newsletter online.

For more information about MHRC, please visit:

Peer Support

Our peer support staff and volunteers offer one-on-one support on a phone-in or walk-in basis. Someone who has "been there, done that" can help in unique ways by sharing similar experience, exploring needs and developing plans of action to achieve stated goals. Peers share information, links to resources, referrals to other organizations and self-advocacy skills needed to navigate the system and deal with various life challenges.

Peer Support Training

A 30 hour peer support training course is offered 2-3 times per year, free to consumer members who are ready to help others. After training and a twelve hour job shadowing practicum, volunteers are ready to work with other consumers who needs help connecting in the community, and/or reaching recovery. Workers learn many transferable skills and are in demand as peer support workers in other agencies.

Public Education

Throughout the year, MHRC presents at conferences, medical institutions, colleges, universities, high schools and community organizations on mental health issues from the consumer perspective. We are a proactive member at the TAMI table (Talking About Mental Illness), an anti-stigma campaign targeting high schools. We are mandated to do a certain number of educational



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