

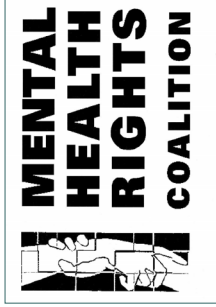
Drop In & Resource Centre

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



MHRC HAMILTON

20 Jackson St. W. Suite
206
Hamilton, ON
L8P 1L2

Phone: 905-545-2525

Fax: 905-545-0211

E-mail:

mentalhealthrights@bellnet.ca

Website:

www.mentalhealthrights.ca

Open weekdays

11 to 4

Except holidays



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 consumer/survivor initiative (CSI) funded by Ontario's Ministry of Health and Long Term Care

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 charitable, not for profit organization in 1995.

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

Members:

- 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 MHRC are Consumer/Survivors of the mental health system. All staff are trained Peer Support Workers.



meaningful employment, learning self-advocacy skills, and finding out what services are in the community for consumers.

Research

The Coalition prides itself on its 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—Newsletter

Members and staff publish articles about the rights of consumers, changes in legislation, and information that will benefit consumers in the area. The newsletter includes activity calendars for the next months. It is mailed to members who do not have internet access and sent via email to other agencies and community organizations.

The current newsletter and back issues are available on the website.

For more information about MHRC, please visit:

www.mentalhealthrights.ca

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 work with other consumers who need help connecting in the community, and/or reaching recovery. Workers learn many transferable skills and are in demand as peer support workers with 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 include in our programming and staff development educational forums which cater to the consumer's needs, such as finding