

## Weekdays

11 a.m. - 4 p.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 center may speak in person to a peer worker between 11 a.m. and 4 p.m.

Phone calls are also welcome.

### Friendship/Fellowship

**Daily activities**—might include movies, music, crafts, Karaoke, discussions, and board games. We celebrate members birthdays each month. See our calendar for details [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)

### Computer/Internet access

**Resource Room**—pamphlets/brochures/library (information for self education around resources, illnesses, medications, treatment and systemic issues)

### Telephone use (local calls only)

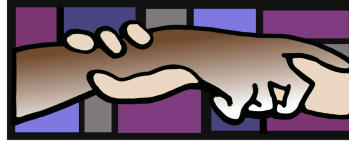
### One on One Peer Support

One-on-one peer support is available on a drop-in basis at our office or by phone.



Partially Accessible

## MENTAL HEALTH RIGHTS COALITION



**103-100 Main St E  
Hamilton, ON  
L8N 3W4**

**Phone: 905-545-2525**

**Fax: 905-545-0211**

**E-mail:**

**[mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)**

**Website:**

**[www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)**

**Open weekdays**

**11 to 4**

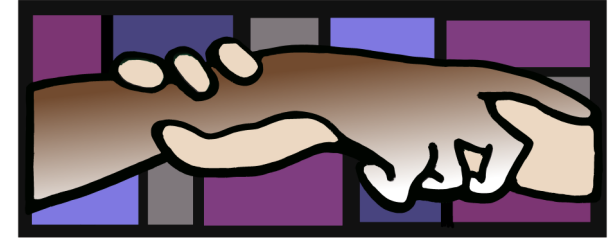
**(Except holidays)**

Funding for this program is provided by the Government of Ontario through the Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN) - LHIN4  
With grateful acknowledgment of



Views expressed are not necessarily those of MHRC funders

## MENTAL HEALTH RIGHTS COALITION



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

## Our Goals

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

**[www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)**

# Activities Programs and Services

MHRC is a Consumer/Survivor Initiative; run by and for those with lived experience in mental health and addiction.

## Who We Are

Mental Health Rights Coalition (MHRC) is a consumer/survivor initiative (CSI). It's functions are reflective of the needs of the membership. Members, staff and volunteers all have lived experience with mental health and/or addiction. 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 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 associate 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 have lived experience with mental health and/or addiction All staff are trained as Peer Support Workers.

## Peer Support

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” offers a unique empathy because of their similar experience. Encouraging self empowerment, workers support consumers in exploring needs and developing plans of action to achieve stated goals. Members are encouraged to self advocate and develop skills to deal with challenges of mental health and of living. Full use of community resources and mental health resources is encouraged.

## Peer Support Training

A 50 hour peer support training course is offered two or three times per year, for a fee, to consumer members who are ready to help others. Training includes in class and practical work. Graduates learn many transferable skills and are in demand as peer support workers with other agencies.

## Public Education

Throughout the year, MHRC staff and volunteers present the consumer perspective of mental health issues at conferences, medical institutions, colleges, universities, high schools and community organizations. We include in our programming and staff development educational forums which 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 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](http://www.mentalhealthrights.ca)