



## 22<sup>nd</sup> Annual Mosaic for Mental Health

*Art Exhibition & Sale: "Inspiring Peace of Mind"*



### Call for Submissions

22<sup>nd</sup> Annual

### Mosaic for Mental Health Art Exhibition & Sale

October 15<sup>th</sup> - November 1<sup>st</sup>, 2020

*"Inspiring Peace of Mind"*

We welcome submissions of original 6" x 6" artworks on watercolour paper, canvas, or a surface of your choice!

Submission forms are available on our website:  
[www.cmhahaldart.ca](http://www.cmhahaldart.ca) (or by contacting our office)

For those who would like to create their work on Masonite tiles, please contact our office to arrange safe delivery:

902-455-5445 or [cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)

*Thank you for your continued support!*



"When it rains it pours, but soon the sun shines again.  
Stay positive. Better days are on their way."

(Unknown)

#SocialConnection #StrongerTogether #TogetherApart

## Mental Health Week

Mental Health Week took place May 4 -10, 2020. The theme this year was "social connection".

Instead of saying "I'm fine, thanks", we were encouraged to share how we were really feeling.

#SupportEachOther

### I'm fine, thanks.



There is one Canadian Mental Health Association Vision across our decentralized organization:

*"mentally healthy people in a healthy society".*

### Mobile Mental Health Crisis Line

(24/7) for anyone experiencing a mental health crisis or if you are concerned about someone else:

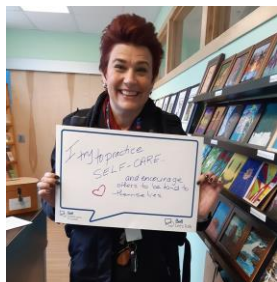
902-429-8167

1-888-429-8167 (toll-free)

## Some winter recaps...

### Bell Let's Talk

THANK-YOU to everyone who joined the conversation in January and completed one of the "talk bubbles" that decorated our storefront windows – *"When it comes to mental health, every action counts"*



### Strike Out Stigma Bowlathon

Our 4<sup>th</sup> Strike Out Stigma Bowlathon, held on February 28<sup>th</sup> at Bowlerama Bayers Rd., was a huge success! THANK-YOU to the bowlers, volunteers and to everyone that helped us exceed our goal of \$5000, proceeds of which support our Branch's social programs!



### Mental Health Community Coffee House & Open Mic

Our MHC Coffee House is on hiatus but in the meantime check out our Virtual Coffee House on YouTube, put together in celebration of Mental Health Week! <https://youtu.be/TxmTeu2OGNc>



June 2020

### Important Update: COVID-19

The Canadian Mental Health Association (CMHA) Halifax-Dartmouth Branch has extended the suspension of all in-person programming and face-to-face meetings until the week of July 6<sup>th</sup>, 2020. We will be using a phased-in approach. In-person programming, including our Among Friends and Sharing Caring Social Clubs, will initially be off-site (details to follow). The re-opening of indoor social programming, as well as drives by staff/volunteers, will depend on our ability to follow social distancing guidelines from the Department of Health. Calls and deliveries to members will continue throughout the month of June. Our storefront office at 2020 Gottingen Street, will re-open on July 6<sup>th</sup> respecting social distancing guidelines.

If you have any questions, please call our main line as we are checking voice mails and emails during regular office hours, Monday to Friday, 9:30am – 5:00pm: **902-455-5445**

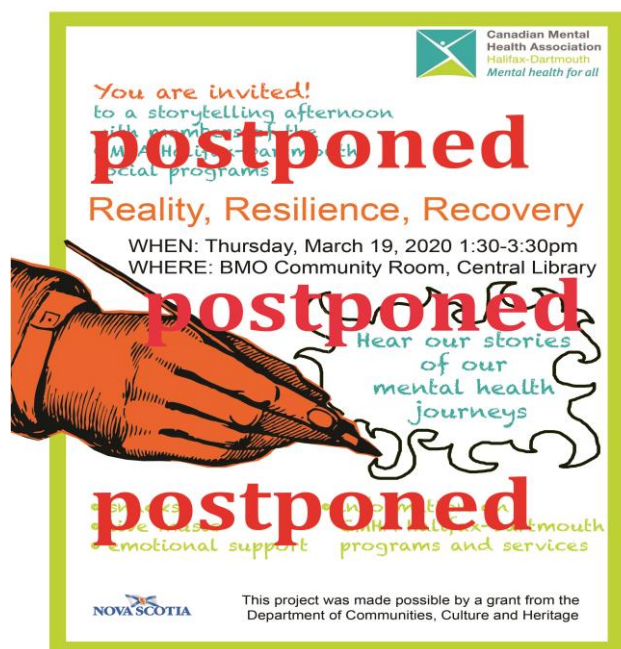
Social Program members can also leave messages for staff at the following #'s: *Among Friends* 902 463-2187; *Sharing & Caring* 902 455-0072; *Building Bridges* 902 455-6983.

We know this has been a very challenging time for everyone and we appreciate your kindness, patience and understanding.

Bev Cadham & Marg Murray  
Branch Co-Managers  
[cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)

## Reality, Resilience, Recovery

A huge THANK-YOU to Anna Quon and all of those who participated in this winter's Reality, Resilience, Recovery Writing Project. We look forward to hearing your stories when our operations resume.



## Colouring, Culture & Conversation

This weekly series, scheduled to start in March, was made possible by a Halifax Community Health Board Grant. We look forward to offering this series again at a future date.

## Dalhousie University OT Students

CMHA Halifax-Dartmouth Branch had the pleasure of hosting a great group of students from Dal's Occupational Therapy program this winter. Joining us every Friday, the students not only learned about our organization, they joined in various Club activities and were instrumental in creating this newsletter! Wishing you all the very best as you move forward in your respective careers Ally, Jerilyn, Teghan and Bruce!



## IWK / NSHA Mental Health and Addictions Intake Service

If you need help with a mental health and/or an addictions concern, the Intake Team is here to help:  
Call toll-free **1-855-922-1122**

**The Intake Team is available to take your call Monday to Friday, 8:30am - 4:30pm**

*\*The line has voicemail-only evenings, weekends and statutory holidays.*

**What can you expect when you call?**

Intake Clinicians will ask questions that help determine what services and supports best meet your needs. The call may take 30 minutes and you may be asked for your Health Card Number.

**Who else can make a referral?**

Your doctor, other healthcare professionals, a community agency or families can make a referral.

## NEED HELP NOW?

- **Mental Health Crisis Line**  
1-888-429-8167 (toll-free).  
Available 24 hours, seven days a week.
- **Kids Help Phone**  
1-800-668-6868 (toll-free).  
Available 24 hours, seven days a week
- **OR call 911 or go to your closest Emergency Dept.**



## Save the Date: Summer Solstice Sale

We are excited to announce that on Saturday, June 20th we will be unveiling a limited number of Jude Caborn original paintings for sale online! Many people will recognize Jude's detailed and beautiful watercolour brushstrokes, and a selection of her work will be available on a first-come, first-served basis, exclusively online. Jude, one of our incredibly loyal Mosaic artists and supporters, has graciously chosen to donate a sampling of her paintings as a fundraiser for CMHA Halifax-Dartmouth Branch – *stay tuned for details!*



## And one last thing...

Last but certainly not least, while our in-person programming, meetings and CMHA Halifax-Dartmouth storefront are temporarily impacted, we have been busy behind the scenes! THANKS to the generous funding of the United Way Compassion Fund and Be the Link Initiative, FEED NS, Anna Quon's *Poetry for Groceries* fundraiser, the HaliSmiles Project, Joel Sampson, Lake City, Dollarama Bayers Lake, Sobeys and the incredible support of many others, we have been able to provide grocery and activity packages to our program members. A big shout-out to Tish, Maddy and Amanda who have been working tirelessly (and in keeping with the required safety protocols) to get these packages out the door and delivered.



## Useful Numbers

### RED CROSS Emotional Support

**Line:** If you are feeling overwhelmed about COVID-19, simply call **211** to be connected!

### Department of Community Services (ESIA) - Employment Support Income Assistance Line:

- 1-877-424-1177 (M-F 8:30am – 4:30pm)
- 1-833-722-1417 (Evenings 4:30pm - 7pm, Sat & Sun)

### CMHA Online Wellness Support Group Sessions:

Contact Keith Anderson [CMHANS-CBLead@novascotia.cmha.ca](mailto:CMHANS-CBLead@novascotia.cmha.ca)

### CMHA Nova Scotia (NS Division Office):

For non-clinical mental health psycho-social support throughout COVID-19, visit the *CMHA Wellness Hub* at [novascotia.cmha.ca](http://novascotia.cmha.ca) or call 1-877-466-6606 (toll-free)

### Healthy Minds Cooperative:

#SelfCare and #PeerSupport online support is available weekly. Call 902-404-3504 / [www.healthy minds.ca](http://www.healthy minds.ca)

**PAUSE: Mental Health Walk-In Clinic:** Offered a part of the North End Community Health Centre, the walk-in clinics are currently suspended but you can still call to make an appointment to talk to a counselor: 1-800-598-5270



Cmhahaldart



/CMHAHalDart



@CMHAHalDart

902-455-5445

[www.cmhahaldart.ca](http://www.cmhahaldart.ca)

Email:

[cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)