



Jeffery Hale
Saint Brigid's
Une communauté de soins
A Community of Care

Recovery Support Program

A community wellness program for English-speaking people with mental illness

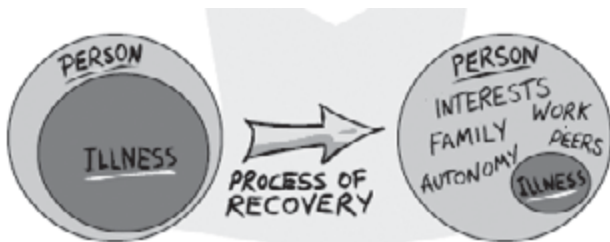


Recovery is possible for everyone.

Recovery Support Program

1. What is recovery?

Instead of asking, "What is wrong with you?", recovery focuses on, "What is Right with you?"



2. Do people really recover?

Yes! Studies show that people with psychiatric diagnoses can get well and stay well, even those with a major diagnosis, such as:

- schizophrenia;
- schizoaffective;
- bipolar;
- anxiety disorder;
- depression.

No matter what your situation in life may be, there is great reason for hope.

3. Who may benefit from the program

You have a serious mental illness, like those listed in section 2, plus an addiction (or not), and:

- Be 18 years of age or older;
- Have trouble managing your medication;
- Be socially withdrawn;
- Do not usually want help;
- Have a hard time getting organized in your daily life.

4. Who we are

Our team consists of social workers and a special care counsellor.

5. What we do

This program is based on each person's unique needs, desires and ideas about life and wellness.

You direct and define your own recovery process, and in your own time frame. We will meet you where you live, as well as in the community.

Continued on the back



6. More about what we do

Our role is to engage you in your personal recovery journey by helping you to:

- Rebuild hope;
- Rediscover a life worth living;
- Explore your dreams and make them a reality;
- Manage daily living needs through coping skills, life skills and self-care;
- Connect to community resources for jobs, housing, leisure, education, volunteering, and spiritual needs.

7. Support for your Family and Friends

No one with mental illness suffers alone: family, friends and community are also affected. We seek to help you rebuild relationships and support your progress in joining the community.

We can reach out to other services, such as doctors, police, welfare, and housing.

We can also meet with your family members and friends: 1. to learn more about your strengths and goals from them; 2. to help them find new ways to support you.

8. How to access the program

Call or drop in and ask to speak with our Intake Social Worker. You can do this yourself, or someone else can contact us on your behalf, such as:

- family or friends
- doctors, psychologists
- community organizations
- public workers such as police, probation officers, and curators

All referrals are confidential.



Get Your Life Back

"Recovery is a deeply personal, unique process of changing one's attitude, values, feelings, goals, skills, and roles.

It is a way of living a satisfying, hopeful and contributing life with or without limitations caused by the illness."

William A. Anthony

We are there for you

If you live in the Greater Quebec City area and would like health and social services in English, please call the Jeffery Hale:

T 418 684-5333

1 888 984-5333 toll-free

Services

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home



**Jeffery Hale
Saint Brigid's**

Une communauté de soins
A Community of Care

1250, Chemin Sainte-Foy
Québec (Québec)
G1S 2M6

www.jhsb.ca

This leaflet is specially designed so that everyone can read it on paper or on screen, including people with disabilities such as vision and hearing loss.