

Membership Form

Annual Membership (Please check one)

- \$20 Individual*
- \$5 Subsidized Individual
- \$50 Organization/Business*

New membership Renewal

* Memberships expire March 31 of each year.

New, non-subsidized memberships that begin between September 1 and March 31 need only pay half of the regular membership fee.

Date _____

Mr. Ms. Mrs. Dr.

Name _____

Address _____

City _____

Prov. _____ Postal Code _____

Phone (_____) _____ - _____

Email _____

- Please do not send mail, including Visions magazine, unless required by our bylaws
- Please do not send e-mail unless required by our bylaws
- I would like information on volunteering
- I would like information on recognizing CMHA in my will

Your membership with CMHA South Cariboo includes:

- A CMHA membership card, to show you care about mental health in BC
- A voice in the future direction of CMHA through the opportunity to run for and elect the governing board and attend the Annual General Meeting
- A subscription to CMHA BC's free monthly email newsletter, Mind Matters
- A free subscription to the award-winning quarterly Visions Journal within BC (a \$25 value)

In addition to my membership, I would like to donate \$ _____

I would like to pay by:

Cheque Cash

Signature :

Please make cheques payable to:

Canadian Mental Health Association,
South Cariboo Branch

Our mailing address:
Box 876, 100 Mile House, BC, V0K 2E0

Our street address:
555B Cedar Avenue, 100 Mile House, BC



CMHA South Cariboo is an accredited organization through Imagine Canada's Standards Program.



Canadian Mental Health Association
South Cariboo
Mental health for all

Help us make a difference ...
Become a member



Mentally healthy people
in a healthy society

www.southcariboo.cmha.bc.ca

The benefits of membership

Provide hope and help to people affected by mental illness

Mental illness can cost a person their family, friends, job, education, physical health, and in some cases, their life. CMAHA's 14 branches throughout BC are here to help support people with mental illness and their families on their journey to recovery. We believe everyone deserves a home, a job and a friend.

Across BC, CMAHA provides help and hope through direct services such as:

- Supported housing and shelters
- Support groups and crisis lines
- Social and recreational opportunities
- Volunteer opportunities, skills training and employment services
- Educational supports and bursaries
- Clubhouses, which provide a stable, respectful and supportive gathering place for recovery
- Social enterprise programs, which assist people with mental illness to gain skills, productivity and income by running their own businesses

Mental illness will affect 1 in 5 Canadians directly—that's almost 900,000 in BC

Promote mental health for all—and prevent mental illness

Many people with mental illness never receive the treatment and support they need because they are unaware of the signs of mental illness and treatments available, or are ashamed to seek help. CMAHA helps battle misconceptions, empower people to seek help, and raise broad awareness around maintaining good mental health through:

- Public education events, displays, publications, and resource libraries
- Province-wide events such as Mental Health Week in May, Ride Don't Hide events in June and Beyond the Blues events in October
- Community education and training such as Living Life to the Full, Bounce Back™, and Beyond the Blues events in October
- Confidential Parents: Thriving Kids, Mental Health Works and Mental Health First Aid

Have a voice in the direction of CMAHA

With your annual membership to your local CMAHA branch, you also become a member of CMAHA BC Division. As a member you have a voice in how CMAHA is run through your vote and/or nomination in the election of our governing board, and your attendance at our Annual General Meeting.

Each year, CMAHA serves more than 120,000 people across 100 communities in BC

Add strength to our voice

Your membership strengthens our voice when it comes to improving the way we view and treat mental illness in BC through:

- Advocacy in the media and in public policy
- Community-based policy and research in areas including mental illness and:
 - » People who are homeless or at risk
 - » Interactions with the police and justice system
 - » Children and youth Addictions

Stay up to date on mental health in BC

Your membership helps us keep in touch with people who care about mental health in BC.

- **Visions Journal**—with your membership you will receive a free subscription to this award-winning quarterly journal on mental health and addictions as explored through personal stories, innovative programs and the most up-to-date research
- **Mind Matters**—an email newsletter on mental health news, resources and events. Sign up at www.cmha.bc.ca—it's free!

Our vision: mentally healthy people in a healthy society

Yes, I'd like to become a member!

I would like to...

- Provide hope to the millions of people in BC whose lives have been directly or indirectly affected by mental illness
- Help CMAHA provide services across BC and in my community
- Join a community of people who recognize the importance of helping people affected by mental illness and promoting the mental health of all British Columbians
- Learn more about mental health and mental illness

"CMAHA provides a wide variety of benefits to me, including structure to my day, a place to meet and talk with fellow clients and supportive staff as well."

—Don



"CMAHA is very, very helpful by just being here. A place to come to, feel welcome and be respected for who I am."

—Witt