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## Self Help & Group Support Information

*CHANNAL Offers Self-Help support groups throughout the province of Newfoundland and Labrador.*

*Please contact the Regional Office nearest you ( contact information is listed on the back of this brochure)*

*Or contact the Provincial Office:*

*CHANNAL Provincial Office*

*Tel: (709) 636-4709*

*Toll Free: 1-888-636-4709*

*Email: ed@channalinc.ca*

*Website: www.channalinc.ca*

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### **CHANNAL Provincial Office**

*Karon-Ann Parsons  
Executive Director (Acting)  
Tel: (709) 636-4709  
Toll Free: 1-888-636-4709  
Fax: (709) 635-4688  
Email: ed@channalinc.ca*

### **St. John's and Area**

*Edward Sawdon—Regional Co-ordinator  
Tel: (709) 753-7710  
Fax: (709) 753-7710  
Email: channalstjohns@nf.aibn.com  
Or stjohns@channalinc.ca*

### **Eastern Region**

*Lorna Garland—Regional Co-ordinator  
Tel: (709) 596-1287  
Email: nf\_eastern@channalinc.ca*

### **Central Region**

*Paula Evans—Regional Co-ordinator  
Tel: (709) 489-4719  
Email: nf\_central@channalinc.ca*

### **Western Region**

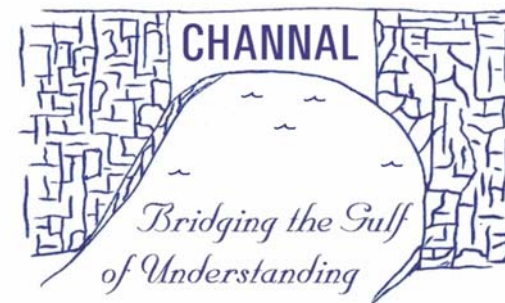
*Pat Summers—Regional Co-ordinator  
Phone - (709) 638-4919  
Email: nf\_west@channalinc.ca*

### **Grenfell-Labrador South Region**

*Violet Strugnell—Regional Co-Ordinator  
Tel: (709) 960-0250  
Email: lab\_east@channalinc.ca*

### **Northern/Central Labrador**

*Jan Dymond—Regional Co-Ordinator  
Tel: (709) 896-0349  
Email: lab\_central@channalinc.ca*



## **CHANNAL**

## **Consumers' Health Awareness Network Newfoundland And Labrador**

PROVINCIAL OFFICE

Deer Lake, NL

1-709-636-4709

Toll Free 1-888-636-4709

Fax: 1-709-635-4709

Email: ed@channalinc.ca

Website: www.channalinc.ca

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## About CHANNAL

CHANNAL is a non-profit organization run for and by mental health consumers/psychiatric survivors. A mental health consumer/psychiatric survivor is anyone who has experienced mental illness, difficulties with mental health or uses mental health services.

*“NOBODY UNDERSTANDS US*

*LIKE WE DO”*

**IF YOU ARE IN CRISIS PLEASE  
CALL THE MENTAL HEALTH  
CRISIS HELP LINE AT 737-4668  
or toll free  
1-888-737-4668.**

### Why Self-Help

People involved with self help take a proactive approach toward managing their own recovery journey.

### WHAT CAN CHANNAL DO FOR YOU?

- Provide a voice in the community that can advocate for the needs of members
- Offer support while increasing member's personal independence and discourage over-dependence on the mental health system
- Act as a means of communication and a forum for the exchange of ideas
- Educate the public about mental illness and mental health issues
- Members of the network can help when you need them, and are as close as the nearest phone or email
- Becoming a member of CHANNAL provides you with a province wide network of individuals who know and understand you, with access to resources to help you on your road of recovery

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**CHANNAL**

***Bridging the Gulf***

***Of Understanding***

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### WHAT ARE THE GOALS OF CHANNAL?

- To build & strengthen a self-help network among individuals living with mental health issues
- To combat isolation for those living with mental health issues by offering social & emotional support through self-help
- To increase consumer/survivor participation in mental health reform, and to offer a forum for consumers/survivors concerns
- To educate the public on issues relevant to mental health consumer/survivors
- To offer advocacy in order to combat stigma & discrimination towards those living with mental health issues
- To provide opportunities for skill building for consumer/survivors
- To work towards improving the mental health system



People Helping People

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