

The Greater Vancouver Mental Health Project



Mount Pleasant
Community Care Team



Range of Mental Health

GOOD MENTAL HEALTH

Self-Confident

Realistic

Emotionally Stable

Decisive

Able to cope with every day problems
in job and relationships

Too many problems and pressures may
push any of us from Good Mental
Health to Stress Symptoms.

STRESS SYMPTOMS

Anxious

Depressed

Indecisive

Tense, Nervous

Fearful

Difficulty with relationships

Loss of Self-Confidence

Help received when Stress Symptoms
appear may prevent Poor Mental Health.

POOR MENTAL HEALTH

Irrational behaviour

Despair

Feel persecuted

Unable to cope with daily life

Lose sense of reality

Aims

- To keep people with emotional problems at home in the community, thus preventing recurrent hospitalization.
- To assist hospitalized patients' adjustments when they return to the community.
- To act as consultants to individuals and groups coming into contact with people under stress.
- To work closely with the Citizens group to better understand and act on the needs of the community.
- To develop programs which will increase the communities' understanding of mental health.
- To stress the prevention of mental illness.

Services

- Psychiatric assessment.
- Individual and group therapy.
- Occupational Therapy/Recreational Programs.
- Continued contact with individuals during hospitalization, assisting in discharge planning and follow-up in the community.
- Liaison with community agencies.



16 East Broadway, Vancouver 10, B.C.

872-8441