



Greetings,

On behalf of the Poverty Action Partnership of Haldimand -Norfolk (PAPHN), I would like to invite you to explore the accompanying information package.

We have designed and compiled a resource package that could assist and support you in creating a sermon that would examine the issues of Mental Health and Poverty, as well as encourage your congregation to engage in community change work.

October 17th is the International Day for the Eradication of Poverty. All year long members of PAPHN work together to address issues of poverty in HN. We recognize that faith communities have always played a vital role in providing comfort, and support in alleviating the effects of poverty.

We are asking local faith groups to utilize any or all of our resource package sometime near October 17th, or whichever date works for your calendar.

In our package you will find local stories and stats, hymns and passages, as well as mental health activities for children.

If you have any questions please feel free to email me at [sinkowc@lao.on.ca](mailto:sinkowc@lao.on.ca)

Take care,

Carrie Sinkowski  
Co-chair of PAPHN

Carrie Sinkowski  
Community Developer  
Community Legal Clinic - Brant, Haldimand, Norfolk



# Clergy Package

# 2018

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## **Poverty and Mental Health Statistics 2018**

In Canada, 1.3 million children live in conditions of poverty (that's 1 in 5). Just the Facts – Poverty in Canada, Canada Without Poverty <http://www.cwp-csp.ca/poverty/just-the-facts/>

Estimates suggest that 14.3% of children and youth suffer from a psychiatric disorder. The estimate for the number of children and youth in Canada with any mental health disorder was 1, 134,000. Linking poverty and mental health: A lifespan view <http://www.excellenceforchildand youth.ca/resource-hub/linking-poverty-and-mental-health-lifespan-view>

The odds of a child from a poor family having a psychiatric disorder are about three times that of a child from a non-poor family. Linking poverty and mental health: A lifespan view <http://www.excellenceforchildand youth.ca/resource-hub/linking-poverty-and-mental-health-lifespan-view>

In Canada, mental illness is the second leading cause of disability and premature death. Backgrounder: The impact of poverty on health – Evidence Network <http://evidencenetwork.ca/backgrounder-the-impact-of-poverty-on-health/>

Canadians living in the lowest income group were 3 to 4 times more likely than those in the highest income group to report their mental health as fair to poor. Backgrounder: The impact of poverty on health – Evidence Network <http://evidencenetwork.ca/backgrounder-the-impact-of-poverty-on-health/>

More people in Haldimand and Norfolk perceived their mental health to be “fair to poor” compared to Ontario (10% vs 6.9%). AND Households in Haldimand Norfolk considered to be of lower income levels were less likely to perceive their mental health to be “excellent to good” than households considered to be of upper income levels (87.3% vs 97.4%). Canadian Community Health Survey 2013/2014. Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

People with mental illness often live in chronic poverty. Conversely, poverty can be a significant risk factor for poor physical and mental health. AND

- 1 in 5 Ontarians within a given year experience mental illness
- 35% of Ontario Disability Support Program clients have a mental illness

Poverty and Mental Illness, CMHA Ontario <https://ontario.cmha.ca/documents/poverty-and-mental-illness/>

1 in 10 Canadians cannot afford to fill their medical prescriptions. Just the Facts – Poverty in Canada, Canada Without Poverty <http://www.cwp-csp.ca/poverty/just-the-facts/>

## Ontario Works and Ontario Disability Support Program Rates

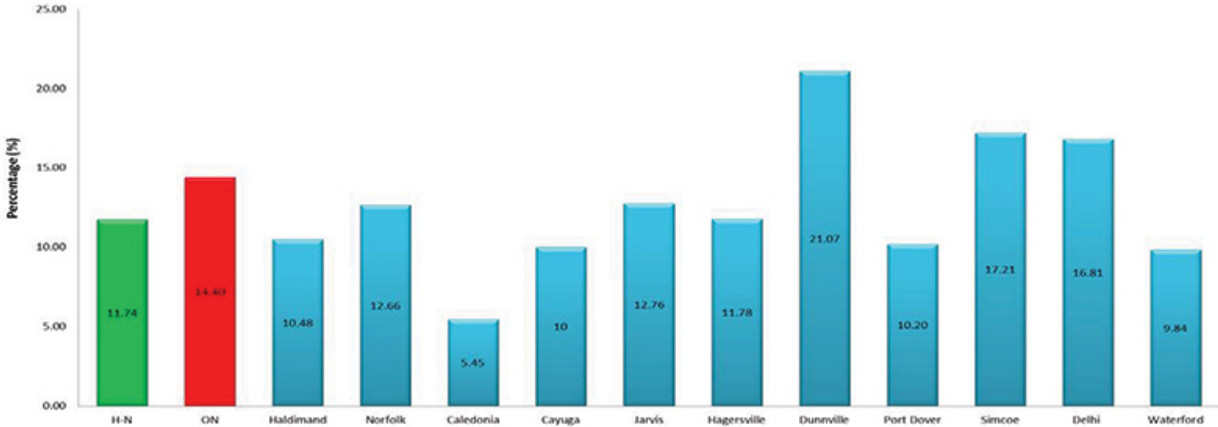
Family Type	Current				New as of Sept 30, 2017			
OW	Basic Needs	Max Shelter	Max OCB	Total	Basic Needs	Max Shelter	Max OCB	Total
Single	\$330	\$376	\$0	\$706	\$337	\$384	\$0	\$721
Single Parent - 1 child	\$347	\$619	\$113	\$1,079	\$354	\$632	\$114	\$1,100
Single Parent - 2 children	\$347	\$672	\$226	\$1,245	\$354	\$686	\$229	\$1,269
Couple	\$476	\$619	\$0	\$1,095	\$486	\$632	\$0	\$1,118
Couple - 1 child	\$476	\$672	\$113	\$1,261	\$486	\$686	\$114	\$1,286
Couple - 2 children	\$476	\$729	\$226	\$1,431	\$486	\$744	\$229	\$1,459
ODSP								
Single	\$649	\$479	\$0	\$1,128	\$662	\$489	\$0	\$1,151
Single Parent - 1 child	\$792	\$753	\$113	\$1,658	\$805	\$769	\$114	\$1,688
Single Parent - 2 children	\$792	\$816	\$226	\$1,834	\$805	\$833	\$230	\$1,868
Couple	\$935	\$753	\$0	\$1,688	\$954	\$769	\$0	\$1,723
Couple - 1 child	\$935	\$816	\$113	\$1,864	\$954	\$833	\$114	\$1,901
Couple - 2 children	\$935	\$886	\$226	\$2,047	\$954	\$904	\$230	\$2,088

<http://incomesecurity.org/public-education/ow-and-odsp-rates-and-the-ocb-2017/>

- Amounts shown are maximums and may not apply in every situation – for example, people whose actual housing charges are less than the maximum shelter amount will only receive the amount they pay, not the maximum. People on OW or ODSP should ask their caseworker about amounts that apply in their case.

# Local Poverty Statistics

- In 2015, 11.7% of the population in Haldimand Norfolk were considered to be living in low income based on the LIM-AT
- In 2015, 14.4% of the population in ON were considered to be living in low income based on the LIM-AT
- In 2015, Dunnville (21%), Simcoe (17.2%) and Delhi (16.8 %)



**Low Income, Based on the Low Income Measure After Tax (LIM-AT) of Private Households, 15 years and over, Haldimand and Norfolk and Ontario, 2015** Source: Statistics Canada, 2016 Census of population

*The Low-income measure, after tax, refers to a fixed percentage (50%) of median adjusted after-tax income of private households. The household after-tax income is adjusted by an equivalence scale to take economies of scale into account. This adjustment for different household sizes reflects the fact that a household's needs increase, but at a decreasing rate, as the number of members increases. Using data from the 2016 Census of Population, the line applicable to a household is defined as half the Canadian median of the adjusted household after-tax income, multiplied by the square root of household size. The median is determined based on all persons in private households where low-income concepts are applicable.*

<https://hnhu.org/health-topic/foundational-standards/income-statistics-statistics-in-haldimand-and-norfolk/>

- In 2016/2017 the community provided emergency shelter services to approximately 500 households, 60% of whom were single males, and 36% females with an average 18-day stay. Emergency housing call volumes also provide an interesting indicator of need sitting at on or around fifty calls a days.

## **Prayers & Meditation**

### **Prayer of welcome**

Come and bring your hidden places  
Come and bring your hurting spaces  
Come and eat with hearts that break  
Come and drink, new worlds to make  
Come and feast, your vision spread  
Despair and Hope connects the fed.  
Jesus says, 'Come!'

*© Christopher Newell 2012*

### **Tender God,**

Your gentle and kind-hearted love  
waits for us in the darkness and shields  
us from the light when it feels too overwhelming. We remember today all those who  
live in the depths of depression. Continue to cherish us all when we find it so difficult  
to cherish ourselves. Enable us to discover companions of compassion who will abide  
with us, as you abide in all things and in all places where the heart and mind aches for  
peace and a place of rest from the storm. We ask this in the name of our brother and  
friend, Jesus Christ. Amen

*© Christopher Newell 2012*

### **May the Lord God Bless you each step of Life's way.**

May you learn each day to open yourself to love and the blessings of love.

May you find a stick to lean on when the road is hard- and not use the stick to beat  
yourself.

May you be blessed with life's abundance and blessed in poor days too, learning again  
what really matters, what lasts. May you never give in to despair or the lie that  
nothing can change.

May you find ways of life and walk them with courage, knowing that every step is  
within the heart of Christ who holds all our days in love.

*© Revd Dr Christopher Jenkins*

### **Prayers of intercession**

It is suggested that a period of silence might be kept between the subject of the  
prayer and the bidding.

O Lord our God,  
for those of us whose lives are strained and  
stressed.....  
Hear our prayer

and pour out your peace.  
For those of us whose hold on life is fragile.....  
Hear our prayer  
and pour out your peace.  
For those of us whose illness makes them  
vulnerable.....  
Hear our prayer  
and pour out your peace.  
For those of us whose families struggle to  
understand them.....  
Hear our prayer  
and pour out your peace.  
For families and friends,  
nurses, doctors and therapists  
and all who seek to walk alongside  
the stressed and strained, the vulnerable and the fragile.....  
Hear our prayer  
and pour out your peace.  
O Lord our God,  
for all whose lives are in turmoil  
through the effects of mental illness.....  
Hear our prayer  
and pour out your peace.  
Amen  
*©Mary Hawes*

### **A Prayer for People Living with Mental Illness**

Loving God, I pray for all whose brains have been hurt by disease, injury, stress, trauma, and other factors of human life in a hard world. I pray for all who love them and want to help. I pray for your comfort in their grief, hope amid loss, and the balm of community with people who understand.

For people with mental illness—may they find hope in you and feel your longing for them.  
For parents of children with mental illness—may they know the limits of their power both to cause and to cure.  
For children of parents with mental illness—may they know you as loving parent and find places where they can grow up in safety, no matter how old they are.  
For friends of suffering people—may they resist the temptation to try to “fix” their friends and recognize the simple power of their loving presence.  
For spiritual leaders—may they deny both helplessness and overconfidence, courageously serving as first responders and faithful shepherds.  
For people who need treatment and don’t receive it—may they recognize their need, believe life can be better, and find people who can help.



For those burdened by shame and stigma—may they walk into the light and find compassionate people.

Lord, I pray for light in the darkness. I pray that people with vulnerable minds will find hope and help among followers of Christ who will love them and point them toward what they need while letting them live with that need. I pray for acceptance and grace—the same kind of grace you offer so freely to all. I pray that many churches will embrace the opportunity for messy and sometimes thankless ministry among the marginalized, in the name of the one whose love knows no margins. Amen. (Amy Simpson)

### **Prayers for those with mental health problems**

To the anxious give rest,  
To the depressed give light,  
To the lonely give companionship.  
To the darkened soul bring laughter  
And to the damaged mind give hope,  
Even in the chaos of not knowing.

O God, you freshen the mind  
And speak to us from the depth of the soul.  
To all who support those with mental health problems,  
Give wisdom and compassion, and to each of us  
The courage to go beyond our fear  
To meet the person behind the diagnosis.  
(Mike Oates)

### **Prayers of the People for Mental Health**

Let us pray to the Father of Mercies: Father, we pray for the unity and mission of the holy Church of God; that it may welcome and serve those who live with a mental illness.

*Lord, in your mercy, hear our prayer.*

Guide us, the citizens and leaders of this land, this state and this city ... that we may unite to provide for and protect the poor, the homeless and those who suffer in mind, body and spirit.

*Lord, in your mercy, hear our prayer.*

Forgive us when we knowingly or unknowingly ridicule, look in disgust, neglect or discriminate against those who are mentally ill.

*Lord, in your mercy, hear our prayer.*

Comfort and relieve those who are troubled in mind and spirit. Bring them hope, peace and the consolation of a loving community.

*Lord, in your mercy, hear our prayer.*

Grant patience and courage to the families and friends of those who are ill. Increase their perseverance as they face challenges to recovery for their loved one.

*Lord, in your mercy, hear our prayer.*

Protect and defend those living with mental illness from exploitation, addictions and abuse.

*Lord, in your mercy, hear our prayer.*

Walk with the homeless and missing persons, those who are destitute and have no one to care.  
Forgive us for our indifference.

*Lord, in your mercy, hear our prayer.*

We commend to your mercy and defence all who are contemplating suicide today, right now.  
Bring someone or something to intervene.

*Lord, in your mercy, hear our prayer.*

For the families who have lost a loved one to mental illness, bring them comfort in trusting that  
your grace accepts their ill loved one, despite the final desperate act that brought them into  
your loving arms.

*Lord, in your mercy, hear our prayer.*

Empower us to speak up for those who do not have a voice; save us from making peace with  
the injustices in the social systems that have failed them.

*Lord, in your mercy, hear our prayer.*

Guide those who do research for the prevention and treatment of mental illnesses; uphold  
them with your compassion and diligence.

*Lord, in your mercy, hear our prayer.*

For those who are in recovery and for treatments that enable them to return to full and  
rewarding lives, we give you thanks.

*Lord, in your mercy, hear our prayer.*

Heavenly Father, Giver of life and health, we trust that in your time and way, you will dispel all  
darkness with your light, all confusion with your order, all fear with your peace. Through Jesus  
Christ, who intercedes for us and reigns with you and the Holy Spirit, one God, now and  
forever. Amen.

(Adapted from and patterned after Prayers of the People from the Book of Common Prayer,  
The Anglican Church of Canada)

## **Scripture Readings**

Job 6:1-10

Psalm 87/88

Psalm 18:1-31

Psalm 42

Psalm 91

Psalm 121

Isaiah 41:10

Isaiah 43:1-2

Matthew 11:28-30

John 14:27

What Does the Bible Say About Mental Illness? - OpenBible.info  
[https://www.openbible.info/topics/mental\\_illness](https://www.openbible.info/topics/mental_illness)

## Hymns

Jesu, Jesu , Fill Us with Your Love

Be Thou My Vision

Lord of All Hopefulness

I Heard the Voice of Jesus Say

Precious Lord Take My Hand

You Who Dwell in the Shelter of the Lord (on Eagles Wings)

What a Friend We Have in Jesus

Let There Be Light

Guide me o Thou Great Jehovah

All Poor Ones and Humble

All Praise to Thee

Come, Holy Spirit

Like a Child

O God, You Gave Your Servant John

What Does the Lord Require of You

When a Poor One

Psalm 86

Kum Ba Yah

Taize Chants

## Stories

### Story # 1

I can't tell you how or even when the darkness began. My childhood was ordinary enough, but my parents split up when I was about 12. , leaving my Mom and my younger sister and me to carry on. It was a bad situation. With no money coming in, we depended on social assistance and were lucky enough to live in subsidized housing. There was always food on the table but often not enough. Mom really did try and went out to work as a waitress, leaving me and my sister to cope as best we could. We often wondered if we had done something to provoke the awful fights between Mom and Dad. It was worst when he would come home drunk. New clothes to start school in were out of the question. There was only money for the necessities. Activities with friends had to be free. I was always grateful for the times my friend's mother would ask me to stay for supper.

I quit high school when I was 16. I hated it because I thought people were always looking at me – like the teachers who thought – and said – I was stupid. I just lost interest – even if I had wanted to go on and go to college, we couldn't afford it. No one saw the real me – that I was hungry and tired and just plain sad all the time. They avoided me and I always thought they were talking about me behind my back. I tried my best to keep it all inside. So I quit school and found a job. Any job would do to make some money and help out at home. I know now that an education might have helped me break that cycle of poverty. But at the time, there was no money for that and I really didn't think I could do it. Honestly, I didn't have any idea what I might have taken in school. I really don't have any job skills, and I really don't blame people for not wanting to give me a chance.

A year or so after I quit school, I met a guy from the co-op where we lived, and we decided to get married. A year later my son was born. I was a stay at home Mom - even if I had been able to find a job, anything I made would have been sucked up by day care. I really had no choice. My days were spent cooking, cleaning, chasing an active little boy and just trying to get by. We spent a lot of time in the nearby park in the good weather, but in the winter we mostly stayed at home. I didn't know where to turn for company for him or for me. Some days, I could hardly get out of bed. I spent a lot of days in my pajamas. I never seemed to have any time for me or for my needs. I pretended that it was OK but I was hiding. I remember a Beatles song –Eleanor Rigby. It talks about all the lonely people. There's a line in in that hit me – 'wearing a face that she keeps in a jar by the door'. That was me – I tried so hard to hide my dark thoughts from everyone. My supposedly balanced life was just a cover.

And then, the roof fell in – my husband left us for a younger woman. So here I was - sole custody and responsibility for my kid, no job, no prospects. I struggled to get out of bed every day. I cried a lot. I spent a lot of my time on the couch during the day and mostly I cried myself to sleep. Our diet was a lot of pasta, because it was cheap. I put on a lot of weight. I didn't want to go out of the apartment because I did not want anyone to see me. I was so freaking lonely, but I didn't want to see anyone! Figure that one out. Shopping for groceries was a nightmare. I thought about ending my life, but I talked myself out of it because I did not want to abandon my son. He struggled too because I could never seem to be there for him. His father never kept in touch with him and did not pay for any child support.

My Mom was concerned and finally got me to see her family doctor. He recognized that I was deeply depressed and prescribed some meds that helped a bit. I could at least function better. He arranged for some counselling too, and that helped too. I reached out to some long-time friends and they understood. They assured me that they had just not known how to cope with me. I think now that the best way to help someone is to include them. Spending time alone with dark thoughts is not good. At a friend's invitation, I joined in some church-sponsored activities. I am not sure what I believe in, but the people are caring and inclusive. Someone always knows how to do whatever it is I am struggling with and helps me through it.

The really sad thing about depression is that even on a good day, you always have depression. You can get up and face the day bravely and then some inconsiderate person comments on your clothes or your hair or whatever and blows your confidence to smithereens. I obsess about everything and I hate to make decisions. If anything goes wrong, it really knocks me for a loop. If something breaks, I can't replace it right away. Some months are worse than others because it seems harder to make ends meet. I don't have a job – the stress would be too much.

I have more good days than bad, thanks to a few really loyal friends who care and who include me. I am happy that my son, now grown and out on his own, did well in school and is settled into a good job with fair pay and good prospects. At least that part worked out well.

Depression <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/depression>

## **Story #2:**

Hi my name is Peter and I am 30 years old. I have lived all of my life in poverty. Some days I went to school hungry and on other days I had no lunch. My parents tried their best, but there was never enough money. As a child I was diagnosed with a learning disability. Due to my disability, I did not do well in school. I struggled with learning and with socializing. I had no friends. Everyone teased me. I spent recesses alone and watching the other children play. Being left out made me sad and angry. Why didn't I have friends? Why am I not included? I was so lonely and sad. I would strike out at others with words or actions, which did not win me any friends. I was always being disciplined by a teacher or the principal for my actions towards others. The teasing was awful. I was teased because of my clothes, my behavior and for 'being stupid'. All of this continued into my teen years. I never completed high school, I left before I could graduate. I was failing everything, so I probably would not have graduated. As an adult I would say I have few friends. I trust very few people maybe that is because of my childhood. Also I have been told I have depression and bi-polar disorder. I am sure all of my life I have been depressed. I also have a hard time with keeping my moods even. I am calm, and then I blow up.

I spend most of my time with my wife. Our relationship is not the greatest because of my mood swings. I get angry at her and I say mean things. When I am in the maniac phase of my illness I am awake all night and do not sleep. I want to play games I am now on medication to help me sleep. I am on meds for the depression and bipolar. I am also on meds for high blood pressure, asthma, arthritis, and diabetes. Living in poverty makes it tough to afford all of my meds. I am on Ontario Disability Support Program(ODSP) and many drugs are covered, however some are not. Sometimes I have to choose between my medications and food. I know my meds are important, so I get them. When I have some unexpected expenses that arise, like my scooter breaks down, it is even worse.

Most days I am hungry. I go to the food bank as often as permitted and I take handouts from family. A couple of the local churches have community dinners, so I try to go and get a good meal. I am embarrassed and ashamed that I have to get handouts and go to the foodbank. The church people on Wednesdays are nice and the soup is good. I used to attend a group that had a weekly lunch after the discussion. I had so many blow ups and conflicts with others, I no longer am allowed to attend.

My family doctor is out of town as is my psychiatrist and my other specialists. I depend on others for transportation to these appointments and sometimes I miss more appointments because of my health. I am lucky that Senior Support will provide me with a ride and then ODSP reimburses that agency.

I am worried when I look ahead and consider my health. Will there be the services, will I be able to get to them and will I have food for supper.

Depression & Bi polar <https://cmha.ca/mental-health/understanding-mental-illness/bipolar-disorder>



### **Story #3**

My name is Bob and I am 47 years old and I'd like to tell you the story of how my life fell apart. 20 years ago I had life by the tail. I was married with a wonderful wife and a beautiful 2 year old daughter. I had a full time job that I loved, a home, a car and a large circle of family and friends. One night on my way to work, I came across a terrible car accident. The only survivor was a small, frightened 4 year old child. There was nothing I could do for them. They were obviously dead. All I could do was comfort the child. But how do you comfort a child whose world had just changed forever? Never again to have any parents to turn to at night or if she fell and scraped her knee. The last time I saw the child she was being taken away in an ambulance and I have always wondered what happened to her.

That night I continued on to work and my boss was understanding and excused my lateness. I completed my shift and went home and things went on as usual until my daughter turned 4 years old.

Around this time, I began starting to have issues sleeping. At times I couldn't fall asleep, my thoughts just kept racing in my head. Circling and circling around without stopping. The nights I could fall asleep, I would wake up screaming from vivid nightmares. I couldn't remember the details but I was left shaking and unable to fall back to sleep. This went on for some time before things became noticeable. It started slowly, I became easily irritated over even the smallest of things, I lost my appetite and eventually it progressed to not really having any interest in life or the things that had once made me happy. I began to withdraw from my wife and daughter and no longer wanted to play sports with my friends or even go out to dinner with them. My wife and I began arguing a lot and I would become very short tempered with my daughter. I tried relaxing and taking it easy so I would have a couple of beers after work but this didn't seem to help. Then a friend of mine suggested trying pot to help me sleep but this didn't do anything either. Eventually, I couldn't even bring myself to want to get out of bed in the morning. Desperate for anything to help, I turned to crystal meth. Something that would give me the "kick start" that I would need to get through the day.

At this point, my wife, at the end of her rope, read me the riot act. "Pull yourself together, quit drinking, quit the drugs or we're done"! You would think that this would be my "rock bottom" but things just kept getting worse. I continued to try and use anything to help me get better and at the end of the day I lost my job, I lost my home, my friends and most importantly I lost my wife and my daughter. I don't blame them...I look in the mirror and I see a stranger, someone I don't recognize anymore and someone I don't really like. I was a failure and I knew it.

Homeless and living on around \$700/month (which is what a single person living on Ontario Works gets each month), with nowhere else to go, I showed up at a church community dinner hoping to get a free meal or maybe a handout. Luckily for me, a lady working at the supper took some time out of her busy schedule to talk to me. She was able to get me some help from the church, gave me a list of other free meals in the community and then invited me back to the next dinner. The lady even gave me a list of places in the community I could go for help. I went back to the church supper for quite a few months. I saw that lady every time I was there and each time she greeted me with a smile and sat down and ate with me and talked to me. I had almost forgotten what it is like to be human and included. With the lady's prodding, I reached out to an agency called Community Addictions and Mental Health Services. It was here that I first heard the words PTSD or post-traumatic stress disorder attached to me.

It's still early days in my recovery but I'm starting to feel better about myself and I can start to see a future. I give thanks every day for the church lady and her kindness, caring and ability to see past the outside and see the person within.

(Post-traumatic stress disorder what is it? <https://cmha.ca/documents/post-traumatic-stress-disorder-ptsd> )

## **Children/Youth Activities**

[https://nicholsconnection.files.wordpress.com/2008/07/tangled\\_ball\\_emotions1.jpg](https://nicholsconnection.files.wordpress.com/2008/07/tangled_ball_emotions1.jpg) A Tangled “Ball” of Emotions

[http://www.drma.com/rosenthal\\_teen\\_lifestyle.php](http://www.drma.com/rosenthal_teen_lifestyle.php) Teen lifestyle management

<http://www.plantlovegrow.com/vision--self-knowledge.html> My Bubble

<http://www.elsa-support.co.uk/my-self-care-plan/> My self care plan

## Reflections

### A poem hung in the Calcutta orphanage by Mother Theresa

People are unreasonable, illogical, self-centred

... love them anyway.

If you do good, people will accuse you of selfish, ulterior motives

... do good anyway.

If you are successful, you win false friends and true enemies

... be successful anyway.

The good you do today may be forgotten tomorrow

... do good anyway.

Honesty and frankness will make you vulnerable

... be honest and frank anyway.

People love underdogs but follow only top dogs

... follow some underdog anyway.

What you spend years building may be destroyed overnight

... build anyway.

People really need help but may attack you if you try to help

... help people anyway.

If you give the world the best you have, you may get kicked in the teeth

... but give the world the best you have

... Anyway.

[http://w2.vatican.va/content/francesco/en/apost\\_exhortations/documents/papa-francesco\\_esortazione-ap\\_20131124\\_evangelii-gaudium.html](http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20131124_evangelii-gaudium.html)

## **What Can We Do About Poverty and Mental Illness**

- Include and welcome all into your church
- Recognize and support those who are struggling
- Consider offering a free community meal monthly or more often
- Read and familiarize yourself with the new Federal Poverty Reduction Strategy as well as the Ontario Poverty Reduction Strategy Post Link
- Learn more about mental illness and mental health
- Reduce stigma associated with mental health and poverty
- Community gardens on church property
- Express your concerns to various levels of government
  - Lack of funding for programs that support people with mental illness
  - Lack of suitable, safe housing
  - Food insecurity because of poverty
  - Lack of counselling services
- Learn more about and advocate for:
  - Income Security Policy (ie Basic Income Guarantee or Living Wage)
  - Increases in Ontario Disability and Ontario Works
  - Increase in Accessible Mental Health Services

## **Community Resources**

### **CAMHS (Community Addictions and Mental Health Services)**

Information, pamphlets, referrals for counselling and treatment

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

Toll-free: 1-877-909-4357

Simcoe: 519-426-8760

Caledonia: 905-765-4408

Dunnville: 905-229-2045

### **CMHA (Canadian Mental Health Association)**

Mental Health promotion and education, court support, crisis stabilization bed, family support, housing

<https://bhn.cmha.ca/>

Toll-free: 1-888-750-7778

Simcoe site: 519-428-2380

Dunnville (satellite office):

Phone: 1-888-750-7778, ext. 265

### **CAMH (The Centre for Addiction and Mental Health)**

Free online tutorials, information and resources, no crisis support

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

1-800-463-2338

### **CAST (Crisis Assessment and Support Team)**

Toll-free: 1-866-487-2278

### **Kids Help Phone**

Toll-free: 1-800-668-6868

### **Haldimand Norfolk REACH**

Toll-free: 1-800-265-8087

Townsend: 519-587-2441

### **Mental Health Hotline**

Toll-free: 1-866-531-2600

### **Haldimand-Norfolk Assertive Community Treatment Team (ACTT)**

Toll-free: 1-866-768-4818

Simcoe: 519-426-9980

### **Victims Services of Haldimand/Norfolk/New Credit**

Toll-free: 1-800-264-6671

### **Mental Health Services Ontario**

Toll-free: 1-866-531-2600

