

LAING LINES

Spring 2019



Breanna, Laing House
Yarmouth Member

Family you get to pick Building community in Yarmouth

"I have always known that something wasn't right. I have had symptoms all along."

Tests and presentations at school were the worst. The fear and anxiety kept her awake at night. Worrying about what the following day might bring.

While 17 year old Breanna doesn't have an official diagnosis yet, she recognizes the anxiety in herself.

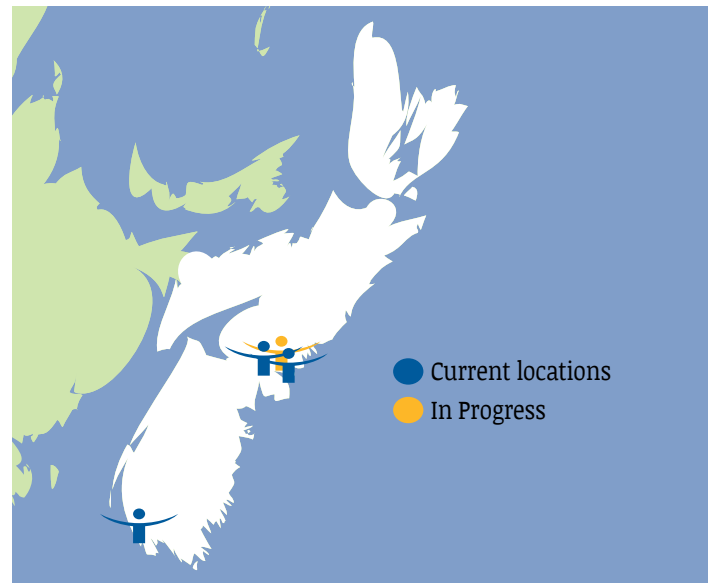
"To be honest, it's hard to put into words how great Laing House Yarmouth is. It's really helpful and stress reducing. It's like hanging out with a second family you get to pick. It's judgement free, to be who you are."

But because of you Breanna found support at Laing House Yarmouth!

With the help of staff, she's been practicing new skills and breathing techniques for staying calm during stressful situations. She knows that someone believes in her. And that has helped her to get through presentations.

And you've made that possible!

Laing House is the only organization in Nova Scotia that is 100% focused on youth mental health. And thanks to you and people like you we're now reaching even more youth!



Thanks to your support we have locations in Halifax, Yarmouth, Lower Sackville. And working on Cole Harbour/Preston.



Mental Health Trivia

Test your knowledge with these trivia questions!

1. Many first symptoms of mental illness generally appear between the ages of:
 Under age 15 25 and 30
 15 and 24 Over age 30
2. If someone is at immediate risk of suicide, you should call 911 or bring them to a hospital if it is safe to do so.
 True
 False
3. Early help is critical. With support ____ % of those diagnosed are able to return to regular activities.
 80% 50%
 60% 40%
4. In Canada 1 in _____ live with a mental illness .
 20 5
 10 3

Answers: 1. 16 and 24 2. True 3. 80% 4. 1 in 5

Save the date!



The Laing House Masquerade Ball

OCTOBER 26, 2019



Laing House Stigma Stompers team, 2018

Are you ready to giv'er?

Embrace the challenge and join the Stigma Stompers!

You can do this! They're calling your name. Cheering you on. Complete strangers who know you're just feet away from the finish line. You put your head down. Dig deep and push through. **It's time to giv'er!**

"After doing the Bluenose, I was motivated to do more walking and work on my health goals. Now I walk almost everywhere!" - Alisha

Alisha had never run. But she wasn't letting that stop her. She wanted to get healthy and sleep better. Even with weekly training sessions her heart was beating

hard that morning. Together with the Stigma Stompers team, Alisha completed the 5 km Blue Nose race last year!

It's that time again. Time to lace up your sneakers. Find your pump up playlist and join Alisha on the Stigma Stompers team! **You** have the power to help stomp out the stigma around mental illness.

REGISTER TODAY and see why thousands of people are painting their noses blue!



*It's that time again.
Lace up your sneakers!*



Become a monthly supporter and show your compassion all year long. Complete the form on the back and select the monthly option to help more youth this year!

Staying at your best during trying times



Family Support Group

Imagine your best friend, your sister, or your son isn't feeling well.

Tylenol, a cool cloth and rest. It's the standard protocol for a fever. Rest, Ice, Compression, and Elevate for a sprain.

But what do you do when it's for mental health? There's no standard. And there's not always a clear end in sight.

If you're "that person" for someone who has a mental illness or poor mental health you know the challenges. It can be **overwhelming** and **draining** to be a caregiver.

Taking care of yourself is part of being a helper. So is having a community to count on for support.

Thankfully, because of your caring nature there is support for the supporter!

At the Laing Family Support Group*, people share in each other's challenges and successes. They also hear from professionals in the field who speak about their knowledge of various aspects of mental illness.

"We're so thankful for other families' willingness to go back over their challenging journey in order to help others see that while it may be a long and twisty road, there is hope."

Together, we are ensuring that caregivers have the skills and support they need to be there for their loved ones.

**Currently offered in Halifax, coming soon to Yarmouth!*

Connect with us!

902.425.9018

www.lainghouse.org



I'd LOVE to support Laing House by:

- Making a **MONTHLY** donation of
 - \$5 \$10 \$25 \$50 \$ _____
- Making a **ONE-TIME** donation of
 - \$50 \$100 \$250 \$500 \$ _____

- Payment Method:**
- Cheque, payable to Laing House
 - VOID Cheque (for monthly giving)

Thanks!



NAME(S) _____

EMAIL _____

PHONE _____

ADDRESS _____

CITY/PROV POSTAL CODE _____

NAME ON CARD _____

CARD NUMBER _____ EXPIRY _____

SIGNATURE _____

• Donations can also be made securely online at www.lainghouse.org
 Charitable Registration No. 823536255 RR0001

- Tax receipts issued for all donations (annually for monthly gifts)
- Monthly withdrawals will be made on the 15th of each month
- If paying by VISA we will call for the CVV on the back of your card