

LAING LINES

Fall 2019

What's happening in Sackville thanks to your generosity

Giving back through Peer Support



Quinn and Jeff are making things happen at Laing House in Sackville and local youth are benefitting. Laing House in Sackville operates out of the multi-service youth centre, “The Den”, as youth named it, which officially opened late last year. Laing House worked with the IWK, Cobequid Health Centre and HRM for a few years to bring FriendZone, a youth-led initiative that helps youth build healthy friendships in a group setting, to the area prior to The Den opening. Now, Laing House is providing support to the drop-in component of The Den, growing Friend Zone, and expanding the program offering including peer support.

Quinn MacIsaac is the Community Support Worker responsible for developing youth programs, fostering trusting relationships with youth and building support

with other like-minded community organizations. A recent graduate, Quinn brings a strong skill set and an abundance of enthusiasm to help youth. He hit the ground running and has not stopped.

“Laing House was my consistent support. I went for a lot of walks with my Community Support Worker. He just kept on telling me to hang on. That made all the difference.”

There was also a need for youth peer support. Peer support is the foundation of Laing House. Peer support is about “being in the same boat” with someone else, sharing a similar experience with mental illness and having one person be a role model for hope and wellness. It is about understanding why a youth with mental health challenges might feel the way they do and helping a youth get on to a recovery plan in a safe, non-judgmental place. This is where Jeff comes in.

Jeff came to Laing House when he was 19-years-old. He was barely holding on as he dealt with Anxiety, Depression and undiagnosed Bipolar. “For a while I was just dealing with Anxiety and Depression,” says Jeff. “Soon I wasn’t sleeping. I had a sense of infallibility. I didn’t realize I had a problem but I lost my job because of my behavior and lost many friendships. I was in a manic state for months before I saw a psychiatrist.”

Jeff struggled with finding regular, consistent support in the medical community. “Laing House was my consistent support. I went for a lot of walks with my Community Support

Thanks to you, youth say great things about Laing House in Sackville

“I don’t think I have laughed this much in a long time”

“I can’t wait to start coming to Friend Zone”

“It is nice to finally have a place to talk about what’s been going on”

“The world is full of drama, we come here to get away from those things”

“This is a safe space to be ourselves”



PRESENTS

WE A NIGHT OF ROMANCE NE ZIA

LAING HOUSE
MASQUERADE BALL

10.26.19

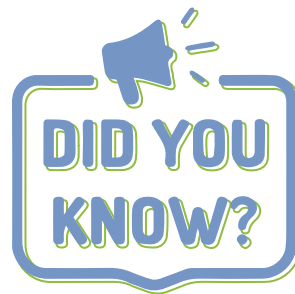


TICKETS BALL.LAINGHOUSE.ORG
902.425.9018

(From front page)

Worker. He just kept on telling me to hang on. That made all the difference.”

Today, Jeff is 27, living well, managing his Bipolar symptoms and ready to give back. He doesn't want to see another youth go down the road he did. He doesn't want to see people struggle or feel lost. This is why he advocated to be a Peer Youth Worker with Laing House. “When I was first diagnosed I thought I was a loser. I thought I would be living at home and not having a productive life. I came to Laing House and saw peer support workers with jobs and families,” says Jeff. “Now it is me with a job and friends and giving back—that's my goal in Sackville, to give back.”



1 in 5 Nova Scotians is affected by mental illness.

1 in 3 Canadians will experience mental health illness in a given year.

35 million workdays are lost in Canada each year due to poor mental health.

Nearly half of employed Canadians with a mental health-related disability feel that one or more of their conditions makes it difficult to change or advance in their jobs.

Of these, **1 in 4** believe it is due to discrimination or stigma.

Four of most frequently related mental health conditions are: **Anxiety, Depression, Bipolar disorder** and **severe stress disorders**.

Visit www.statcan.gc.ca to learn more about Mental Health in Canada.



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!



Bipolar Disorder 101

Bipolar disorder (BP) is a mental illness where a person experiences mood swings that may not have anything to do with what is happening in their life. It is electrochemical abnormalities in the brain that can fluctuate for long periods of time. A person with BP will experience swings between a depressive episode and manic episodes.

In a depressive episode a person experiences feelings of sadness, hopelessness, loss of interest in activities and sometimes an increased risk of suicide. In a manic episode a person experiences racing thoughts, long periods of feeling high and happy, a lack of sleep, talking quickly, taking part in high-risk activity, erratic behavior and/or irresponsible behavior, and grandiose self-esteem. Often it is during these manic periods personal and professional relationships are negatively affected.

Under the general term of BP, there is also Bipolar Disorder I and Bipolar Disorder II. BP I means the person will experience at least one episode of mania. BP II means the person will

not experience full mania but will have major depressive episodes.

BP may appear slightly differently in men and women not only because of physical difference but also because of sociocultural factors. However, regardless of gender, race or economics, treatment for BP must be individualized.

BP is not something that can be cured. It is a life long illness but it can be managed with support and medication. Many individuals with BP are high-functioning and successful as long as they manage their illness and consistently work on their health and wellbeing—just like everyone should.

A person with BP will experience swings between a depressive episode and manic episodes.

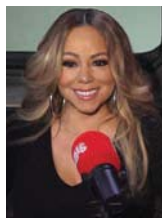


In good company

Famous people with Bipolar Disorder



Catherine Zeta-Jones



Mariah Carey



Mel Gibson



Demi Lovato



Brian Wilson



Jimi Hendrix
Photo by A. Vente



Do you remember when someone was there for you? A person who understood. Who knew how to help you focus and worked with you on a plan. Someone who listened and didn't judge. Someone who helped you feel better about the world and about yourself.

That's what happens when you donate to **One4One**. **One4One** means a Community Support Worker is available to support a member when they need it most. It means someone is there as soon as a youth walks through our doors. Whether it is learning to cope with symptoms of their mental illness, setting and reaching goals, learning skills for independence, being physically active or apply for a job—someone is there.

"My Community Support Worker has the same mental illness as me, and the fact that she had gone through what I have gone through but is leading a happy and productive life gives me a lot of hope for the future," says a Laing House Member.

One4One provides staff support for a member when they need it most. You can ensure that someone is always there. Visit www.lainghouse.org to learn more about the **One4One** program.



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