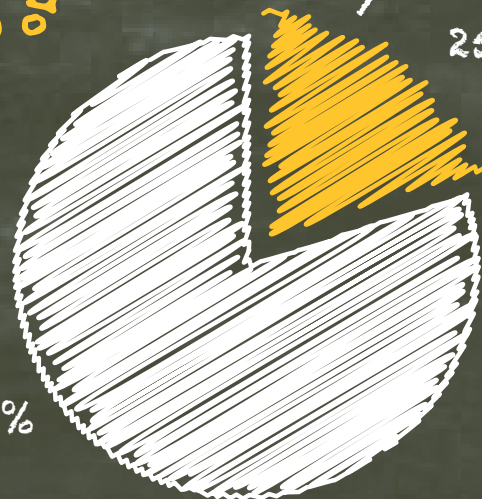


Adults who live with mental illness

25%



75%

Adults who don't live with mental illness



There are many signs and symptoms that indicate that someone might be living with a mental illness. A few examples would be: Feeling sad or down, difficulty with concentrating, exaggerated fears and constant worry and guilt, mood swings, withdrawal from surrounding people, constant low energy and tired, inability to deal with daily problems, suicidal thoughts, etc.



ABOUT MENTAL ILLNESS



Mental illness is an abnormality in someone's mentality or emotions that effects a person's way of acting. This causes people with mental illness to have disorders of thought, feeling and behavior. These issues could persistent or could come and go or could only occur very rarely, this all depends on the type of mental disorder the person in question has since every one of them have different symptoms and attributes. The cause of mental illness is not exactly known but most associate it with an abnormality with a specific region or section of the brain due to mental disorder usually being a problem with someone's behavior, feelings and emotions, usually in a social context. Although, it has been observed that people who have relatives dealing with mental illness, have an increased chance of having a mental disorder as well. This would indicate that it is an inherited trait. Additionally, exposure to environmental issues such as stress, drugs, alcohol, while in the womb also seems to be linked to mental illness and the chance of being affected by it.

There is no clear way to stop mental illness, but there are ways to control to in a way, negate the effects, control your symptoms. Being able watch out for the signs and realize when something is going wrong and get help whenever it is needed is very important. Secondly, going to see the doctor routinely, especially if you are not feeling too good, it is best to get yourself checked out. And of course, sufficient sleep, eating well, and physical activity are very important in keeping a good mental health.



WHAT WE DO

This organization considers that family is anyone who is in the circle of someone with a mental illness, whether it be parents, a spouse, siblings, children, friends, etc. and AMI-Quebec aims to help this family with managing and dealing with the mental illness in the family member or loved one.

It is important that the family of someone with a mental illness is capable of taking care of their loved one and know how to act when a problem appears. We understand that caregiving is usually a very difficult and tiring task that most people are not prepared for. We try and help these families understand what their situation is and comprehend mental illness. We do this in order to support the families support and take care of their loved ones





OUR MISSION

AMI-Quebec, a non-profit organization's mission is helping the people who are in circle of someone with a mental illness (family member, significant other, kids, siblings, etc.) deal with the repercussions of mental illness. In order to do this, we offer to give support, education, guidance and advocacy about mental illness. We push towards removing the stigma and the stereotypes related to mental illness. And by doing so, hopefully, give people the tools to create new hope for the people in need of it.



“Mental illness is nothing to be ashamed of, but stigma and bias shame us all.”

-Bill Clinton



amiquébec

Agir contre la maladie mentale
Action on mental illness

Malcolm Graham & Adrian Lan Chun Yang

How Many People Are Affected By Mental Illness?



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