

What is the Partnership Program?

It is a stigma busting public awareness program designed to promote treatment and recovery from schizophrenia and related mental illnesses.



It's called the "Partnership" Program because it is a unified effort. **People living with mental illness, their family members, and health care professionals/advocates are treated as equals** at presentations. It is meant to bridge the gaps between these groups, encourage further understanding and communication and break the stigma.

Who do we want to talk to?

Everyone can benefit from these presentations. The information and understanding gained from hearing firsthand experiences is vital in helping us break the stigma. Here are some of our target groups:

- **Youth and high school students.**
- **People who are affected by mental illness:** This includes family members, friends, and those living with illness.
- **Emergency Services**
- **College and university students.**

- **Community Organizations**
- **Businesses & Corporations**

What can I expect from a Partnership Presentation?

A standard presentation takes sixty minutes and consists of three speakers.

People with Lived Experience – They share their story of recovery with schizophrenia or related mental illnesses.

Family Members – They have a loved one who lives with a mental illness. They share their story of what that feels like.

A Mental Health Advocate – They share an overview of schizophrenia and other major mental illnesses, common stigmas, and share mental health resources and how to access them.

The format of the presentation can change due to availability of presenters.

Do you want to share your story?

We are always looking for new speakers in any of the above roles. If you would like to share your story, please contact us. Know that your story can make a difference. We welcome your help in the fight against stigma.

Goals of the Program

- To **break the stigma** and misconceptions about schizophrenia and other major mental illness.
- Inform people of **resources and how to access them.**
- To **encourage early intervention** and treatment for mental illness.



- To **promote schizophrenia and major mental illnesses as treatable and to show that recovery is likely.**

Our Recent Accomplishments

- Over **100 people** have shared their experiences with over **165,000 people** throughout Saskatchewan creating positive awareness and promoting treatment and recovery.
- **92% of our audience members** agree that we **increased their understanding of Schizophrenia and other mental illnesses.**
- **87%** of our audiences agreed our presentation **provided them with knowledge of services and supports to help themselves or others.**

What does the Partnership Program mean to you?

- Comments from our Program Presenters

- "It taught me how to navigate my mind, work in different environments, and has helped me see things from different points of view."
- "I felt like a weight had been lifted off my shoulders as I no longer had to keep the secret of living with a mental illness."
- "I'm changing people's minds about schizophrenia! I am a caring, responsible, and fun-loving person who takes pleasure in the small things."
- "Sharing my story has increased my self-esteem and has been a positive step in my recovery from mental illness. I always feel like I've made a difference each time I present."



We want to help all people affected by mental illness including schizophrenia.

Mental Health Facts

- Experts say between 1 in 3 and 1 in 5 Canadians will experience a mental illness at some point in their life.
- More than half of people with mental illness don't receive help for their disorders.
- Any week 500,000 Canadians will not go to work because of mental illness.
- Only 2% of people with schizophrenia commits violent crime. This is the same rate as the general population.
- People with schizophrenia are 2 times more likely to become victims of crime.
- For every \$1 spent on mental health care up to \$10 in economic, justice, and social costs are saved.
- Mental illness and substance misuse are leading causes of disability in Canada.



**Make a call, Make a difference.
You can be a Stigma Buster!**

Impact of our Presentations

- “I don't feel so alone because of this presentation, and it helped me understand a lot.”
- “I think it gives me a better understanding they are no different and they didn't want this, it's just something they have to go through, and we have to understand this.”
- “Thank you for opening my eyes to the negative effects that pot can have on schizophrenia. I didn't know this was a trigger for symptoms before.”
- “I see people in a new light, and I understand more about what they're going through.”
- “I liked all the useful information and ways to support loved ones and myself.”
- “I now realize that staying on my medication is important because of what the speakers said today. I have gone off of it before and now know that is what made me relapse.”
- “After hearing them talk about their experiences...I'm more motivated to help others know that even in the deepest low there is hope.”
- “I Hope that one day I'm as brave as the two speakers were.”

Contact Us

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To book a Partnership Program Presentation
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**Working together we can change
the narrative.**



**Booking a Partnership Program
Presentation is a great start.**

**We are on many schools'
approved presenters list**



**Mental Health,
Anti-Stigma,
Public Awareness
Presentations**

Informational Brochure



**Reducing Stigma since 1998,
Evidence based as proven by The
Mental Health Commission of
Canada**