How do you feel today?
Pamphlet & Booklet

These resources were developed to provide basic information about mental health, mental illness and addictions in an accessible format.

Seeds of Change would like to acknowledge the passionate participation of community members and service providers in developing these resources.

‘How do you feel today?’ booklet provides basic answers to the questions below:

- What is mental health?
- What is mental illness?
- Who gets mental illness?
- What causes mental illness?
- How is mental illness diagnosed?
- Is it possible to recover from mental illness?
- How can stigma affect your life?
- How can stress affect your life?
- What you can do to lower stress?
- What can you do to help yourself?
- What are some common mental illnesses?
- What is addiction?
- What is dependence?
- What causes addiction?
- How is addiction treated?
- How can you support someone who is recovering from an addiction?
- What are concurrent disorders?
- What are the causes and risk factors?
- How do you respond to someone who has mental illness or addiction problems?
- What is suicide?
- Mental health and addiction services in London and Middlesex

‘How do you feel today?’ pamphlet provides introductory information about mental health, mental illness, addiction, suicide and stigma.

Seeds of Change has limited quantities of these resources. For small orders while quantities last, please fill out the information below and submit order form to mmacgregor@fstvconnects.ca or fax to 519-433-4273.

How do you feel today? 24 Page Booklet
Number of booklets requested: _____________

How do you feel today? 8-Panel Pamphlet
Number of pamphlets requested: _____________

Name: __________________________________________
Organization: _____________________________________
Telephone: _________________________________________
E-mail address: ____________________________________

For large orders, please contact Brad at MOTIF Print Group Inc 519-434-3200 to arrange printing and prices according to the number of resources you order.

For additional information about these resources or Seeds of Change please contact Marissa MacGregor at mmacgregor@fstvconnects.ca.