



**Mental Health Recovery Partners**  
**North Island**  
*Hope and Support for All*

## **How can we help you?**

When a friend or family member is diagnosed with a mental illness, you may feel overwhelmed, isolated and confused about what happens following the diagnosis.

You may ask:

“Who can I talk to about this?”

“Where do I find the help?”

“Where do I find information?”

“What programs and services are available?”

Mental Health Recovery Partners can help you find answers to these questions. You can drop into our office Tuesday or Friday from 11 a.m. – 3 p.m. or phone or email us to talk to our staff and volunteers.

We will be starting a monthly support group and running programs and workshops in the near future. To find out more please phone us at

**250-914-3059 or email us at [mail.ni@mhrp.ca](mailto:mail.ni@mhrp.ca)**

**Or come to our office at 850E 12<sup>th</sup> Street in  
Campbell River**