



**FOR IMMEDIATE RELEASE**

**THE FAMILY ASSOCIATION FOR MENTAL HEALTH (FAME)  
RESPONDS TO THE GROWING NEED OF MENTAL HEALTH  
SERVICES IN A COMMUNITY WHERE SERVICES ARE FRACTURED**

**The Family Association for Mental Health Everywhere (FAME)  
Expanding Services to Caregivers in Orangeville**

**TORONTO, Ontario – February 17, 2016** – One-in-five people in Canada will experience diagnosable mental health problems or illnesses in their lifetime. The Family Association for Mental Health Everywhere (FAME) is happy to announce that, effective this month, it will be providing support services to family members and caregivers who are impacted by a loved one's mental health concern.

FAME Executive Director, Christine Cooper, says "Families are very much the bricks and mortar of the recovery process for so many individuals who are impacted by mental health issues. They have an intrinsic and immeasurable value in their roles within their own lives, their families, and their communities. At FAME, we facilitate the development of resilience in families living with mental illness by providing support, education and self-care strategies."

FAME acknowledges that while the fact of one-in-five is quite accurate, the fallout of those impacted by mental health far exceeds those numbers. In its six degrees of separation, mental health issues, touch almost every single person in the region.

The Family Association for Mental Health Everywhere is committed to working with the Central West LHIN, in partnership, to support families and caregivers in Orangeville and the surrounding community including Caledon, Shelburne and Dundalk.

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Services to families and caregivers will be available at the 30 Centre Street community centre. The monthly, drop-in, family support group will meet on the first Monday of the month from 7:00 p.m. to 9:00 p.m. in Room Edelbrock. FAME Family Support Worker Gloria Segovia will be providing individual supportive counseling every Monday from 8:30 a.m. to 4:30 p.m. Family members and caregivers are welcome to drop-in or to call 905-452-7770 or 416-268-5601 to book an appointment.

### **About the Family Association for Mental Health Everywhere**

Since 1989, FAME has helped families and caregivers in the Greater Toronto Area and Peel care for themselves and their loved ones, even in the face of mental health challenges. FAME facilitates the development of resilience in families living with mental illness by providing support, education, coping skills and self-care strategies. FAME advocates for the family perspective on mental health issues in our community. FAME services are free.

**Web**            [www.fameforfamilies.com](http://www.fameforfamilies.com)

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