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You can place your order via mail, phone,
e-mail, or fax:

Phone: 604-689-7938

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Address: #421 - 119 W. Pender St.
Vancouver, BC V6B 1S5

"I have the audacity to believe that people
everywhere can have three meals a day
for their bodies, education and culture for
their minds, dignity, equality and justice
for their spirits. I believe that what self-
centered men have torn down, other-
centered men can build up."

- Martin Luther King, Jr.

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Vancouver Coastal Health Authority
and
VanCity

ARA

Mental Health Action Research
and Advocacy Association
of Greater Vancouver



"In search of a better way"

#421 - 119 W. Pender St.

Vancouver, BC

604-689-7938

Toll Free 1-866-689-7938

advocacy.ara-mha@telus.net
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WHO WE ARE

ARA Mental Health Action Research and Advocacy Association of Greater Vancouver works collaboratively with existing organizations and agencies to ensure the quality of life and overall well-being of persons suffering from mental illness.

OUR Mandate Reads:

1. To assist individuals who are having problems with Human Resources in accessing the funds needed to ensure quality of life.
2. Assist with access to safe and affordable housing.
3. Assist with necessary funds/allowances for medications and diet.
4. Assist with access to meaningful employment and higher education.
5. Ensure tenants are not exploited.
6. Facilitate crisis intervention and refer consumers to outside services that are either not within our mandate or ability to offer.
7. Advocate between family members, justice system, EI or WCB for eligibility.
8. Advocate for individuals experiencing problems with agencies and/or employers or corporations.
9. To always be available to consumer/survivor in time of need.
10. Engage in research and/or evaluations of Mental Health Services from the perspective of the client.

WHAT WE DO

As an organization specifically for persons suffering from mental health issues, we employ a number of staff who have themselves suffered from, or who are currently suffering from, mental illness. It is our goal to prevent exploitation at the hands of the system and to offer advocacy and intervention when the system does fail. We aim to be realistic and grassroots in our approach.

Some of the areas we can offer advocacy or intervention include, but are not limited to:

- ✓ **Locating Resources**
- ✓ **Safe and Affordable Housing**
- ✓ **Food**
- ✓ **Medical/Dental**
- ✓ **Substance Abuse**
- ✓ **Child Apprehension**
- ✓ **Appeals & Tribunals**
- ✓ **Health & Safety Issues**
- ✓ **Legal Referrals**
- ✓ **Counseling and One-on-One Support**



AVAILABLE RESEARCH

A great deal of research has been written by ARA on issues pertaining to Mental Health Consumers/Survivors, *from the perspective of consumer/survivors*. If you are interested in obtaining a copy of a particular report please see the order form on reverse panel.

- ✗ Advocacy II 2003
- ✗ Life Experiences of Consumer Single Mothers 2002
- ✗ Job Opportunities & Training Programs Available to Mental Health Consumer/Survivors 2000
- ✗ Mental Health Consumer/Survivors as they grow older 2000
- ✗ Poverty and Mental Health Con/S Citizen 1999
- ✗ Advocacy and the Mental Health C/S 1999
- ✗ A Descriptive Evaluation of the Experiences of Mental Health C/S who are clients of the Ministry of Human Resources 1998
- ✗ C/S Priority Inventory Project 1997
- ✗ Community Housing Project 1997
- ✗ Consumer/Su Impact Project 1997
- ✗ Discharge Planning Project 1996
- ✗ C.F.C. (Consumer - Family - Community) Audit Evaluation Report 1994
- ✗ Consumer Participation manual 1993