

## The Kings County Chapter

- Is a volunteer mental health organization based in the Annapolis Valley, focusing on family-sensitive and community-based caring.
- Is a community-based resource providing information and support to individuals coping with the effects of schizophrenia, psychosis, and where applicable, co-occurring substance abuse issues.
- Is dedicated to the improvement of the quality of life for all those who are affected by these disorders (i.e. individuals, family/friends, and other supporters).

### Regular Meetings

Kings County Chapter meetings are held in New Minas from September to June. Notices of dates, times, and location of these meetings are placed each month in *The Advertiser*. Members are also contacted each month as a reminder. For more information, call the 1-800 number of the SSNS or check out the Chapter website:

[www.kcss.ca](http://www.kcss.ca)

## Chapter Activities

- We meet monthly (summer months excepted) as a group of mental health consumers and caring family and friends, dedicated to support, information, and education.
- We host a monthly self-help group for families and friends of persons with serious mental illness.
- Through the regular meetings and special workshops, we provide information about schizophrenia and related disorders.
- We make special public presentations in order to provide education and information to the general public and associated caring professionals about schizophrenia, its context in society, and the effects it has on individuals living with the illness and their families.
- We consult with Mental Health Services of the Annapolis Valley District Health Authority on the services available for persons with schizophrenia and their families.
- We participate in fund raising activities necessary to meet our objectives.

## Contact Information

The Kings County Chapter can be contacted through the SSNS (Schizophrenia Society of Nova Scotia) toll free number:

**1-800-465-2601**

(902) 465-2601 (outside NS)

At this number, information is available on:

- schizophrenia and psychosis;
- locating and contacting the nearest support group;
- community resources;
- where you can talk to someone who understands

### Email:

[kcsschizsoc@outlook.com](mailto:kcsschizsoc@outlook.com)

### Website:

[www.kcss.ca](http://www.kcss.ca)

### Mailing Address:

Kings County Chapter - SSNS  
P.O. Box 2400  
Wolfville, NS. B4P 2S3

*Prepared by the Kings County Chapter of the  
Schizophrenia Society of Nova Scotia  
Last updated: October 2013*

## Schizophrenia Society of Nova Scotia

# Kings County Chapter



**A REASON TO HOPE. THE MEANS TO COPE.**

*The logo for the Schizophrenia Society of Canada is a stylized iris. The three petals of the iris symbolize courage, faith and hope*

## Membership / Support for the Schizophrenia Society of Nova Scotia

- I wish to become a member of the Society (Annual Fee: \$15.00)
- I do not wish to become a member of the Society, but wish to make a donation to support the Society's efforts to provide "a reason to hope and a means to cope".
- I would like my donation to be anonymous.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone \_\_\_\_\_ (cell) \_\_\_\_\_

Email\*: \_\_\_\_\_

(\*to receive updates and notices from the Chapter and SSNS)

### Payment Options (please circle one)

VISA / Mastercard / Cheque *made payable to:*  
The Schizophrenia Society of Nova Scotia

Name on card \_\_\_\_\_

Credit card # \_\_\_\_\_

Expiry: \_\_\_/\_\_\_ Signature \_\_\_\_\_

*To make your credit card payment over the phone, please call 1-800-465-2601 or 465-2601)*

#### Mailing Address:

Kings County Chapter - SSNS  
P.O. Box 2400  
Wolfville, NS. B4P 2S3

*\*Personal info is not shared with any other organizations.*

## What is Schizophrenia?

- It is a serious but treatable bio-chemical brain disorder.
- Termed "youth's greatest disabler", typically occurring in young people between the ages of 16 and 30, schizophrenia can affect anyone at any age.
- It is often noticed first when a person shows some loss of contact with reality, medically defined as a psychotic episode, or psychosis.
- It is an illness in which people show a wide range of symptoms - each individual case is unique and complex.
- It is an illness which is sometimes masked by a concurrent disorder such as alcohol or other substance abuse.
- It *always* needs prompt medical attention. The sooner the better...

### It is *not*:

- A split personality
- Caused by poor parenting
- Anyone's fault

## The Stigma of Mental Illness

*"Schizophrenia remains one of the most misunderstood illnesses of our time"*

Mental illness often creates a feeling of shame and fear in those who have been touched by it. Whether you have a mental illness, or someone you care about is affected, the first and often most difficult step is to seek support and accurate information.

In Canada and in fact worldwide, schizophrenia and its related mental disorders affect *1 out of every 100 persons* at some point in their lives. To learn more about schizophrenia and other mental illnesses, or to become involved, call the toll free number for the SSNS or log on to their website.

*"Contrary to popular media images of the "violent mental patient", people with schizophrenia tend to be vulnerable and fragile, not violent..."*

*"Remember that a person with schizophrenia is a person with a family, talents, hopes and dreams. They could have the 'flu. They don't; they have schizophrenia."*

...quotes taken from Schizophrenia Society of Canada's "Reaching Out" program and Manitoba Schizophrenia Society's "The Truth About Schizophrenia"

## Becoming a Member of the Schizophrenia Society

Anyone with an interest in schizophrenia, psychosis or related illnesses is welcome to become a member of the Schizophrenia Society of Canada (which also includes membership in the Schizophrenia Society of Nova Scotia as well as the Kings County Chapter). Please see the attached application form for details and annual dues payment options. It may be filled out and mailed to:

**Kings County Chapter  
Schizophrenia Society of Nova Scotia  
P.O. Box 2400  
Wolfville, NS.  
B4P 2S3**

If they wish, members may receive copies of Chapter newsletters, notices of relevant local, provincial and federal publications, seminars and workshops, and are eligible to vote at chapter meetings.

**Note:** The Schizophrenia Society of Nova Scotia is a registered charity, and donations may be made by filling out the attached form or through the SSNS internet *web log* ([www.blog.ssns.ca](http://www.blog.ssns.ca)). These donations greatly benefit the ability of the society to provide support and education to consumers and family members.