



# MENTAL HEALTH AND ADDICTIONS

*COVID-19 has compounded mental health issues amongst our family, friends and coworkers, whether facing everyday life or changes in their work.*

## GIVE THE GIFT OF COUNSELLING

Rob's life has never been easy. As a young teen he began to experience the symptoms of bipolar disorder and to cope with the effects, he turned to drugs. In his early 20s, Rob's mental health issues and addictions started taking over. He first lost his employment and then his apartment. Rob's life changed when a mental health outreach worker got in touch with him at a homeless shelter. The worker helped him find harm reduction strategies and counselling to work through his addiction, tactics to manage his bipolar disorder, and ultimately linked him with a men's recovery house where Rob currently lives. Without the intervention of an outreach worker, Rob's life story could have turned out very differently.

Half of Canadians say their mental health has deteriorated during COVID-19.



In June 2020, there were

175



overdose related deaths in BC

A **130%** rise in such deaths over June 2019.

Mental health and addictions challenges can be hard to talk about and even harder to face when you or someone you love is affected. COVID-19 has compounded existing conditions for some and triggered new challenges for others especially considering family disruption, domestic violence, loss of income and isolation are on the rise.

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**United Way**  
Greater Victoria

*Show your local love*  
Let's rally to recover. #YYJ needs you.

Working alongside social service organizations, medical professionals, and law enforcement, outreach workers and peer support workers are in our community to assist individuals with mental health and/or addiction challenges in navigating an often overwhelming system, de-escalating potentially volatile situations, and connecting them with counselling services to regain hope.

**Help save lives by providing outreach and counselling to those facing mental health challenges and addictions.**



**\$100/MONTH = \$1,200/YEAR**

Provides one individual with one month of rent, including all utilities and food as well as eight sessions with a registered counsellor at a supportive recovery home for men recovering from addictions



**\$50/MONTH = \$600/YEAR**

Provides one ten-week counselling series for a woman recovering from abuse and trauma



**\$10/MONTH = \$120/YEAR**

Provides two hours of counselling services for someone living with mental health challenges

**Tax benefits make giving to United Way even more attractive**

Your donation is eligible for valuable tax credits, which can reduce the federal and provincial income tax you pay every year. See how much you can save on your taxes as a donor.

<b>Gift amount</b>	<b>Total tax savings</b>	<b>Actual cost to you</b>
\$1200/year	\$477	\$723
\$600/year	\$215	\$385
\$120/year	\$24	\$96



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