



NORTHUMBERLAND HILLS HOSPITAL

inspiring strength, dignity and compassion

**Mental health services available in our area -
Hospital marks National Mental Health Week,
30th anniversary of local mental health services with new brochure**

NEWS RELEASE - FOR IMMEDIATE RELEASE

NORTHUMBERLAND COUNTY, Tuesday, May 8, 2007 – “Mental illness” is the term used to refer to a variety of diagnosed mental disorders. With 20 per cent of all Canadians expected to experience a mental illness in their lifetime, mental ailments will directly affect everyone in Northumberland County, either directly or—by extension—through a family member, friend or colleague. Ironically, mental illness is often the least understood of all medical challenges.

To address this problem, and mark the 30th anniversary of targeted mental health programming in our community, the Northumberland Hills Hospital recently published a new brochure about Lakeshore Community Mental Health Services. The purpose of the brochure? To map out the services available in our area so that those who need them most find the assistance they need as soon as possible.

Characterized by a wide range of symptoms, mental disorders can cause alterations in thinking and sudden changes in mood or behaviour. Left untreated, some illnesses (including depression, anxiety disorders, bipolar disorder and schizophrenia) can dramatically impair a person’s ability to function. Unfortunately, almost one half of those who feel they have suffered from depression or an anxiety disorder (49%) have never gone to see a doctor about their problem.

Sponsored by the Northumberland Hills Hospital and funded by the Ministry of Health and Long Term Care, Lakeshore Community Mental Health Services serves as the primary provider of mental health services in our area. Lakeshore’s services may be accessed from any one of the following:

- self referral (simply call Lakeshore's main line, 905-377-9891 or 1-888-294-7579);
- a referral from a doctor;
- a referral from a community agency, such as Northumberland Services for Women; or
- a referral from a hospital.

The full brochure regarding Lakeshore Community Mental Health Services is now available in local doctor's office, community agencies and from the Northumberland Hills Hospital. The programs and contact numbers are also set out in the Patient Care Services section of the Northumberland Hills Hospital Web site (www.nhh.ca).

To arrange an opportunity to interview a member of the Lakeshore team, please contact Jennifer Gillard, Director, Corporate Communications, at 905-377-7757 or by email at jgillard@nhh.ca.

About Northumberland Hills Hospital - The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed hospital delivers a broad range of services, including medical/surgical care, complex/long term care, rehabilitation, palliative care, obstetrical care and intensive care. NHH also sponsors a Community Mental Health Centre and an Assertive Community Treatment Team. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland is comprised of the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs over 500 people and is an active member of the Central East LHIN. For more information, please visit www.nhh.ca.