

THE Accent

Prince Edward Island Union of Public Sector Employees

Mental Health For All

May 1 - 7, 2011 is Mental Health Week. It's an opportunity to learn, talk, reflect and engage with others about mental health. It's a chance to do more for yourself and others every day - because good health includes mental health.

The following are ways to practice mental fitness:

Learn ways to cope with negative thoughts: Negative thoughts can be insistent and loud. Learn to interrupt them. Don't try to block them (that never works), but don't let them take over.

Do one thing at a time: For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental "to do" list. Take in all the sights and sounds you encounter.

Exercise: Regular physical activity improves psychological well being and can reduce depression and anxiety.



Mental health for all - facts:

- One in five Canadians, over the course of their lives, will experience a mental illness and what that ultimately means is that every single family in Canada will in some way be affected. And yet there is a reluctance to talk about mental illness, to acknowledge it openly, and to treat it as a form of human suffering like any other illness. We need to work together to change this attitude.
- Mental illness costs the Canadian economy a staggering \$51 billion a year, and each day 500,000 people will miss work due to mental health problems.

Mental health is everyone's concern:

- The World Health Organization (WHO) predicts that by the year 2020 depression will become the No.2 cause world-wide of years lost due to disability. That's a profound impact.
- The number of suicides in Canada is almost 4,000 people a year. For people aged 15-24 in Canada, suicide is the No. 2 cause of death.
- Mental illness is the number one cause of disability in Canada, accounting for nearly 30% of disability claims and 70% of total costs.

Attend the 2011 Correctional Officer and Youth Worker - Working Committee

This is the fourteenth year that PEI UPSE and the Community and Correctional Services Division (Justice and Public Safety) will cosponsor attendance to the Correctional Officer and Youth Worker - Working Committee in Ottawa beginning on September 22, 2011. Successful applicants will also attend the memorial service honouring police and peace officers who sacrificed their lives to keep our communities safe. Working committee participants will discuss corrections and youth justice with component members from across the country, and will share best practices, strategies, and current challenges and issues.



How to Apply: Correctional Officers and Youth Workers are eligible to attend and must complete an application form available at the PEI UPSE office or on the website (www.peiupse.ca). Completed applications are to be returned to the PEI UPSE office no later than **Friday, May 27, 2011 at 3:00 p.m.**

PEI UPSE members attending the Police and Peace Officers Memorial in Ottawa (2010) were: (top) Linda Clarke, Todd Handregan, Michelle Mullins, and Trent Parsons. (bottom - left to right) Chris Oatway, Scott Gregory, Debbie MacPhee, Shelley Yeo and Deryl Beaton.

Application Criteria:

- must be a PEI UPSE member in good standing
- must have a special need to meet with or acquire information from other organizations attending conference on matters of immediate concern to, or under study by, PEI UPSE (*to gather information to provide a report for the conference*)
- must have interest in and good knowledge of PEI UPSE and its current policies and activities through active involvement
- must provide a written submission of current issues facing workers in the field of corrections/youth facilities - the submission will be reviewed as part of the selection process
- must have regular attendance at committee, local or affiliated organization's meetings
- preference and where possible, seniority in PEI UPSE (officer, committee and or general member)
- consideration for members with low, or no opportunity to attend other provincial or labour meetings / conferences as PEI UPSE representatives in past two years

Selection process: When the union selects representatives to this conference, every effort shall be made to ensure that equal representation of male and female members are maintained. *Note: Wage replacement will be provided for shifts booked only. The Application process is earlier this year as the employer requires extra time to purchase member uniforms.*

Prince Edward Island Union of Public Sector Employees
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PEI UPSE is proud to represent over 5000 members in the public and private sectors.