

# **THE MENTAL HEALTH CONSUMER OPPORTUNITIES E-MAIL DISTRIBUTION LIST**

Are you a recipient of mental health services?

Are you a friend or family member of someone receiving mental health services interested in information for the person you support?

Would you like information about programs, events, workshops and work opportunities of interest to mental health consumers

(folks with experience receiving mental health services)?



Then please contact the Peer Support Office to have your name added to the “Mental Health Consumer Opportunities E-mail Distribution List”.

You can call 604-708-5274 or e-mail [debbie.sesula@vch.ca](mailto:debbie.sesula@vch.ca) AND [renea.mohammed@vch.ca](mailto:renea.mohammed@vch.ca) to register and start receiving e-mails.

**YOU DO NOT HAVE TO BE A CLIENT OF A MENTAL HEALTH TEAM!**

**OUR DISTRIBUTION LIST IS OPEN TO ALL.**