

WHO NEEDS GOOD MENTAL  
HEALTH?  
EVERYONE!



*"I just love coming to work here, and I have made friends here. Someday I hope to be able to enter the workforce."*

*"West Lane has been keeping me alive. It gives me a purpose for my life."*

*"I have improved on not being so fearful."*

*"West Lane keeps me from thinking bad thoughts."*

For more information,  
please contact:

**709-634-9313**

**Office Hours:**  
**Monday to Friday**  
8:00 a.m. to 4:00

24 Brook Street  
Corner Brook, NL

***Mental Health Crisis Line 1-888-737-4668***

***Mental Health Warm Line 1-855-753-2560***

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

## WEST LANE RECYCLING

ADULT MENTAL HEALTH  
PROGRAM



A community-based occupational  
therapy program for individuals living  
with a mental illness.

## SERVICES AVAILABLE

AT WEST LANE we understand a mental illness can disrupt a person's everyday living. The goal of West Lane is to support each client to become healthier on his or her road to recovery.

### Services available include:

- Assessment and tailored treatment planning
- Consultation with health care professionals
- Assistance with a return to work or school
- Case management services
- Education about illness, wellness recovery action planning
- Building strengths and skills
- Coping skills training
- Supportive counseling
- Life skills training
- Healthy habits (exercise, cooking, quitting smoking)
- Family support

*Occupational Therapy is a health profession that helps people overcome barriers to live life to the fullest*

## ABOUT THE PROGRAM

WORKING and contact with the public gives clients of the West Lane program the opportunity to learn new skills and build self-esteem and confidence.

In addition to work tasks, all participants attend therapeutic sessions. Self-help workbooks / information, as well as social activities are also used to help people move forward in their recovery.

Participants start their day at West Lane 8:30 a.m. with a short meeting, followed by a skills-training session. Clients take part in 45 minutes of daily exercise midway through the day. Each day ends with a mindfulness session in the afternoon at 3:30 p.m.

Recycling is seen as a valuable community service. West Lane offers people a chance to practice new skills, and include structure and support in their daily lives.

As part of their regular attendance, each client receives a monthly stipend of up to \$175.00.



## ABOUT OUR CLIENTS

ADULTS (aged 19-64) can refer themselves or be referred for many reasons. Common diagnoses include: schizophrenia, bipolar disorder, anxiety disorder, clinical depression, psychosis. **Referrals should include a person's diagnosis, presenting issue and a description of what services are being requested.**

Between 6-10 clients are present at program site on a daily basis. The West Lane program is geared towards individuals with a mental illness who:

- are currently unable to find or maintain work;
- can come to program three days per week; &
- want to work towards recovery goals

All potential clients must meet with an occupational therapist to make sure the program can meet their needs.

### REFERRAL FORM

<http://www.westernhealth.nl.ca/uploads/Referral-Form.pdf>

*"Recovery is Possible for Everyone... through an ongoing process of small steps made by the individual to move beyond the symptoms of illness and live the life he or she wants and deserves."*