

Mental Illness – the facts

Mental Illness Fellowship Victoria (MI Fellowship) provides accurate, current information about mental illness that is both human and clinically correct. Our approach helps families and people affected by mental illness to understand the issues, consider interventions and formulate plans.

MI Fellowship has produced a series of 35 Fact Sheets covering many aspects of mental illness which are easy to read, practical, short, and information rich. They are regularly updated and contain literature and contacts that can make a real and sustained difference.

MI Fact Sheet Order

MI Facts Sheets are available in the following ways:

1. Full MI Fact Sheet Series

(a copy of one of each of the 35 titles)

2. Bulk Order Pack/s

(50 copies of your choice of single titles)

Individual MI Fact Sheets are available on our website:
www.mifellowship.org/Facts&Stats.htm

Costs

	MI Fellowship Members	MI Fellowship Non-Members
1. Full MI Fact Sheet Series	\$12.50	\$15.00
2. Bulk Order Pack/s	\$10.00	\$12.50

*Prices are GST inclusive

Postage & Handling (based on Australia Post)

1. Full MI Fact Sheet Series	Melb Metro	Country Vic
1 Pack	\$2.45	
2-10 Packs	\$6.00	\$12.00
2. Bulk Order Pack/s	Melb Metro	Country Vic
1-10 Packs	\$6.00	\$12.00
For orders over 10 packs and interstate deliveries price on application		

*Prices are GST inclusive

Please forward me the following MI Fact Sheets:

1. Full MI Fact Sheet Series

(Containing a copy of one of each of the 35 titles)

TOTAL (number of Full MI Fact Sheet Series)

2. Bulk Order Pack/s

(50 copies of your choice of single titles)

Understanding Mental Illness

Please insert number of packs required in the boxes below:

- Understanding psychosis
- Understanding schizophrenia
- Understanding bipolar disorder
- Understanding schizoaffective disorder
- Understanding depression
- Understanding anxiety
- Understanding borderline personality disorder
- Understanding suicide and mental illness
- Understanding mental illness and violence
- Psychosis - general information paper on the process and treatment of psychosis

Personal accounts of mental illness

- Feeling the impact of mental illness: the emotional journey
- An account of hallucinations and delusions
- Being loyal to wellness
- That's what it's like to be a carer

Mental illness and drugs and alcohol

- Understanding dual diagnosis: mental illness and substance use
- Bipolar disorder and alcohol and drug use
- Ecstasy and depression
- Substance use - stages of change model
- Cannabis and psychosis
- Heroin and psychosis

Useful information for family and friends

- What can friends and family do to help a person experiencing mental illness?
- Family and carer supports and services
- Frequently asked questions about mental illness
- Communicating with professionals for the best outcomes
- Signs of mental illness and what to do
- Understanding guilt
- Understanding worry
- Effective communication

Mental illness theory and models

- Stress-vulnerability-coping model of mental illness
- Psychiatric medications
- Mental health legal framework in Victoria
- Mental health service delivery framework in Victoria
- Bio-psycho-social model in action
- Phases in a crisis
- Beautiful minds can be reclaimed

TOTAL (number of Bulk Order pack/s)