

Mental health clinics cover all the bases

According to the Canadian Mental Health Association, mental illness is now the most urgent health problem in Canada. The most important fact to remember about mental illness is that mental breakdowns are of many types, and have many possible causes. Some of these causes are physical, sometimes psychological and sometimes social.

In Halton, the North Halton Mental Health Clinic provides community based psychiatric service for clients in Milton, Georgetown, Acton and the surrounding rural district. The clinic offers psychiatric assessment and treatment for individuals and families as well as providing follow up care to those clients discharged from mental health facilities.

The clinic is staffed by two psychiatric nurses, one social worker, one secretary, as well as three consultant psychiatrists. Although, direct client service is our prime responsibility, we also offer consultative services to schools, agencies and general hospitals in north Halton.

During Mental Health Week, May 3 to 9, the North Halton Mental Health Clinic is holding an Open House Thursday (May 7) from 2 to 5 p.m. at their Milton office at 53 Brown Street. Refreshments will be served and everyone is welcome.

The social stigma attached to mental illness is still so strong and generates such feelings of guilt that the subject is rarely discussed openly. Today a great deal is known about mental illnesses and how to treat them, although there are still areas which require more investigation and research before they are fully understood.

In general there are some basic concepts that help clarify and remove the stigma of mental illness. The facts are:

- there is no single cause, no single illness. There are a large number of different conditions, some of which are serious, others transitory and very temporary.
- causes of mental illness can be physical. Examples are brain damage due to toxins or vitamin deficiencies.
- the causes may also be purely psychological or grow out of interpersonal problems.
- mental illness is never a question of failure or will power. To suggest that a mentally ill person should be strong-willed and "snap out of it" is the same as suggesting that someone with a broken leg should stand up and walk.
- mental illness strikes more Canadians every year than all other conditions combined, including Cancer and heart disease.
- almost half the people in hospitals in Canada are there because of emotional or mental illness.

Minor emotional upsets are as natural as the common cold and they can strike anyone. Everyone has occasional symptoms and it is not unusual to feel unloved or inferior, suffer guilt, fatigue, tension, fear or anxiety. It is only when these symptoms persist or become more severe and interfere with daily life that help possibly should be sought.

According to Ontario health minister Dennis Timbrell community based mental health programs offer an alternative to in-patient hospital care. They have a proven record of success and provide a valuable service in the community. People who do not require hospitalization tend to respond more quickly if they are treated in their own familiar community setting.

The North Halton Mental Health Clinic is 100 per cent funded by the ministry of health, administered by the regional department of health, using office space in the Milton and Georgetown Health Units, as well as the Acton Community Service Center and the Glen Lea Clinic in Acton. Home visits are an integral part of the clinic's functioning, providing services to those clients unable to make office appointments.

For those interested in how they may be able to help, the Canadian Mental Health Association is a voluntary charitable organization, concerned with the mentally ill and their families. Work of the association falls into three categories:

- Social Action
- Public Education
- Community Service

For more information on the Association, or if you are interested in establishing a branch in north Halton, contact the Acton Community Service Center at 853-3310 or the National Office of the Canadian Mental Health Association at 2160 Yonge Street, Toronto, phone 484-7750.

APPECIATION DAYS SALE

EVERY ADVERTISED ITEM IS "ACTION PRICED"

A&P Appreciation

We reserve the right to limit quantities to normal family requirements
Prices effective thru Saturday, May 2nd, 1981

<p>SAVE 54¢</p> <p>Mitchell's PURE APPLE JUICE 48 fl-oz tin</p> <p>69¢ (Our Regular Price 1.23)</p>	<p>SAVE 70¢</p> <p>A Premium Hearty Blend, Custom ground in the store when you buy it not before!</p> <p>BOKAR BEAN COFFEE 1-lb bag</p> <p>2.99 (Our Regular Price 3.69) (3-lb bag 8.79 - Our Reg. Price 10.89 - SAVE 2.10)</p>	<p>SAVE 20¢</p> <p>100% Vegetable Oil</p> <p>CAROL SOFT MARGARINE 1-lb tub</p> <p>49¢ (Our Regular Price 69¢)</p>	<p>PICK-OF-THE-CROP PRODUCE</p> <p>Canada No. 1 Grade Product of Florida, Tender, Golden</p> <p>SWEET CORN ON-THE COB</p> <p>6 for 99¢</p>
<p>APPECIATION DAYS SALE</p> <p>900 g tin tin bag</p> <p>CHOCOLATE CHIP COOKIES 2.29</p>	<p>Instant 375 g jar</p> <p>CARNATION COFFEE-MATE 1.79</p>	<p>Sliced 16-oz loaf</p> <p>JANE PARKER RAISIN BREAD 89¢</p>	<p>Product of California</p> <p>FRESH TENDER GREEN BROCCOLI 99¢</p>

<p>BUY 4 - SAVE 41¢</p> <p>Strained, Meatless Varieties of Foods & Juices</p> <p>HEINZ BABY FOODS</p> <p>4.5 fl-oz jar 4 for 99¢ (Our Regular Price 35c each)</p>	<p>Canada No. 1 Grade, Prod. of Florida, Fresh, Crisp</p> <p>CELERY STALKS</p> <p>bunch 68¢</p>	<p>COME VISIT THE FARM at A&P FOR FRESHNESS & FLAVOUR</p> <p>Product of U.S.A. - Mix or Match</p> <p>FRESH SPINACH</p> <p>10-oz pkg 68¢</p>	<p>Product of U.S.A. - Mix or Match</p> <p>RED OR GREEN LEAF BOSTON OR ROMAINE LETTUCE</p> <p>2 for 99¢</p>	
<p>SAVE 40¢</p> <p>Solid White Albacore</p> <p>CLOVER LEAF TUNA</p> <p>7-oz tin 1.59 (Our Regular Price 1.99)</p>	<p>PROD. OF CHILE, SWEET, PLUMP, JUICY, RED OR BLACK</p> <p>Ribier Grapes lb 98¢</p> <p>CANADA FANCY, PRODUCT OF ONTARIO, FRESH, CRISP</p> <p>McIntosh Apples 5-lb BAG 1.79</p> <p>PRODUCT OF FLORIDA, JUMBO PINK</p> <p>Grapefruit 5 for 1.99</p> <p>PROD. OF CALIFORNIA, SWEET, SEEDLESS, SIZE 138's</p> <p>Navel Oranges each 10¢</p> <p>PROD. OF CALIFORNIA, LARGE SIZE 88's, SEEDLESS</p> <p>Navel Oranges 12 for 1.99</p> <p>PRODUCT OF CALIFORNIA, RIPE, SWEET</p> <p>Strawberries pint 99¢</p>		<p>PRODUCT OF ONTARIO, SNOW WHITE, FRESH</p> <p>Mushrooms lb 1.89</p> <p>PRODUCT OF CALIFORNIA, BUTTER SMOOTH, EXCELLENT IN SALADS & DIP</p> <p>Avocados 3 for 1.00</p> <p>PRODUCT OF U.S.A. - BUNCH GREEN ONIONS OR</p> <p>Radishes 8-oz pkg 3 for 99¢</p> <p>PRODUCT OF HAWAII, JET FRESH</p> <p>Papayas each 99¢</p> <p>CANADA FANCY, PRODUCT OF CHILE</p> <p>Apples Granny Smith lb 88¢</p> <p>CANADA NO. 1 GRADE, PRODUCT OF U.S.A., SWEET, JUICY</p> <p>Anjou Pears lb 78¢</p>	<p>CANADA NO. 1 GRADE, PRODUCT OF ONTARIO, LONG, ENGLISH TYPE, SEEDLESS</p> <p>Cucumbers each 99¢</p> <p>CANADA NO. 1 GRADE, PRODUCT OF FLORIDA</p> <p>New Potatoes 2-lb 99¢</p> <p>CANADA NO. 1 GRADE, PRODUCT OF U.S.A., SWEET</p> <p>Carrots New Crop 2-lb bag 88¢</p> <p>CANADA NO. 1 GRADE, PRODUCT OF ONTARIO</p> <p>Onions Yellow Cooking 2-lb bag 88¢</p> <p>CANADA NO. 1 GRADE, PRODUCT OF CALIFORNIA</p> <p>Asparagus lb 1.49</p> <p>PRODUCT OF FLORIDA, TENDER, STRINGLESS</p> <p>Green Beans lb 79¢</p>

<p>BUY 2 - SAVE 59¢</p> <p>Jane Parker, Sliced</p> <p>100% WHOLE WHEAT BREAD</p> <p>24-oz loaf 2 for 99¢ (Our Regular Price 79c each)</p>	<p>JANE PARKER</p> <p>Pumpnickel Bread 16-oz loaf 79¢</p> <p>JANE PARKER, SNOWFLAKE OR</p> <p>Twin Rolls pkg of 12 89¢</p> <p>PROCESS CHEESE SLICES</p> <p>Black Diamond 500 g pkg 2.39</p> <p>JANE PARKER</p> <p>Raisin Pie full 8-inch, 22-oz pie 1.49</p>	<p>(PLUS BOTTLE DEPOSIT)</p> <p>Pepsi-Cola 6 pack of 10-fl-oz btl 1.99</p> <p>JOHNSON & JOHNSON - Bonus Pack 450 ml Plus 22% "FREE"</p> <p>Baby Shampoo 550 ml plastic btl 2.99</p> <p>ASSORTED TYPES</p> <p>Ultra Ban Deodorant 250 ml AEROSOL TIN 1.99</p> <p>ASP, MEN'S & BOYS' SIZES</p> <p>Tube Socks pair 1.49</p>	<p>FROZEN, CRIS-5-SPY CRUST, PEPPERONI OR DELUXE</p> <p>Totino's Pizza 350g pkg 1.99</p> <p>FROZEN, FRIED CHICKEN, BEEF OR TURKEY</p> <p>Swanson's Dinners 11-oz pkg 1.49</p> <p>FROZEN, BOIL IN BAG, ASSORTED VARIETIES</p> <p>Green Giant Entrees 9-oz pkg 1.49</p> <p>FROZEN, CRINKLE OR STRAIGHT CUT</p> <p>McCain Superfries 2-lb pkg 1.09</p>
<p>SAVE 50¢</p> <p>Jane Parker</p> <p>APPLE PIE</p> <p>full 8", 22-oz pie 99¢ (Our Regular Price 1.49)</p>	<p>Motts</p> <p>CLAMATO COCKTAIL 48-fl-oz tin 1.69</p> <p>"In Own Juice", Dessert Bits, Crushed, Sliced</p> <p>DEL MONTE PINEAPPLE 14-fl-oz tin 69¢</p> <p>"Real"</p> <p>HELLMANN'S MAYONNAISE 750 ml jar 1.99</p> <p>All Purpose</p> <p>FIVE ROSES FLOUR 5 kg bag 4.99</p>	<p>Red or Green</p> <p>CLOSE-UP TOOTHPASTE 100 ml tube 1.29</p> <p>SHELL MOTOR OIL 1 litre tin 99¢</p> <p>Liquid</p> <p>MR. CLEAN CLEANER 1 litre plastic bottle 1.99</p> <p>Powder</p> <p>SPIC & SPAN CLEANER 1 litre box 1.99</p>	<p>Frozen, "Florida", Concentrated</p> <p>OLD SOUTH ORANGE JUICE 16.6-fl-oz tin 1.39</p> <p>Hunts</p> <p>TOMATO SAUCE 14-fl-oz tin 59¢</p> <p>Pirates</p> <p>CHRISTIE COOKIES 450 g tin tie bag 1.79</p> <p>Oatmeal Supreme, Apple Strudel, Almond Crisp</p> <p>DARES BISCUITS 350 g tin tie bag 1.29</p>

<p>SAVE 20¢</p> <p>Aylmer, With Pectin, Raspberry or</p> <p>STRAWBERRY JAM</p> <p>24-fl-oz jar 1.69 (Our Regular Price 1.89)</p>	<p>SAVE 36¢</p> <p>Layer Cake Mixes Assorted Varieties</p> <p>DUNCAN HINES</p> <p>520 g pkg 99¢ (Our Regular Price 1.35)</p>	<p>SAVE 40¢</p> <p>Orange Pekoe</p> <p>TETLEY TEA BAGS</p> <p>pkg of 72 1.99 (Our Regular Price 2.39)</p>
<p>SAVE 30¢</p> <p>Kellogg's</p> <p>CORN FLAKES</p> <p>675 g pkg 1.39 (Our Regular Price 1.69)</p>		