

item	unit price	quantity	total
<b>Stress cards</b> (with biosquare indicating stress levels based on skin temperature)	\$1.25		
<b>Stress toys/balls:</b> boxing glove-shaped ___ or rock-shaped ___	\$2.00		
<b>Magnets</b> with "Today I Feel ..." daily mood indicator	\$1.00		
<b>Magnets</b> promoting online screening	40¢		
<b>Heretohelp.bc.ca</b> (brochure)	40¢		
<b>Pens</b> with heretohelp.bc.ca URL	75¢		
<b>Backpack pin buttons</b> with message: #stressed ___ or #feelbetter ___	50¢		
<b>Wellness Modules</b> (please indicate quantity in front of title(s) ordered)			
___ 1: Mental Health Matters ___ 2: Stress and Well-being ___ 3: Social Support ___ 4: Problem Solving ___ 5: Social Support ___ 6: Getting a Good Night's Sleep ___ 7: Eating and Living Well ___ 8: Healthy Thinking ___ 9: Finding Balance ___ 10: Staying Mentally Healthy with Technology ___ 11: Mindfulness	50¢/sheet		
<b>Plainer Language Series booklets</b> (please indicate quantity in front of title(s) ordered)			
___ 1: What is anger? ___ 2: What is anxiety? ___ 3: What is depression? ___ 4: Tips for good mental health ___ 5: What is suicide? ___ 6: What is mental health?	\$1.50/ booklet		
<b>Info sheets</b> (singles) see heretohelp.bc.ca/self-help-resources for list of available topics			
specify topic:	50¢/sheet		
specify topic:	50¢/sheet		
specify topic:	50¢/sheet		
<b>Info cards</b> (please indicate quantity in front of card title(s) ordered)			
___ Anxiety disorders ___ Bipolar disorder ___ Cannabis and mental health ___ Coping with stress ___ Depression ___ Dealing with depression diagnosis ___ Eating and living well ___ Finding balance ___ Good mental health ___ Good night's sleep ___ Healthy thinking ___ Help for mental health problems ___ Managing anger ___ Medicine wheel and mental health ___ Mental illness ___ Mental health matters ___ Mindfulness ___ Mood disorders ___ Obsessive-compulsive disorder ___ Older adults: depression and anxiety ___ Postpartum depression ___ A safe night out (alcohol safety) ___ Seasonal affective disorder ___ Social anxiety ___ Social support ___ Solving problems ___ Staying mentally healthy with technology ___ Suicide ___ What is anger? ___ What is anxiety? ___ What is depression? ___ What is a mental illness? ___ What is suicide? ___ Tips for good mental health ___ Working with your doctor ___ Workplace mental health, substance use	15¢/card		

PLEASE COMPLETE REMAINING ORDER INFO ON THE NEXT PAGE.

\* applies to Canadian orders only. Orders outside Canada are subject to a 25-30% shipping/handling fee depending on the size of the order.

<b>Brochures:</b> (please indicate quantity in front of brochure title(s) ordered)						
___ Bipolar disorder (a guide for aboriginal people)	___ Dealing with anxiety (for young adults)	___ Learn about anxiety (for young adults)	___ Safer cannabis use	35¢/ brochure		
___ Dealing with depression (for young adults)	___ Depression (a guide for aboriginal people)	___ Learn about depression (for young adults)	___ Safer injecting			
			___ Safer smoking			
			___ Safer tripping			
<b>Mini workbooks</b> (please indicate quantity in front of brochure title(s) ordered)						
Tips for dealing with a diagnosis of: ___ depression ___ mental illness	Working with your provider around: ___ depression ___ mental illness	Preventing relapse of: ___ depression ___ mental illness		\$1.25/ workbook		
<b>Visions Journal subscription</b> (one year) <i>read full archived issues or see if you qualify for a free subscription at <a href="http://www.heretohelp.bc.ca/visions">www.heretohelp.bc.ca/visions</a></i>				\$25/year		

<b>subtotal</b>	\$
<b>+ 15% shipping/handling*</b>	\$
<b>+ 5% GST</b>	\$
<b>TOTAL</b>	\$

### your contact information

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### billing

**Please invoice my organization** (payable within 30 days of invoice receipt; make cheques payable to Canadian Mental Health Association, BC Division (as administrators of BC Partners publications). If we have not worked with your organization before and it is a larger order, we may request pre-payment.

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signature \_\_\_\_\_

- When ordering 200 or more of a single item a bulk discount is available.
- All proceeds from the sale of publications will be re-invested into the production of more resources
- The order form above only includes items currently available to order; as new resources become available, they will be incorporated

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