

item	unit price	quantity	total
Stress cards (with biosquare indicating stress levels based on skin temperature)	\$1.25		
Stress toys/balls: boxing glove-shaped ___ or rock-shaped ___	\$2.00		
Magnets with "Today I Feel ..." daily mood indicator	\$1.00		
Magnets promoting online screening	40¢		
Heretohelp.bc.ca (brochure)	40¢		
Pens with heretohelp.bc.ca URL	75¢		
Backpack pin buttons with message: #stressed ___ or #feelbetter ___	50¢		
Wellness Modules (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: Anger Management ___ 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	75¢/sheet		
Plainer Language Series booklets (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		
Info sheets (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		
Info cards (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		

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

Brochures: (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			
Mini workbooks (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		
Visions Journal subscription (one year) <i>read full archived issues or see if you qualify for a free subscription at www.heretohelp.bc.ca/visions</i>				\$25/year		

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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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