

item / publication title	unit price	quantity	total
Mental Disorders Self-Management Toolkit	\$12		
Anxiety Disorders Self-Management Toolkit	\$12		
Depression Self-Management Toolkit	\$12		
Family Toolkit	\$20		
Stress cards (with biosquare indicating stress levels based on skin temperature)	\$1.25		
Boxing glove -shaped stress toys	\$2.00		
Magnets with "Today I Feel ..." daily mood indicator	\$1.00		
Primer Fact Sheets (singles)	50¢/sheet		
Problem Substance Use Workbook (photocopies only)	\$12		
Wellness Modules 1–8 (please indicate choice(s) below) ___1: Mental Health Matters ___4: Problem Solving ___7: Eating and Living Well ___2: Stress and Well-Being ___5: Anger Management ___8: Healthy Thinking ___3: Social Support ___6: Getting a Good Night's Sleep	75¢/sheet		
Heretohelp.bc.ca (brochure)	40¢		
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		
subtotal		\$	
+ 15% shipping/handling*		\$	
+ 12% HST		\$	

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

your contact information

name _____ dept. or title _____
 organization _____
 mailing address _____
 phone _____ order date _____

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.

I would prefer to pay by credit card: Visa MasterCard

card number _____ expiry date ____ / ____

CW2 (security number on back of card) _____

signature _____

- Bulk discounts may be available; please call for details
- 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

fax 604.688.3236
 tel 1.800.661.2121
 email orders@heretohelp.bc.ca

mail BC Partners Publications
 1200-1111 Melville Street
 Vancouver, BC
 V6E 3V6 Canada