

To the **World Federation of Mental Health**

October 13, 2009

By the **Belmopan Mental Health Consumer Association**



WORLD MENTAL HEALTH DAY CELEBRATIONS IN BELIZE—2009



Mental Health Day was celebrated in Belize, Central America, under the theme:

“Mental Health In Primary Care: Enhancing Treatment and Promoting Mental Health”



Consumers at Palm Centre in Belize’s Capital, observe World Mental Health Day



Palm Centre is a brand new building built by the Government of Belize. It has state of the art facilities. This centre has some thirty eight residents.

Food for World Mental Health Day at the Palm Centre was provided by the **Mental Health Association MHA**. The Mental Health Association launches a major activity on October 17, 09. Please, refer to page 6.



Belize's newest Hospital in San Ignacio, Cayo. Belize's Mental Health Program has a base of operations here, headed by Nurse Cherry Velasquez.

Nurse Cherry Velasquez and her team held an educational outreach on October the 8th at this hospital site. Mental Health education campaigns are normally held throughout the year in rural schools.

The Ministry of Health continues to provide, free of cost, Second Generation Anti Psychotic Medications around the country. (Five years ago, a one milligram tablet of Risperdal in Belize City was available for US \$5.00). This represents tremendous savings to the most vulnerable sector of Belize's population.

Cognizance by others that medications like Risperdal and Zyprexa can bring out the fullest potential in Consumers —because of their minimal psychomotor and cognitive effects — represents our most significant achievement to date. Belize has been the gainer.

<http://bmhca.awardspace.com/>



Psychiatrist Doctor Ernesto Rodriquez and his team from both the Corozal and Orange Walk Districts, celebrate World Mental Health Day with a tour of the Cayo District. World Mental Health Day also coincides with Belize's observance of Mental Health Week.



Orange Walk's dynamic Group is headed by Felipa Carranza.



*Treasurer of the **Belmopan Mental Health Consumer Association** Luis Avila quotes from the World Federation for Mental Health Handbook on World Mental Health Day. In the background L-R, Luis Avila, Director of Health Services; Pearl Ellis, Manager of the Western Health Region; Nurse Inez Cano, Psychiatric Nurse Practitioner and The Manager of the San Ignacio Hospital.*

The **Belmopan Mental Health Consumer Association BMHCA** <http://bmhca.awardspace.com/> celebrates World Mental Health Day every year. The consumer organization was formed four years ago to champion Consumer Rights, along with the Mental Health Association and other Consumer Advocacy initiatives around Belize.



Mental Health Association



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PRESENTS: IT'S ANNUAL BANQUET

WHERE: CHATEAU CARIBBEAN

WHEN: OCTOBER 17, 2009

PURPOSE: TO SUPPORT BELIZE CITY RESOURCE CENTRE

OUR MISSION STATEMENT:

To improve the quality of life for people with mental illnesses through education and advocacy for and provision of improved services for consumers and their families.

Contact: Administrator, Ms. Deshane Gutierrez 605-7167/ 223-0922 or email: mentalhealthassociation@gmail.com

Or any members of the Mental Health Association

President:	Vice President	Treasurer	Secretary
Ms. Jennifer Lovell 822-3776 605-1661	Ms. Lindy Jeffery 822-1546 822-3978	Tony Nijssen 223-7870	Mrs. Kathy Esquivel 223-5239



Tickets for this event are limited. Please, get your tickets now!
We salute the *Mental Health Association* for their selfless drive to bring positive change in Mental Health.