

publications / promotional items

item / publication title	unit price	quantity	total	
Anxiety Disorders Self-Management Toolkit	\$12			
Depression Self-Management Toolkit (limited supply)	\$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			
Magnets promoting online screening	40¢			
Thinking traps rack card	30¢			
Primer Fact Sheets (singles)	50¢/sheet			
Wellness Modules 1–8 (please indicate choice(s) below) 1: Mental Health Matters4: Problem Solving7: Eating and Living Well 2: Stress and Well-Being5: Anger Management8: Healthy Thinking 3: Social Support6: Getting a Good Night's Sleep	75¢/sheet			
Plainer Language Series booklets 1–6 (please indicate choice(s) below)1: Anger2: Anxiety3: Depression4: Tips for Good Mental Health5: Suicide6: What is a Mental Illness?	75¢/booklet			
Heretohelp.bc.ca (brochure)	40¢			
Visions Journal subscription (one year) read full archived issues or see if you qualify for a free subscription at www.heretohelp.bc.ca/visions	\$25/year			
subtotal		\$		
+ 15% shipping/handling*			\$	
+ 5% GST		\$		
your contact information TOTAL		\$		
name dept. or title organization				
mailing address				
phone order date				
billing				
Please invoice my organization (payable within 30 days of invoice receipt; make to Canadian Mental Health Association, BC Division (as administrators of BC Partn we have not worked with your organization before and it is a larger order, we may a limit would prefer to pay by credit card: Would prefer to pay by credit card: O Visa O MasterCard Card number O Visa O MasterCard Card number O Visa O V	ers publicatior request pre-pa	ns). If		
expiry date/_ CW2 (security number on back of card) signature	fax 604.688.3236 tel 1.800.661.2121			

• 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