

# United we can.

## Your support makes a difference!

Less than six months after the birth of his daughter Hailey, Steve Ford was diagnosed with bipolar disorder, an illness that causes dramatic shifts in mood, energy, thinking and behaviour from mania to depression and back again.

Steve got the help he needed to stabilize his condition through a combination of counselling and medication.

“Mental illness doesn’t just impact the individual,” says Steve’s wife Trudi. “It impacts the entire family.”



Family Association for Mental Health Everywhere (FAME), a United Way funded agency that provides counselling and resources to families coping with mental health issues, provided the necessary supports both Trudi and Hailey needed.

Today, Hailey, a first grade student, attends weekly counselling sessions at FAME to talk about any concerns she has and to gain an understanding of her father’s mood swings.

“It is vital to us that she knows that my illness is in no way her fault,” says Steve. “FAME has helped her to understand mental illness in an age appropriate way.”

**Visit [www.unitedwaypeel.org](http://www.unitedwaypeel.org) to find out more about how your donation to the Community Fund makes a difference in Brampton, Caledon and Mississauga.**



**United Way**  
Peel Region