

SHARE & CARE

THE RECOVERY OF HOPE - THE HOPE OF RECOVERY

The 2021 Low-Beer Memorial Event

RACISM, DIVERSITY AND MENTAL HEALTH

The COVID-19 pandemic has highlighted the impact of racism, discrimination, and inequality on health and wellbeing, and increased our attention and interest in exploring ways for change. This is congruent with AMI's interest in exploring diversity and possible ways to improve our own response to diverse communities.

On October 14th, **Dr. Myrna Lashley, Renate Betts, and Shyam Pillai** will address the intricate relations between racism, diversity and mental health from both their professional and lived experience.



Myrna Lashley, PhD, Assistant Professor of Psychiatry at McGill University, is an internationally recognized clinical, teaching, and research authority in cultural psychology, serving as an expert consultant to various institutions, to the City of Montreal, and to government and non-governmental agencies at the Canadian federal, provincial, and municipal levels on issues of equity and inclusivity.



Renate Betts is the Executive Director of the Westhaven Elmhurst Community Recreation Association, which caters to

children's social, physical and self-empowerment needs, and helps them evolve and develop in a safe and secure environment. Working with youth from diverse backgrounds and being a child of mixed race provides rich insight into mental health challenges faced by racialized persons of different ages.



Shyam Pillai is a creative arts therapist and a licensed psychotherapist working with individuals, couples, families, and groups who are dealing with mental health issues, relational conflicts, and minority stress issues in LGBTQI and folks of colour. He leads the Pride team at McGill University for students struggling with gender and sexuality issues. □

Sean Henry, host of CBC's *Daybreak*, will be our emcee.

October 14, 7 pm,
online on Google Meet
Visit [amiquebec.org/LB21](https://www.amiquebec.org/LB21)
for link and details



COVID-19
CORONAVIRUS



We want to hear
from you!

AMI has operated entirely virtually for the past 16 months; all activities will continue to be offered online for as long as the COVID-19 pandemic presents a threat.

In order to determine the ways we deliver our programs once pre-pandemic conditions return (no masks, social distancing, or special sanitary regulations), we would like to hear from you! Your opinion and preferences will help us design the best possible model: in person, online, a mix? There are advantages and disadvantages for each option; your input is important.

Let us know what you think:
[amiquebec.org/covidsurvey](https://www.amiquebec.org/covidsurvey)

Thank you for taking the time to share your thoughts. □

The double whammy of CAREGIVING AND WORKING

Many people who are in the workforce are also caregivers; to put it another way, many caregivers also work. This dual responsibility has many important implications, both for the caregiver and for the employer. According to Statistics Canada, there were 8.1 million Canadians who provided unpaid care to an individual in 2012, and those numbers have likely increased. Of those 8.1 million caregivers in the workplace, 70% worked primarily full-time; this means that a significant number of caregivers are affected by the double stressors of both full-time employment and caregiving. The resulting stress can be physical, emotional, and financial for both caregivers and employers.

What struggles do caregivers face? What impact does this have?

Responsibilities, stress, and time spent caregiving can negatively impact a caregiver's physical, psychological, and emotional health. According to the Government of Canada, 74% of caregivers provide nine hours or less of caregiving per week, while 16% provide 10-29 hours, and 10% provide 30 hours or more. The more time a person spends caregiving, the more their health and wellness can be negatively affected.

Emotional and psychological distress,

including depression, anxiety, and isolation, are common in working caregivers. They may also experience anger, frustration, irritability, unhappiness, or disrupted sleep. This can affect their performance both at work and while caregiving. Physically, caregivers are more likely to sustain an injury from their caregiving responsibilities and are more likely to seek medical help from prescribed medication to cope with responsibilities.

Caregiving can also impact financial stability. Some working caregivers have to take time off from work, which can result in lost income. In 2013, the McGill University Health Centre reported that 29% of caregivers incur financial costs related to their caregiving responsibilities, and 27% have lost income due to their caregiving.

Why should employers care?

Employers who accommodate the needs of caregiver employees can help reduce caregiver stress and thus encourage higher productivity. Employers who are aware of their employees' caregiving reality and provide them with the support and flexibility they may need are likely to reap the benefits of having a healthier, happier employee, and this in turn improves the health and wellness of the company.

Why is it important to recognize caregivers' struggles?

Working caregivers play an essential role in their families, communities, and workplaces. Recognizing their needs is the first step to adapting our workplaces and community life to support the important work they do. Understanding leads to action, which leads to change.

The Canadian Standard Association (CSA) developed a Caregiver-Friendly Workplaces standard (B701), to help employers address this important issue. Employers interested in exploring ways to recognize and support caregivers will find helpful guidance in the standard.

What about working caregivers during the pandemic?

The pandemic has had a tremendous impact on so many working positions. Many people lost their jobs and others shifted to working from home. Still others worked under trying and even dangerous conditions. Caregivers had to deal with these seismic shifts while still providing care to a loved one. There have been both benefits and drawbacks for caregivers—for example, working from home can make some aspects of caregiving easier, but it can mean never having the chance to take a break. As pandemic restrictions ease, workplace situations are shifting again. We hope that these massive upheavals will bring change for the better. □

– Gabrielle Lesage



We've had the loveliest surprise from **EarthRated**, a company that makes products for dogs! Not only did they send us a generous donation for our programs, but they also sent along a big box of fun goodies for the canine members of our team. Our pets have such a positive impact on our mental health, and we are so touched to be able to share these treats with them. We are blown away by Earth Rated's generosity!

STAY INFORMED!

Find our most up-to-date information at: www.amiquebec.org

For regular updates, follow **AMIQUEbec** on:



Sign up for monthly emails: amiquebec.org/email

Or call us: **514-486-1448**
(1-877-303-0264 outside Montreal)

Life has changed significantly since the start of the pandemic. Many people have now received their second vaccine and several restrictions have been lifted, which means that we are closer to going back to “normal”. Even though things are hopefully changing for the better, many people feel uncertainty and discomfort with these evolving changes.

On July 15th, 2021, Tony Alfonso, AMI-Quebec’s outreach coordinator, and Chris, a father, husband, and business owner, spoke during a Hot Topics event on Facebook Live about the new post-pandemic realities we are facing. They answered questions about social interactions and relationships with others, as well as feeling comfortable in the workplace environment.

Rekindling our social connections

Everyone has a different comfort level when it comes to being around other people. Some are more cautious, while others feel less concerned because of the access to vaccines and the decline in active COVID cases. Some might feel more comfortable wearing a mask and keeping their distance, while others are at ease sitting close to someone without a mask. While it is important to follow the guidelines issued by the government, it is also important to check in with those around you. It is best to practice kindness and be considerate with others.

If you are feeling uncomfortable and want to make sure people respect your comfort levels, set your own boundaries; do not do something that makes you uneasy simply because others feel

okay doing it. Communication with others is important and can help both sides reach an understanding. The best thing to do is to cater to the needs of the person who is feeling the least secure.

When boundaries are respected, everyone can feel safe and have a good time.

Nervous about seeing other people? Start off small

If you want to start spending time with others, but are nervous to do so, take things one step at a time. Go for a walk with someone you trust, or someone you were close to in the past. You can walk at a distance, and when you feel more at ease you can walk closer to them. Once you feel comfortable with this, you can maybe go to the park and sit at a picnic table, either to talk, have lunch, or play your favourite card game. The pandemic has strained some of our relationships, and taking small steps can help re-establish in-person friendships.

POST-PANDEMIC REALITIES

Adjusting to a New Way of Life



AMI staff jumping for joy at seeing each other in person for the first time in a year!

The workplace environment: How to feel safe and express your concerns

With changes in restrictions come changes in the workplace, and for many it can cause anxiety and concern. If you are feeling worried about going back to work in-person, the best thing you can do is to protect yourself and follow the medical guidelines. Get vaccinated and follow the government’s rules. If you feel safer wearing a mask, continue to wear your mask.

continued on page 8

Not Criminally Responsible: What does it mean?

According to the Canadian Criminal Code (R.S.C., 1985, c. C-46), a person may be found *not criminally responsible on account of mental disorder* if they have committed a crime but a mental illness has affected their thinking process (i.e. that they did not know what they were doing was wrong). This does not mean that they are absolved from the crime committed; it means that they are not criminally responsible. It used to be called *not guilty by reason of insanity*, but the choice of vocabulary has changed since then.

As you can imagine, the *not criminally responsible* verdict comes with its fair share of controversy. On one hand, some think this clause is needed because it protects individuals who do not understand the severity of their actions due to their mental illness, while others believe it is a way for people to fake a mental illness in court to avoid going to prison for their crime. Both sides

have valid arguments, and it is a discussion that has been had and will continue to be had in the times to come.

Determining that someone is *not criminally responsible* is not done lightly. First, there is a thorough evaluation overseen by a judge and a provincial review board. The Criminal Code details all the assessments that are needed in order to prove an accused individual’s mental illness diagnosis and severity. Then, once the verdict has been made, public safety is addressed and the conditions of the accused (now referred to as a patient) are set. Usually, the patient will be sent to civil mental health programs or hospitalized at specific institutions that will aid them.

According to research, less than 10 percent of *not criminally responsible* cases involve serious violence. This is significant because there is a common myth that the verdict is often used in homicides and violent crimes.

If you have questions about legal situations, a good place to start is the Éducaloi website (educaloi.qc.ca). □

– Gabrielle Lesage

Visit amiquebec.org/sources for references

FIND HELP WITH AMI THIS FALL

Our workshops, support groups, and counselling are all online. We are here for you!



COVID is still with us, and so for the safety of our participants, volunteers, and staff, we are continuing to hold all our programs online. We evaluate our workshops on a regular basis, and this fall we are introducing two new workshop series: Caregivers 55+ and Aging Well With Mental Illness. Plus new hypnotherapy workshops to help caregivers Reduce Anxiety, Accept My Loved One's Illness, or Alleviate My Feelings of Guilt.

We are excited to announce a new support group called Young Family & Friends that will provide a safe space for caregivers aged 18-30. Common themes include the difficulties of caregiving while navigating school, social media, dating, sexuality, partying, entering the workforce etc.

Our online events use Google Meet (it's like Zoom) and Facebook Live. Participants can participate from the comfort of their homes via computer, or anywhere by smartphone or tablet. Counselling and support groups can be accessed by regular telephone by request.

Our popular *Facebook Hot Topics* series continues—live, online

Q&As where you can use your computer or smartphone to interact with experts discussing trends in mental health.

Plus we have many interactive workshops that will provide you with information and hands-on experience. They will help reduce stress and increase confidence. Read through the information below and you're sure to find something that suits you.

If you live outside Montreal, you can attend all of our program events since they are online. Likewise, we can support you through counselling by Google Meet, Skype, or phone, and if you give us a call we can help guide you to services in your area.

All our programs are free!

Call 514-486-1448 (1-877-303-0264) or visit amiquebec.org for details.

SUPPORT GROUPS

Open-agenda sessions facilitated by people who have experience, either as a caregiver or having lived with mental illness. No registration necessary. All our support groups start at 6:30pm on Google Meet. See calendar, page 7, for dates and times or visit amiquebec.org/support

New group! Young Family and Friends for caregivers aged 18-30

INTERACTIVE WORKSHOPS

Please note: space is limited for certain online workshops and registration is required.

Register at amiquebec.org/workshops

**ONE-TIME WORKSHOPS
FOR CAREGIVERS ONLY
6-8PM ON GOOGLE MEET**

ANGER AND CAREGIVING RELATIONSHIPS

Anger is an important emotion to explore and understand within the caregiving relationship. This workshop will help you build a greater understanding of anger and your individual relationship to the emotion. Participants will be encouraged to articu-

late the feelings around anger and discuss how they express anger within their caregiving relationships.

September 9 with Melanie Hughes.

VALIDATION PRACTICE GROUP

If you have a loved one (family, partner, friend, etc.) who lives with mental illness and has difficulty managing their emotions, this group is for you! This is a practice group where we will practice validation, using examples from real life. We will also introduce the practice of boundaries and limit setting.

September 16 with Sylvie Bouchard

COPING SKILLS

We cope all the time. This workshop aims to bring to light the ways in which we cope within caregiving relationships, whether it be by coping positively or in less effective ways. Awareness of how we cope can increase our ability to notice when we engage in defensive patterns and move towards practicing new skills that will provide us with more safety, peace, and general wellbeing.

September 23 with Melanie Hughes

INTRODUCTION TO BORDERLINE PERSONALITY DISORDER

This introductory session will provide basic knowledge on Borderline Personality

Disorder: what it is, what are some of the challenges, and what can be done to reduce conflicts. You will gain a better understanding of the condition and how to cope.

October 7 with Sylvie Bouchard.

CREATIVE EXPRESSION

This workshop is an innovative and creative way to explore your own challenges and how they can be overcome. Led by Joyce Cohen, you will use your intuition to create small collage cards with magazine images, scissors and glue. You will then learn how to 'read' your cards to discover what personal and hidden meanings your card reveals to you.

No art experience is required. If you are a caregiver struggling to maintain your balance while caring for a loved one touched by mental illness, you may find the experience of self-discovery and respite rewarding.

November 2 with Joyce Cohen.

BOUNDARIES AND SETTING LIMITS

Caregiving relationships challenge everyone involved in discovering what's acceptable and what's not acceptable within the unique dynamic. The aim of this workshop is to identify these limits and learn to communicate the boundaries necessary to protect both the relationship and the caregiver.

November 11 with Melanie Hughes.

ACCEPTANCE AND LETTING GO

Loss is an inevitable and painful part of life. In the relationship between a family and their loved one with mental illness, experiencing loss can be complicated. In this workshop, we will identify and name losses, situate participants within their own grieving processes in relation to loss, and learn about acceptance, which leads to healing.

November 25 with Melanie Hughes.

DE-ESCALATING CONFLICT

This workshop explores de-escalation techniques and how to engage mindfully in conflictual situations. It will encourage self-awareness and you will develop insight into effective communication techniques in conflict situations. Attendees will be invited to share specific situations they have experienced and unravel the new dynamics that influence the outcomes of their situations.

December 9 with Melanie Hughes.

NEW! HYPNOTHERAPY

Do you have difficulty accepting that your loved one has a mental illness? Do you feel guilty that your loved one is ill, or that you can't make things better, or that you're not doing enough? Do you sometimes feel anxious or overwhelmed? If so, you are not alone. Caring for a loved one with mental health issues can invoke feelings of fear, guilt and anxiety. Hypnotherapy can help you gain perspective and feel calmer when life seems like a storm.

Caregivers can choose one session from the following:

Reduce Anxiety

September 28, 3-4pm or 8-9pm

Accept my Loved One's Illness

October 26, 3-4pm or 8-9pm

Alleviate my Feelings of Guilt

November 30, 3-4pm or 8-9pm

WORKSHOP SERIES
FOR CAREGIVERS ONLY
Must attend all days

CAREGIVER GROUP

This group will offer an opportunity to explore how caring for a loved one with mental health challenges **affects the caregiver's experience and own wellbeing.** A group setting can be viewed as a social microcosm that offers opportunities for interpersonal learning and growth. As

participants share their experiences and learn from each other, they can gain new insights. This experience can alleviate some of the isolation and other difficulties that are often associated with caregiving.

Interested caregivers will be interviewed in order to determine whether the group experience could be beneficial to them.

Groups run for 6 weeks

September groups are FULL

Monday group: Starts November 8, 7-8:15pm

Wednesday group: Starts November 10, 3-4:15pm

With Ella Amir and Miriam Byers.

MEDITATION FOR RESILIENCE

How do we gain the strength to work with life situations that are difficult and stressful? Resilience is certainly important but how does a person develop more resilience? For millennia meditation has been used to develop a personal centre — a place of peace and tranquility that people can go to at times of turbulence in their lives. Meditation is widely used today for stress reduction or to help cope with pain, anxiety, or depression. This workshop will use meditation to help participants get in touch with these deeper parts of themselves.

September 29, October 6, 13, 20, 27, 11-12pm

November 3, 10, 17, 24, Dec 1, 11-12pm with Bill Byers.

NEW! CAREGIVERS 55+

Workshop participants will discuss the challenges of providing care to a loved one with mental health challenges while aging into senior years. Practical information and coping strategies will be shared and explored; themes include making difficult choices, creating a circle of support, dealing with legal concerns, ageing and self-care, grief, establishing boundaries, etc. Caregivers age 55 years and over are welcome.

October 4, 18, 25, 11am-1pm with Melanie Hughes

WORKSHOP SERIES
FOR PEOPLE LIVING WITH
MENTAL ILLNESS ONLY

NEW! AGING WELL WITH MENTAL ILLNESS

Aging while living with mental health struggles or illness can present certain

difficulties. Talking to peers with similar experiences can provide validation and compassion. We will explore ways to cope with challenges and how to manage difficult emotions. Subjects include boundaries, communicating feelings, hobbies, and self-care. People living with mental illness aged 55 years and over are welcome.

October 12, 19, 26, 11am-1pm with Melanie Hughes

HOT TOPICS

For all

Use your computer or smartphone to spend some rewarding time learning about trends in mental illness and mental health. These videos are presented live by specialists in various fields. The hosts interact with you, and you can send in live questions and comments while watching. Registration not necessary, and you do not have to have a Facebook account. Videos are recorded and can be watched at a later date if you miss the live event.

1-1:45pm

Visit facebook.com/AMIQUEbec

Introduction to AMI's Fall Calendar
September 8

Borderline Personality Disorder
October 20

Men's Mental Health
November 17

Women's Mental Health
December 15

INDIVIDUAL COUNSELLING

For family and friends

Should you need a personalized one-on-one for a particular problem or situation where a family member with mental illness is concerned, we're here for you. Our counsellors are here to help families who are stuck in a rut and will help them explore ways for better interaction with ill loved ones, where the focus is on the family role.

During the COVID-19 pandemic, all counseling is held by telephone or videoconferencing software like Skype or Google Meet. For details, visit ami.quebec.org/SOS.

Feeling anxious? Struggling with anxiety? Here are some things to try.

Accept Your Anxiety

Accepting that you have anxiety is the first step. By accepting that anxiety is a part of your life, you free yourself from feelings of guilt or shame. One way to work on acceptance is by writing your anxious thoughts in a journal. It will allow you to both accept and release your anxiety. You might also read positive affirmations to help you remember that you are able to handle your anxiety.

Learn your triggers

If you know what sets off your anxiety, you can be prepared when anxiety strikes. Think of it as strategic preparation.

Stay in the present

Often when we are anxious, we are anticipating the future, and our thoughts can spiral into a vicious cycle of “what ifs.” But anticipating the future will only increase your anxious feelings. It is important to ground yourself in the present, to focus on the here and now to prevent feeding your anxious feelings.

Grounding by counting

There are many tricks to reduce anxiety that involve counting. One popular trick is the 5-4-3-2-1 grounding technique.

First, you need to calm your breathing.

1. Take a deep breath in while you count slowly to 4
2. Hold this breath while you count to 4
3. Let it out while you count to 4
4. Count to 4 again before taking another deep breath

Repeat until you have your breathing under control. Next, follow these steps to ground yourself:

1. Name five things you see around you.
2. List four things you can touch around you.
3. Count three things that you hear.
4. Take note of two things you can smell.
5. Acknowledge one thing you can taste.

QUICK TIPS TO REDUCE YOUR ANXIETY

By doing this, you are not only controlling your breathing, you are also distracting yourself from the anxious thought by focusing on your senses.

Make sure you get enough sleep

You might be tired of hearing this, but it’s true! Anxiety can take a lot of your energy and being tired can exacerbate your anxiety. Getting the right amount of sleep is important to restoring your energy each day and reducing your anxiety.

Take a time out

Sometimes you just need to step away from what is causing you to feel anxious. Some people practice yoga, and others meditate. Try taking a brief walk, or even go into another room. Everyone is different, so try various things to see what works best for you.

Do something fun

Watch a funny video. Spend time with friends or family. Read your favourite book. Do something that will change your thoughts from being anxious to being entertained.

Exercise

Not only does exercise help keep your thoughts in the present moment, but it releases natural chemicals that are good for your health. If you are intimidated by implementing exercise into your weekly routine start small: do a little bit of exercise each day and add more as you become more comfortable. If you can’t do a lot of exercise, that’s okay! Every little bit helps. It’s best to stick with what works for your schedule and your health concerns.

Get rid of clutter

You might think that your messy room is your “organized chaos,” but in the long run it will cause you more harm than good. A disorganized, messy living space can increase your anxiety. Try to develop a cleaning routine; even a few minutes each day or an hour once a week can help. □

– Gabrielle Lesage

If you need help managing your anxiety, visit amiquebec.org/anxiety

TRIBUTES & MEMORIALS

In honour of Sur la route des petits tresors
Krista Smeltzer

James and Monica Gross
Rose Linden
Jennifer Yellin

In loving memory of John, Douglas, Barbara, and Colin Simpson
Kay Simpson

In memory of William (Bill) Klein
Selina, Steven, Ryan, Chelsea, and Lindsey Eisenberg

In memory of Joseph Zeitoune
Bell Canada
Venanzio Carito, Ericsson Community

AMI-Québec extends sympathy to the bereaved and appreciation to all donors for their generosity. If you wish to honour someone with a donation, please phone 514-486-1448 or visit amiquebec.org/donate.

Unpacking the Controversy of Electroconvulsive Therapy

What is ECT?

ECT stands for Electroconvulsive Therapy, a medical procedure used to treat some forms of mental illness, such as severe depression and bipolar disorder. During an ECT treatment, an electric current is used to induce a small seizure in the brain. According to the Mayo Clinic, ECT treatments may alter brain chemistry, which results in reduced symptoms. Research from the Centre for Addiction and Mental Health (CAMH) suggests that 60-80% of people with depression treated with ECT go into remission.

According to CAMH, treatments are typically administered three times per week; however, this schedule is adapted for the patient's particular needs. Each treatment lasts about five to ten minutes. During treatment, the patient receives oxygen and general anesthesia while the medical team monitors the patient's vital signs. Two electrodes are placed on the patient's scalp or temples and an electric current is administered. The electric current produces a controlled seizure in the brain, which can last 20 to 90 seconds. ECT treatment is usually followed by counselling and/or targeted medication.

While ECT can be effective for some people, there can be side effects, including confusion, memory loss, nausea, and headaches. In many instances, the side effects are short-lived. Patients experiencing side effects from ECT treatment should speak with their healthcare provider.

Why is ECT controversial?

According to the Mayo Clinic, ECT's stigma stems from how the treatment was originally administered in the 1930s. In the first half of the 20th century, doctors applied strong electric currents to patients without anesthesia. At that time, the procedure often led to severe side effects such as memory loss and bone fractures. According to author Jonathan Sadowsky, there is also evidence that ECT was used to control patients who were being "difficult and uncooperative" in psychiatric hospitals during the 1950s. Furthermore, well-known negative portrayals of ECT in popular culture, such as in the 1975 film *One Flew Over the Cuckoo's Nest*, reinforce the stigma associated with ECT.

Aside from negative historical and cultural context, there are also patient activist groups who fight against ECT. For instance, here in Montreal, the activist group Pare-chocs argue that ECT causes potential brain damage. Some activists believe that patients are often recommended for ECT too quickly when there are less invasive treatments available.

Finally, while ECT has a high success rate, some report feeling worse after treatment or suffer from significant side effects such as permanent memory loss. Furthermore, according to Mental Health America, some studies demonstrate undesired treatment outcomes such as relapse and no symptom improvement after four weeks of treatment.

Is ECT right for me?

If you are curious about ECT, speak with your health care provider to determine if the treatment is right for you. It is essential to understand ECT and its benefits and potential side effects before making a treatment decision with your doctor. □

– Gabrielle Lesage

Visit amiquebec.org/sources for references

FALL 2021

Please note: due to COVID-19, all our programs are taking place online, not in person.

SUPPORT GROUPS

Mondays 6:30pm on Google Meet

For family, friends, and people with mental illness unless otherwise indicated.

For details visit amiquebec.org/support

FAMILY AND FRIENDS for relatives and friends

September 13, 27; October 4, 25; November 8, 22; December 6, 20

BPD for relatives and friends

September 13; October 4; November 8; December 6

NEW!

YOUNG FAMILY AND FRIENDS for relatives and friends aged 18-30

September 20; October 18; November 15; December 13

ANXIETY/ OBSESSIVE COMPULSIVE DISORDER

September 13; October 4; November 8; December 6

BIPOLAR DISORDER

September 20; October 18; November 15; December 13

DEPRESSION

September 20; October 18; November 15; December 13

HOARDING

September 13, 27; October 4, 25; November 8, 22; December 6, 20

KALEIDOSCOPE for people living with mental illness

September 27; October 25; November 22; December 20

SOUTH SHORE FAMILY & FRIENDS for relatives and friends

Wednesdays 6:30pm

September 15; October 13; November 17; December 15

See pages 4 and 5 for information about our fall workshops or visit amiquebec.org/workshops

amiquébec

Agir contre la maladie mentale
Action on mental illness

AMI-Québec, a grassroots not-for-profit organization, is committed to helping carers* manage the effects of mental illness through support, education, guidance and advocacy. By promoting understanding, we work to dispel the stigma still surrounding mental illness, thereby helping to create communities that offer new hope for meaningful lives.

*Carers (*proches aidants*) are those in the circle of care, including family members and other significant people, who provide unpaid support to a person in need.

Anne Newman, *President*
Henry Olders, *Vice President*
Joyce Cohen, *Treasurer*
Judy Gold, *Secretary*
Donna Sharpe, *Immediate Past President*
Ella Amir, *Executive Director*

SHARE & CARE

THE JOY OF HOPE - THE HOPE OF JOY

Share&Care is published quarterly.

Ella Amir, *Editor-in-Chief*
Diana Verrall, *Managing Editor*
Gabrielle Lesage, *Contributing Writer*
Jan Barbieri, *Editor*
Liane Keightley, *Designer*

Articles and comments are invited. Anonymity will be respected if requested. Guest articles reflect the opinions of the authors and do not necessarily reflect the views of AMI-Québec.
Legal deposit: Bibliothèque Nationale du Québec, National Library of Canada.

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Post-Pandemic... continued from page 3

If you have any concerns about safety at your workplace, speak to your supervisor. They should be open to your concerns and help make sure you are in an environment where you feel safe. You may be able to find a compromise, like a gradual return to the office. If you still feel unsafe at work, you can contact the CNESST (*Commission des normes, de l'équité, de la santé et de la sécurité du travail*). They can address your concerns and provide their recommendations for workplace safety. You can describe your workplace and they will give you clear answers to ease your concerns. To contact CNESST, visit cnesst.gouv.qc.ca.

Small steps every day

Although things have improved, COVID-19 has not disappeared! It is still normal to feel anxious and worried. We have all gone through a lot this past year and a half, and it may take a while to get back into a comfortable rhythm. Take care of yourself physically and emotionally and be kind to yourself and to others. Go at a pace that eases your anxious thoughts, and do what feels comfortable and safe to you. □

– Gabrielle Lesage

Visit amiquebec.org/hot-topics to watch the full Hot Topics video and to see other recordings and upcoming events.

This issue of Share&Care has been made possible by a grant from the Otsuka-Lundbeck Alliance.



YOUR SUPPORT SUSTAINS OUR FREE PROGRAMS

Although AMI receives some government funding, we need to raise more than half of our operating budget each year.

We need your support!

Donation: \$ _____

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FOR US TO ACKNOWLEDGE YOUR GENEROSITY, SUPPLY DONEE'S NAME AND ADDRESS

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