

SHARE & CARE

THE RECOVERY OF HOPE - THE HOPE OF RECOVERY

Low-Beer Memorial Event

MEDICAL ASSISTANCE IN DYING FOR MENTAL ILLNESS

Viewpoints, challenges, possible outcomes

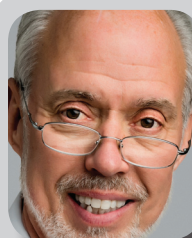
Thursday, November 2, 2023, 7-9pm
Oscar Peterson Concert Hall
7141 Sherbrooke West, Montreal
Also livestreamed online
Free admission; no registration necessary

In June 2016, the Parliament of Canada passed federal legislation that allows eligible Canadian adults to request medical assistance in dying (MAiD). Once reserved for people whose natural death is reasonably foreseeable, in 2021 the law was expanded to those not at imminent risk of dying, but whose illness, disability, or disease is causing intolerable and enduring suffering.

In December 2022, the Government of Canada announced its intention to

introduce legislation to seek an extension of the temporary exclusion of eligibility for persons suffering solely from mental illness. In February 2023, the government extended that temporary exclusion for a period of one year, until March 2024.

MAiD is complex and controversial. Making it available for people living with mental illness adds further challenges, both theoretical and practical. Our event will address the multi-faceted, complicated, and deeply nuanced subject of MAiD for mental illness



QUEBEC SYMPOSIUM ON YOUNG CARERS

At AMI, we often say that mental health is a family affair. A mental health struggle in one family member reverberates through the rest of the family unit. Health, broadly, functions much the same way. As a caregiving organization, we are keenly aware of the toll that prolonged stress, worry, and increased responsibility from looking after someone's wellbeing can take. However, we are near the beginning of a journey in understanding that it is not only adult members of the family who are affected, nor only adults who actively give care in these situations.

10% of all children and youth are likely



young carers—youth under 25 who are impacted by disability, chronic illness, mental health challenges, or complications from aging or substance use in a loved one. These youth share the struggles common to caregivers with the added risk that they are still developing physically and mentally. At such a

young age, navigating a volatile environment, feeling helpless in face of complicated and repeated medical interventions, or directly helping with administrative tasks presents a risk for these children's mental health.

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through different perspectives of mental health practitioners and people living with mental illness. We hope the audience will become better informed and come away with a better understanding of the various viewpoints and possible outcomes. There is no one right answer, so you may not necessarily leave with a clear opinion.

Nantali Indongo, host and producer of CBC The Bridge, will moderate the conversation, with the participation of psychiatrists Dr. Sanu Gaiind and Dr. Derryck Smith, and Alicia Raimondu and Chris Summerville, both living with mental health challenges. □

Visit amiquebec.org/LB23 for details.

Coping with Trauma

The word “trauma” is most often associated with situations of violence, war, or gruesome accidents—dramatic events where people experience post-traumatic stress and endure horrible pain. And while the use of the term “trauma” is correct here, that is not the only way trauma can present itself or be classified. The Diagnostic and Statistical Manual of Mental Disorders defines trauma as a mental, emotional and/or physical stress reaction that occurs after an event and can lead to feelings of shock, denial, anger, or numbness. Anyone can experience trauma and the reaction to a traumatic event is personal and subjective. What affects one person may not affect another person the same way. An event can happen once (like an assault) or can be a repeated occurrence (like neglect or abuse). Trauma, according to Dr. Timothy Legg of Medical News Today, is described as the reaction to an event, and not the event itself, suggesting that not all difficult or intense experiences may lead to trauma.

So, what happens after someone experiences a traumatic event? The response to trauma depends on the individual, so it is not clear or obvious how individuals will process their trauma. According to *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment*, people who have been through a trauma may face aversive emotional, physical, and psychological effects. Emotionally, they can either feel too much or too little, meaning that sometimes they may experience bursts of anger, frustration and/or shame, and other times they may feel almost nothing at all as a way to process and sort through their emotions. They may also experience excessive or inappropriate guilt, intrusive thoughts, depression, anxiety, stress, and moments of paranoia, fear, or misconstrued feelings of danger in situations that do not call for it. Physically, some common symptoms are sleep and eating issues, substance abuse, and respiratory problems. Hyperarousal may also occur, wherein the person’s body is in a constant “fight or flight” mode, which is mentally and physically exhausting and difficult.

Some of us have a loved one who has endured trauma; knowing how to support them is vital. How can you help? Recognizing that what they’re dealing with is painful and personal could help you offer support rather than judgement. If you feel that you cannot support them fully or kindly, stepping back and allowing others to help them instead may be better for their healing. If you do decide to help, check on your loved one often, but hear their feedback: if they feel overwhelmed or don’t feel you are supporting them properly, do not take it personally. Adjust your communication or actions in order to best be there for them. On that note, the Better Health channel (a network of mental health services and articles) explains that as people process their trauma, they may feel anger, resentment, and frustration, and may take it out on you; this is normal; remind yourself to take these moments with a grain of salt. As you help, if you feel that everything you are dealing with is too much at times, don’t be afraid to gently place

Symposium... continued from page 1

The second Quebec symposium on young carers will be held Friday, October 27th, 2023, from 8:30am to 4pm at the Hilton Garden Inn Midtown, 6939 Decarie Boulevard. The symposium will unite the health, education, government, social services, and community sectors to address this next frontier in youth wellness activism. The day’s activities will be held bilingually, with simultaneous translation, and hybrid, with online participation.

The symposium program includes a keynote speech by the foremost researcher in the field, Dr. Saul Becker; an overview of current initiatives in Quebec; a presentation of how young carers fit into Quebec’s Policy on Caregiving; a panel discussion featuring young carers; and a workshop tackling themes of diversity, technology, policy, health, community, and media.

Do you work with youth or families in education, health, social work or community services, or is this issue close to your heart? This is an excellent chance for you to hear about best practices and to act on an important aspect of youth mental health! □

Register and find more information at
amiquebec.org/symposium.

Last spring, the participants in our **Write From Your Heart** workshop generated intriguing poems like this one. If you have a loved one living with mental illness and you’d like to participate this fall, visit amiquebec.org/writing.

Through heavy brush
Under the trees
Hidden deep below the leaves
Where sunlight rarely reaches out
Is buried what I’m all about
A writing gift from way back when
(At least that’s what they told me then)
It brings me joy, and others too
Pride that comes from what I do
A walk in nature, by a lake
A peace that’s there I need to take
Inspiring others, comes right back
Making up for things I lack
I paint sometimes, not very well
A brand new hobby, you can tell
The library of long ago,
I used to love books, row by row
Music – oh how it can sing!
Enhancing shades of everything
I need to rake those leaves away
Trim back the branches, one could say
So all this light can shine on me
I look up now – possibility

Johanne Sabourin
May 4, 2023

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MENTAL ILLNESS OR NORMAL LIFE STRESSES?

The dangers of self-diagnosing

The internet and social media come with many advantages, like information available in seconds at the tips of our fingers and the ability to connect with others. However, having access to this infinite amount of information can also have a negative side, especially when it comes to information about mental illnesses. What are the dangers of self-diagnosis? When is a mental illness an illness or simply poor mental health? Why should we be careful when researching information online? Is it really all that bad?

First, we should review the difference between a mental illness and mental health. Often, they are used interchangeably, but there is a significant difference between them. Mental illness is viewed today as a disorder of thought, feeling, or behaviour that makes it more difficult for an individual to live with the demands of everyday life. There are different types of mental illnesses, such as mood disorders, anxiety disorders, and personality disorders. On the other hand, mental health relates to our mental well-being; to our emotions and functioning, and is something we all need to maintain. It also relates to how we deal with stresses of everyday life. Someone may have poor mental health but not a mental illness, and someone may have a mental illness but have good mental health if they are functioning well in their daily life despite their diagnosis and symptoms.

A person might find themselves experiencing certain symptoms, unsure if they are experiencing a period of bad mental health or an actual mental illness. They then decide to conduct research online. They are bombarded with what seems to be an endless number of resources. Which one is good, which one is bad? Which one is truly reliable? While research may be good for preliminary and basic information, there is the risk of coming across incorrect information especially when it comes to health. There might be specific nuances to illnesses that can be easy to misinterpret or misunderstand. Some sites have unreliable data or false information which can lead someone to believe something that is not true or even dangerous. If someone takes in unreliable information and self-diagnoses themselves, it can have

negative consequences, especially if they try to follow a course of treatment without the supervision of a health professional.

A prime example of the negative side of self-diagnosis can be seen on TikTok. Dr. Adeola Adelayo, psychiatrist at the Banner Behavioral Health Hospital in Arizona, has expressed her concern with teens and young adults self-diagnosing themselves with different disorders like ADHD, OCD, dissociative identity disorder, autism, and Tourette syndrome. In the article *"TikTok and the Dangers of Self-Diagnosing Mental Health Disorders"* published in 2021 on the clinic's blog, Dr. Adelayo explained there was an increase in Tourette-like tics in her clinic, and that they were all linked with videos on TikTok of individuals with Tourette's. After two weeks of individualized plans and removing their access to TikTok, the individuals who were initially admitted to the clinic for the Tourette's symptoms no longer showed symptoms and the tics they initially had were gone. Dr. Adelayo explained that it is not that the individuals are pretending to have Tourette's, but that instead they may have anxiety or depression that has gone undiagnosed. She says that after seeing enough of these types of videos, a person can start to relate to the symptoms and can come to develop some even if they don't have the

illness. This demonstrates the power online information can have on an individual.

There are some positives to looking up information online to understand your symptoms and experiences. It can provide an individual with the sense of hope if they can find descriptions of symptoms that match what they are experiencing. Being able to find a name to what they are feeling can bring a sense of relief that it exists, that they are not imagining things. Social media can provide comfort to someone who connects with others online who are going through similar experiences. Doing some research on your symptoms and specific experiences can be a good way to describe your worries to your doctor or health professional. It can help orient your concerns and start you on a treatment path if your healthcare provider finds one that could be beneficial for you.

If you do research online, make sure it comes from a reliable source, such as a government website, a community organization, or a clinic's website.

If you aren't sure if you have a mental illness or are struggling with your mental health, you can find help by visiting amiquebec.org/resource-list or you can call Info-Social by dialing 811. □

– Gabrielle Lesage

Visit amiquebec.org/sources for references

In July we met up with some friends in a park nearby for a pizza picnic. How nice to be together!



AMI'S FALL PROGRAMS

Help for family caregivers and people living with mental illness.

We are here for you!

AMI-Quebec continues to add new programming and new technology to bring our services to as many people as possible. This year we are providing a mix of online and in-person workshops and support groups knowing that some people prefer face to face interactions, while in-person accessibility can be an issue for anyone who lives far away, has mobility challenges, health challenges, technology challenges, or prefers to connect from home.

Our interactive workshops will provide you with information and hands-on experience. They will help reduce stress, find your strengths, and increase confidence. Read through the information below and you're sure to find something that suits you.

We evaluate our workshops on a regular basis, and this fall we are introducing two workshops: Caring Kids: Expressing Big Feelings at Home and Parents of Young Caregivers. These two workshops are new ways to support young carers along with our

monthly Young Family & Friends support group for young adults age 18-30.

Our online events use Google Meet (it's like Zoom); participants can join from the comfort of their homes via computer, or anywhere by smartphone or tablet. Our in-person events are held at the AMI office, 5800 Decarie, Montreal. If you have a loved one living with mental illness, we can support you through counselling by Google Meet, phone, or in person. 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. Our support groups are held on Mondays at 6:30pm on Google Meet. See calendar, page 7, for dates and times or visit amiquebec.org/support.

of what may trigger anger in your relationship with your loved one. Participants will be encouraged to share their experiences and explore their challenges.

October 4 with Victoria Jonas.

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 dynamics that influence the outcomes of their situations.

October 18 with Victoria Jonas.

KIDS IMPACTING KIDS: HELPING PARENTS COPE

How does having a child with mental health challenges, a disability, or chronic illness affect their siblings? When one child is unwell, it can bring up feelings of confusion, guilt and worry in their sibling(s). This discussion group explores the challenges parents are faced with, and is open to parents and guardians of children aged 5-12.

November 23 with Oliver Fitzpatrick and Ella Amir.

CARING KIDS: EXPRESSING BIG FEELINGS ABOUT HOME

A creative workshop for 5-12 year olds who have a family member with a disability, chronic illness or mental health challenges. Children will participate in crafts that encourage them to express how they feel, and give them tools for coping with stress or frustration.

December 7, 6-7:30pm, with Oliver Fitzpatrick.

**** Families are encouraged to attend the parent workshop and sign their child up for the Caring Kids workshop, as they complement one another, but it is not mandatory. ****

INTERACTIVE WORKSHOPS

Please note: space is limited for certain workshops and registration is required. Register at amiquebec.org/workshops.

IN-PERSON WORKSHOPS

FOR FAMILY AND FRIENDS ONLY
6-8PM AT THE AMI OFFICE

ANGER AND CAREGIVING RELATIONSHIPS

Within the caregiving relationship, anger is an important emotion to explore and understand. This workshop will help you increase your understanding of anger and

USE YOUR STRENGTHS!

Research has shown that identifying your character strengths (like perseverance, kindness, and leadership) can help you manage stress, boost relationships, find purpose, and increase well-being. We will explore how our strengths can help us during tough times.

November 15 with Victoria Jonas.

HANDS-ON PRACTICE FOR CHALLENGING SITUATIONS

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.

December 19 with Sylvie Bouchard.

ONLINE WORKSHOPS
FOR FAMILY AND FRIENDS ONLY
via Google Meet

CAREGIVER GROUP

These groups offer opportunities 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 often associated with caregiving. Interested caregivers will be interviewed in order to determine whether the group experience could be beneficial to them.

September groups are full but you can register for future groups online.

With Ella Amir.

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, aging and self-care, grief, establishing boundaries, etc. Caregivers age 55 years and over are welcome.

September 26, October 3 & 10, 10am-12pm, with Melanie Hughes.

MEDITATION

How do we gain the strength to work with life situations that are difficult and stress-

ful? 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 for stress reduction or to help cope with pain, anxiety, or depression. This workshop for family caregivers will use meditation to help participants get in touch with these deeper parts of themselves.

10 sessions on Wednesdays from 10:30-11:30am, starts September 27 with Bill Byers.

WRITE FROM YOUR HEART

This is a six-week writing workshop for family caregivers in which we use writing to express feelings and then share what we wrote with the group. The workshop provides a safe and welcoming space that promotes healing, support and empowerment through writing, reading our words and deep listening. It's about self-expression, not being a good writer. (See poem p.2.)

6 sessions on Wednesdays from 1:30-2:30pm, starts October 11 with Joyce Cohen.

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 25, 6-8pm with Sylvie Bouchard.

STRESS MANAGEMENT

Caring about someone who lives with mental illness can take a toll on your physical and mental well-being. Burn out can come on quickly when we don't take care of ourselves. It's time for some self-compassion! Join us for some tips and resources and an interactive discussion that will help ease your stress level.

December 13, 6-8pm, with Victoria Jonas.

ONLINE WORKSHOP
FOR PEOPLE LIVING WITH MENTAL
ILLNESS ONLY via Google Meet

AGING WELL WITH MENTAL ILLNESS

If you are an older adult living with mental health struggles or illness, this is a chance to share your experiences. Talking to peers with similar challenges can provide validation and compassion. We will explore ways to cope and how to manage difficult emotions. Subjects include boundaries, communicating feelings, hobbies, and self-care. Care recipients age 55 years and over are welcome.

November 21, 28, and December 5, 10am-12pm with Melanie Hughes.

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. We help you explore how to improve your interactions with ill loved ones, and how to reclaim control over your life while still being caring and supportive.

Most counseling appointments are done by phone or Google Meet. In-person meetings may be available upon request.

For details, visit amiquebec.org/SOS.

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)

How to Let a Teacher Know You're a Young Carer

Do you find that school has to take a backburner to family issues? Are you nervous to go into another semester because someone in your family is ill, and it feels like your studies will only get in the way? If you feel like you are responsible for making sure someone is staying healthy and happy, you might be a young caregiver!

The time, worry, and stress of helping a family member who is unwell can make keeping up in school all but impossible, but it doesn't have to. The main obstacle is often not wanting to ask for help. Here are a few tips for informing a teacher that you are a carer, and asking for accommodations. They're written primarily for high school, CEGEP, and university students, but parents of younger children can follow these same steps to inform their children's teachers.

Beginning of the Year

It's best to mention your caring role earlier rather than later. That means that when you're in a stressful time, you won't have to start from zero; they'll already be aware of your situation. Taking the initiative so that you and your teacher don't have any surprises can help make sure your learning isn't disrupted.

Where to Start

Staying after class or even asking for a one-on-one meeting can help you make sure you have the privacy you need. One way to phrase this is that you'd like a meeting to "introduce yourself and mention some of your needs as a student."

How do I say this?

It can feel awkward to ask in advance for help at first. That's normal! But all you're asking for is a bit of consideration. Phrasing your request in terms of "my needs as a student" is useful because it makes it clear that your request is the same as any request for accessibility and flexibility.

Don't Feel the Need to Over Explain

Telling every aspect of your story to several people can be exhausting. You can explain that a loved one is going through a tough time, or your parent is having health complications, or you've had to take on extra work at home, with as much or as little detail as you feel comfortable with. At the end of the day, what a teacher needs to know is how the situation might affect your education, not the details or diagnoses involved.

EMAIL TEMPLATE

Hi Professor, my name is Oliver, I am in your [class name/number]. I was hoping to set up an introductory meeting to discuss my needs as a student. As well as my studies, I am responsible for a significant amount of my [relation]'s [diagnosis, if you'd like] care.

Some things that typically interfere in my ability to succeed in my studies are:

- Strict absentee/late policies
- Not having access to my phone, since my loved one needs to be able to contact me throughout the day in case of emergency
- Scheduling conflicts with appointments I accompany my loved one to

I'm happy to come in during your office hours to discuss further.

Thank you,
Oliver

Focus on Your Needs

Next, tell them what your needs might be: do you need more flexibility in case an emergency pops up? Or more time, because you know you have very limited hours to do homework? They might be able to help you find resources to lower your caring responsibilities, or offer simple things, like a quiet place to do your reading or an extension on an assignment.

What Can My Teacher Do to Help?

Your teacher should be able to hear what your limitations are, see where they could affect your learning, and think of some ways to help. They may need a little time to consider this, or be unfamiliar with the term "young carer," so here are some suggestions for ways teachers can help young carers:

- More flexibility with deadlines, especially if appointments or other responsibilities will be particularly intense before the due date

continued on page 7

TRIBUTES & MEMORIALS

**In honour of Sylvie Bouchard
Marlene Gurman**

**In honour of AMI staff
Victoria Jonas**

**In honour of my mom and dad
Shelley Phillips**

**In honour of Mirko and Colleen's
Canada Day Party
Lawrence Wilk**

**In honour of Pino Forgione
Sharleen Young**

**In memory of Ramsay Lunan
Mar-Kin Foundation: Marilyn**

**Steinberg Cobrin, William Pedvis,
and Penny Pedvis Tevel**

**In memory of Audrey Bruckert
Muriel Morris Bérubé**

**In memory of Behrad Shahriari
Homa Jamshidi**

*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.*

Young Carer... continued from page 6

- Sending home learning materials if you are tired or absent
- Avoiding rewards for perfect attendance, because there are many reasons students are absent or late, and they are rarely in the student's control
- Allow for phone use in class if you are waiting for news from your loved one
- Referring students to health and social services to help you or your family

Above all, your teacher can gain an understanding of young carers generally and your situation in particular so that they can empathize and provide practical solutions. They can learn more here: amiquebec.org/youngcarers.

Will Telling My Teacher Get My Family in Trouble?

A lot of young carers are worried about telling someone about the work they do for their families because they think it might lead to judgment or even intervention by child protective services. While your teacher has a duty to report if you are in danger or are being mistreated, teachers can help you assess whether the impact on you could be lessened. You are not alone! Half of all Quebecers will be caregivers at some point.

The Due Date is Tomorrow Morning and I Haven't Started

People hand in assignments late, or forget assignments for all kinds of reasons. If you can, informing your teacher as soon as possible is always a good idea.

I'm Falling Behind Because of My Caregiving Role and My Teacher Doesn't Know

It's okay if you haven't told your teacher yet. The sooner you can let them know that you need a little more flexibility, the better. They might be able to adjust the weighting of assignments, their due dates, or find a balance if there's too many assignments for you to finish them all. This sort of adjustment for students having a hard time keeping up is a regular part of their job and you are entitled to some accommodations.

Caring for one another is what family is all about—it is normal. But when it is negatively impacting your life, your teachers can be an important support for you. ☐

– Oliver Fitzpatrick, Young Carers Coordinator at AMI-Quebec

Staff summer potluck lunch!



FALL 2023

Please note:

Some programs are online
and some are in person.

Our ultimate goal is a balance between
in-person and online events so that we can
accommodate as many people as possible.

SUPPORT GROUPS

Mondays 6:30-8pm 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 18; October 2, 23; November 6, 27;
December 4, 18

BPD for relatives and friends

October 2; November 6; December 4

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

September 11; October 16; November 13; December 11

ANXIETY/OCD

October 2; November 6; December 4

BIPOLAR DISORDER

September 11; October 16; November 13; December 11

DEPRESSION

September 11; October 16; November 13; December 11

HOARDING

September 18; October 23; November 27; December 18

KALEIDOSCOPE for people living with mental illness

September 18; October 23; November 27; December 18

IN PERSON

SOUTH SHORE for relatives

**In person only at 91 Churchill Blvd,
Greenfield Park 6:30-8pm**

September 11; October 16; November 13; December 11

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

**We are not mailing printed copies of our calendar
anymore. Visit amiquebec.org/calendar for an
always up-to-date version.**

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.

Judy Gold, *President*
Perla Muyal, *Vice President*
Henry Olders, *Treasurer*
Norman Segalowitz, *Secretary*
Anne Newman, *Immediate Past President*
Ella Amir, *Executive Director*

SHARE & CARE

Share&Care is published quarterly.

Ella Amir, *Editor-in-Chief*
Diana Verrall, *Managing Editor*
Gabrielle Lesage, *Contributing Writer*
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.

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     AMIQuebec

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Trauma ... continued from page 2

a boundary, so you do not harm yourself either. Helping others can be difficult if you are suffering.

There are some practical things you can do to help your loved one. Physical exercise can be very beneficial, so offer to go on walks with them, or sign up for some tennis lessons together, while others may process it best through art (do some painting together or hit up some museums). Helping them by talking about the event can be good, but sometimes doing activities that help process the trauma without directly being about the trauma can be more approachable and beneficial for your loved ones. Better Health recommends helping practically by offering a hand in tedious errands that can feel overwhelming to your loved ones, as it can help alleviate the load and allow them moments to breathe and process.

If you have experienced trauma, try and learn to give yourself some grace. There is no right way of dealing with trauma, and the pace you are going at is valid. Reach out to trusted family and friends for support, speak about your trauma when you feel comfortable, and try practicing some healing therapies like mindfulness, meditation, physical exercise, and psychological counselling. □

– Nazila Tolooei

Visit amiquebec.org/sources for references

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



Otsuka

Lundbeck



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.

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

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