

SHARE & CARE

THE RECOVERY OF HOPE - THE HOPE OF RECOVERY

ARTIFICIAL INTELLIGENCE

Technology and Mental Health

In our ever-changing world, different areas of technology are evolving every single day. One such area is artificial intelligence. More and more, we see artificial intelligence being used in the field of health. How has it helped in the field of mental illness? Where are we now, and where are we headed? Are there pros and cons to using artificial intelligence for mental health?

What is artificial intelligence (AI)? AI involves developing programs and machines that mimic human intelligence and behaviour. We are able to do this by using information from algorithms, models, and data collected over time. In a report commissioned by the Mental Health Commission of Canada in 2021, the Canadian Agency for Drugs and Technologies in Health (CADTH) further explains that artificial intelligence programs can learn autonomously from dif-

ferent data and algorithms to perform tasks like "problem-solving and pattern recognition".

Artificial intelligence and mental health is not a recent phenomenon, even if interest and development has intensified in the last few years. We can go back to the 1960s when Joseph Weizenbaum, a computer scientist at the Massachusetts Institute of Technology (M.I.T), created a computer program called Eliza. The goal of Eliza was to recreate Rogerian therapy, which is a therapy where the patient speaks and the therapist will repeat said language back to the patient. In his article "Can AI Treat Mental Illness?", author Dhruv Khullar explains that Weizenbaum had created the program with the thought that computers would not be able to recreate human interactions that would have a true effect on the individual, but

was surprised when those who tried the program found it helpful.

As the decades passed, more and more researchers and scientists worked on creating programs that could act as a therapist or help guide individuals during times of psychological stress. Today, there are a myriad of online programs, apps, and chatbot services using artificial intelligence that aim to help users through their mental health struggles (see box, p. 2).

Young Carers Symposium



We welcomed over 150 participants in person and online for the 2nd Quebec Symposium on Young Carers. Featuring Saul Becker, the crowd was inspired to continue working on how to improve conditions for the over 1.25 young Canadians who are young carers. Special thanks to the Canadian Centre for Caregiving Excellence and CHSSN for their support!



Artificial intelligence programs come with a list of pros and cons. Benefits include the fact that a person can remain anonymous, and individuals may express themselves more freely than they would face to face with a real person. AI chatbots are advertised as available 24/7, which provides immediate assistance and flexibility to someone who may have a busy schedule or cannot find or afford regular appointments with a healthcare professional. On the other hand, individuals using these tools need to be careful.

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Annual Campaign 2023

For 46 years, AMI has supported families who have a loved one living with mental illness. We have evolved from a volunteer-run organization to a strong team of 11 staff and dozens of volunteers. The stories that we hear time and time again are heartbreaking. So many families feel overwhelmed when their loved one becomes ill. Often these families have little or no support from our crumbling healthcare system. And that's where AMI comes in.

Please consider supporting our Annual Campaign to help us to help more families like yours.

Donate Online!
[amiquebec.org/donate](https://www.amiquebec.org/donate)

Artificial Intelligence... continued from page 1

Chatbots do not operate under the supervision of a doctor so the AI tool may not provide accurate help. Because technology is always changing and can sometimes be unpredictable (for example, there can be bugs in the program), users have to be aware that the AI program itself may get something wrong, or perhaps it might not connect with the individual like they need. It can be tricky, especially with a delicate subject like an individual's mental health.

So where is this heading? According to the CADTH report, research is being done on the ways AI may detect and diagnose mental illnesses by using things like biomarkers, neuroimaging, and genetics. Research initiatives on treatments include looking at artificial intelligence chatbots and improving current ones. Scientists are examining the ways that individuals react to these chatbots and how they respond to a specific treatment so that in the future they can predict a person's trajectory. They also want to explore the possibilities of creating wearable devices and smartphone-based sensors that would be able to collect data for further research and development. We likely can't imagine all the new ways that artificial intelligence will help us in the future. □

All this aside, when you call us, you speak to a live person, not AI! Give us a call at 514-486-1448.

– Gabrielle Lesage

Visit amiquebec.org/sources for references

Curious about chatbots?

Here are three that offer mental health services

1) **Woebot:** This chatbot service incorporates Cognitive Behavioural Therapy (CBT) techniques, which help identify distortions in thinking and help guide emotional understanding. According to Woebot Health, it identifies an individual's emotional model and learns their mood patterns. They specifically say they are not therapy, but rather a guide. Currently, Woebot is only available in the United States if you were part of their study or have an access code.

2) **Youper:** Like Woebot, Youper is an AI chatbot that also uses CBT techniques. An individual fills in a mental health assessment, talks with the AI chatbot, and can monitor their own symptoms. The app also provides insights into a person's mental, emotional, and behavioural health. The company states that information from the app can be transmitted to an user's health care provider. A premium subscription is needed to access the app's services.

3) **Wysa:** This AI chatbot uses CBT as well as Dialectical Behaviour Therapy (DBT), meditation, breathing, and over 150 other evidence-based exercises that can help with anxiety, sleep, and other aspects of a person's daily life. The AI chatbot is free (as are the tools offered in the chat), but a premium account grants access to all the digital toolboxes and access to a real-life professional.

MAID AND MENTAL ILLNESS

A Complex Issue

On November 2nd, AMI hosted a panel discussion to address the complex and nuanced subject of Medical Assistance in Dying (MAiD) for mental illness. MAiD legislation was first introduced in June 2016 for eligible Canadian adults whose death is imminent who request medical assistance in dying. In 2021 the law expanded to those not at imminent risk of dying, but whose illness, disability, or disease is causing enduring suffering that is intolerable to them. In December 2022 the Government of



L to R: Dr. Derryck Smith, Dr. Sonu Gaind, Chris Summerville, Al Raimundo, Nantali Indongo

Canada announced its intention to introduce legislation to seek an extension of the temporary exclusion of eligibility for persons suffering solely from mental illness, and in February 2023, Bill C-39 was introduced, to further extend that temporary exclusion for a period of one year, until March 17, 2024.

We welcomed psychiatrists Dr. Sonu Gaind and Dr. Derryck Smith, and Al Raimundo and Chris Summerville, both with lived experience of mental illness, to share their perspectives. The discussion was moderated by Nantali Indongo, CBC host and producer of *The Bridge*. As expected, it was difficult to agree on a subject as controversial and nuanced as MAiD for mental illness, and our hope was to shed light on this issue, rather than to take one position or another.

Some of the issues that were brought up during the discussion included:

- How is MAiD for mental illness different from MAiD in the context of physical conditions?
- Can MAiD for people with mental illness be interpreted as focusing on death rather than on life?
- Given that the trajectory of mental illness is often

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Dealing with Grief

When you miss someone or something you loved

Grief is a natural reaction to loss, but it can become all-consuming and overwhelming. You may not appreciate the potential depth of grief unless you are in the throes of it. Understanding grief and knowing how to work your way through it (at your own pace, in your own way) is important.

Grief is most often associated with the loss of a significant loved one (through death or a break up, for example), but it can also occur when you lose an important part of your life (like a job), or lose your independence (as through disability). It can also occur when your expectations or hopes change (a prime example can be parents whose adult child is struggling with severe mental illness and so may no longer be able to hold a job or have a family of their own).

The loss of something special to you may bring out an emotional, mental, or physical pain that can come and go in waves, feel chronic, or hit you in unsuspecting bursts with pangs of shock, sadness, anxiety, and helplessness. Some may experience grief through stages of denial (struggling to accept the new reality), anger (at the world or those around you), bargaining (wherein you plead for a different outcome), depression, and finally acceptance of the circumstance. Others may skip the stages altogether, jump from one to another, or may be stuck in one maladaptively. It is important to note that grief is a very individual experience—everyone copes with losses differently.

How can I help myself when I am grieving?

Connect with others: Lean on your friends and family for support and reach out for help whenever you need it. You can also join support groups for those who have dealt with or are currently dealing with the same type of loss for a sense of community and understanding.

Practice self-care: Make sure to be aware of your eating habits,

sleep patterns, exercise, social interactions, hygiene, and hobbies. Although it is easier said than done, be sure not to let go of the things you love and lose yourself in your grief. Asking a trusted loved one to help you with your self-care can also be a good practice.

Recognize your own struggles: If you think your grief is too overwhelming, or that it is interfering with your daily functioning to the point that is crippling, seek mental health professionals and therapies as needed.

Try and find meaning in the loss: Whether it's a friendship breakup, a loved one's passing, or a dream that was crushed, grief can be the reaction you have when something or someone you loved is no longer there. That is stressful and heartbreaking, but remembering the good and making sense of the loss can help you focus on the positive. While, for example, losing a loved one is tragic and horrible, how beautiful is it that you loved someone so much that their loss is this impactful? How lucky to have had them for as long as you did!

How can I help others who are grieving?

Help with tasks: Sometimes the crushing emotional grief a friend or loved one is experiencing is so debilitating that

the everyday tasks of grocery shopping and laundry can fall through the cracks. Helping them out in practical ways can allow them more room to breathe and can help them feel like their lives aren't spiraling out of control.

Validate their emotions while still gently guiding them away from maladaptive practices: For example, consider saying things like: "I cannot even imagine how heartbroken you are after breaking your engagement to someone you love so much, and you are allowed to take all the time you need to process it, but ignoring your boss' calls will only hurt you in the long run. How can I help? Want me to help you draft an email asking for a few personal mental health days so they know what's happening, and you get to rest a bit?"

Be there for them to vent to and talk to: Let them know there is no one way or timeline set for processing grief. And sometimes the best thing you can do is just listen.

Accept that they may not be themselves for a while: They could have mood swings, be angry at you and the world, flake on plans, not answer texts, or isolate themselves. This is not because of you, it's because they are trying to adjust to a heartbreaking reality. Remind them gently you are always there for them, even when they need some time alone. ☐

Visit amiquebec.org/grief for resources.

– Nazila Tolooei

Visit amiquebec.org/sources for references

At a special gala at the recent Canadian Centre for Caregiving Excellence summit, our very own Young Carers Coordinator Oliver Fitzpatrick was awarded the Young Caregiver Advocate Award! Awarded to "a person or group showing exemplary leadership in supporting young caregivers, of whom there are over 1.25 million in Canada", we couldn't be more proud of Oliver and everything he is achieving!



For some of us, social anxiety arises only when we're at a party full of people we don't recognize, or when we're standing in a busy crowd of people. For others, social anxiety seems to creep up on a daily basis—no matter the circumstance—and can cripple you and render you uncomfortable, stressed, and anxious.

Social anxiety isn't very fun to deal with and can even make someone refuse to go out or do certain things in an attempt to avoid anxiety altogether. You may cancel your plans to go to a birthday party because the thought of social interaction seems unbearable. You may have postponed or simply never shown up to a job interview because you were too nervous about it. Social anxiety can make people want to cocoon into themselves and never come out. However, treatment is available—it does not need to govern your life. There are plenty of ways to help you face your social anxiety head on!

Here are some tips that you can keep in mind to help make your social anxiety more manageable:

Know your boundaries, but also try to beat them: No one learns or improves if they stay in their comfort zone, so it's important to try things that may make you a little bit anxious just for the sake of realizing that *you are capable of doing this thing!* But be gentle with yourself and don't stretch yourself *too* far beyond your values or general boundaries.

Breathe, breathe, breathe: Yes, social anxiety can make you feel like you're about to pass out or throw up, and that can reinforce the idea that you need to run or hide or be scared of what you're dealing with (because why would my body be so anxious if there wasn't *something to be anxious about*, right?). But, in those moments, please take a deep breath, (and again, and again, and again, as needed) and realize that this anxiety comes not from an

actual physical threat, but from fear and apprehension you have internalized. So, breathe to realize you aren't actually dying, and that this moment is fleeting. It will help regulate and re-stabilize your body into a sense of ease or calm.

Rely on a support system: Friends/family can make your experiences (even the really scary ones) more comfortable, so don't be afraid to employ a close pal as moral support at a party or in a crowd. If you have social anxiety on what seems like a regular basis, and not exclusively in certain stress-inducing situations, then connect yourself with people in your environment who can help you create a sense of safety and ease in your daily life.

STOP MISSING OUT!

How to Deal with Social Anxiety

Visualization: Visualizing before the fact can help ease tension and prepare yourself for what's to come, so close your eyes and try to imagine how things may play out so that you feel more at ease with yourself and the situation.

Achieve your goals: For those who struggle with severe social anxiety, setting small goals can boost confidence and validate your own ability/competence to do anything you want. You don't need to combat all your anxiety in one shot, but getting a small thing done or having a conversation with a stranger when you never thought you could will help you feel capable and confident.

There are many ways that social anxiety can be experienced, and many ways to deal with it. It's a multi-faceted and personal thing, and should be treated as such. This means it's up to you to recognize what you may need. Regardless, you should not be chained down by your social anxiety. □

– Nazila Tolooei

Visit amiquebec.org/anxiety for help.

Beat the February blues, Take 3!

Join AMI on a free, virtual walk through Catania, Sicily

When the heat of summer is just a distant memory, let AMI take you on a virtual guided walk through Catania, an ancient port city on Sicily's east coast. Tour guide Elisa Ottaviano will take us on a passeggiata – an evening stroll along the Via Etnea and on to the Piazza del Duomo, with its whimsical Elephant Fountain and the sumptuous Catania Cathedral.

What's the idea behind this adventure? We all know about the physical and mental health benefits of exercise, but it's not always easy to find the time and motivation to get up and move. We will be on Zoom, but we won't be sitting still: fitness instructor Maria Fragapane will have us up on our feet and moving during our hour-long virtual tour. You can participate in the physical part as much or as little as you choose – but we hope you choose to move! The event is free.

Visit amiquebec.org/Italy to register to join us on Sunday, February 25 at 10:30 a.m. Ciao! □

An AMI virtual event!







Beat the February Blues 3

A walk through Catania, Sicily

February 25, 10:30am

Online





Bell Mobility's annual Golf Tournament raised a whopping \$31,000 for AMI's programs! It was a beautiful sunny day, all participants had a great time, and we are infinitely grateful that we were chosen as the recipients of such generosity! Thank you to all who contributed.



Nominations open FOR AMI'S AWARDS AND RECOGNITION

**Help us celebrate
people who are
making a difference!**

Every year we recognize people whose efforts go above and beyond when it comes to mental health and AMI. If you know someone whose efforts fit that description, add your own thank you to ours with a nomination for an AMI award or recognition.

Email your choice to info@amiquebec.org along with a brief rationale for each person you nominate. You have until March 1, 2024 to submit. The board of directors makes the final decision. Presentations will be made at our Annual General Meeting June 11. □

Read more about our awards:
amiquebec.org/nominations

WINTER 2024

Please note:

Some programs are online and some are in person.
We aim for 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

December 4, 18; January 15, 29;
February 12, 26; March 11, 25

BPD for relatives and friends

December 4; January 15; February 12; March 11

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

December 11; January 22; February 19;
March 18

ANXIETY/OCD

December 4; January 15; February 12; March 11

BIPOLAR DISORDER

December 11; January 22; February 19; March 18

DEPRESSION

December 11; January 22; February 19; March 18

HOARDING

December 18; January 29; February 26; March 25

KALEIDOSCOPE for people living with mental illness

December 18; January 29; February 26; March 25

IN PERSON

SOUTH SHORE for relatives and friends

In person only at 91 Churchill Blvd,
Greenfield Park

6:30-8pm

December 11; January 15; February 12; March 11

WORKSHOPS

Registration required for programs below. Visit amiquebec.org/workshops or call 514-486-1448 for details or to register

Online Workshops

for family and friends only

Online on Google Meet

Stress Management

December 13, 6-8pm

Meditation

Runs for 10 weeks on Wednesdays
Starts January 24, 10:30-11:30am

Boundaries & Setting Limits

January 31, 6-8pm

Your Input Matters: Discussion Groups

February 1, 6-8pm, for parents
February 8, 6-8pm, for youth aged 16-29

Caregivers 55+

February 6, 13, 20, 10am-12pm

Intro to BPD

February 7, 6-8pm

Caregiver Group

Runs for 6 weeks

Dates to be announced

For people living with mental illness only

Aging Well With Mental Illness

March 19, 26, April 2, 10am-12pm

In-Person Workshops

for family and friends only

In person at the AMI office

5800 Decarie, Montreal 6-8pm

Caring Kids: Expressing Big Feelings About Home

December 7, 6-7:30pm

Hands On Practice for Challenging Situations

December 19

Anger and Caregiving Relationships

February 21

Hands On Practice for Challenging Situations

February 27

How to Make a Zine

March 7, for youth aged 18-30
March 21, for teens aged 12-17

Use Your Strengths!

March 13

Mindful Art: Watercolour

March 28, 6-7:30pm

Special Event

Beat the February Blues 3: A virtual walk through Catania, Sicily

February 25, 10:30am — See page 4 for details

Questions? Call 514-486-1448 or visit amiquebec.org

Meditation has been around for thousands of years. It is an activity in which an individual takes time to reflect and to pause from everyday life. Some people meditate for a few minutes when they need it while others make it part of their daily routine. There are different types of meditations, such as guided meditation, where you listen to a person describing images and bringing your attention to bodily sensations and outside noises; mantra meditation, in which you repeat a specific mantra while calming your body and senses; and mindfulness meditation, which helps you focus on the present moment.

Meditation can be a great coping strategy and there are many benefits.

Short-term benefits: When you are stressed or your body is in a fight or flight mode (as when you experience anxiety), your sympathetic nervous system kicks in. Your heart rate, breathing, and blood pressure increase, causing stress to the body. When you meditate, your sympathetic nervous system “deactivates” and you “activate” your parasympathetic system, which allows your body to calm down, decreasing

your heart rate, breathing, and blood pressure. Meditation can help ease tense body muscles and unpleasant emotional states. It can bring a sense of peace and an awareness of the self that can be beneficial for calming your body.

TAKE THE TIME TO TRY MEDITATION

A few minutes a day can bring many benefits

Long-term benefits are observed in people who practice regular meditation. Studies have shown that regular meditation can help with anxiety, depression, and chronic pain. It can also increase and improve attention and concentration. Additionally, meditation can allow you to regulate your emotional health and have a more positive outlook on life. Some studies have shown that it can help improve your quality of sleep.

Want to try meditation? Great! Here are a few helpful tips to get you started:

Be comfortable: Find a place where you can be free of distractions and can sit comfortably. If you do not feel comfortable, you will have difficulty benefiting from this exercise.

Breathe deeply: Make sure to take deep breaths when you meditate. This will allow for a good amount of oxygen to enter and relax your body.

Scan your body: By paying attention to the different parts of your body and what you are feeling in the present moment, you are able to center yourself and calm your mind.

Repeat a mantra: This can be a word, a sentence, or even a particular sound you make. It can help you focus on something if your mind tends to wander elsewhere.

Be patient with yourself: Meditation is not a miracle cure. It might not work the first time, and even if it does, you might not see the benefits right away. They will come in time. Remember to be consistent, and be kind to yourself. If it doesn't work the first time, try again later. It gets easier with practice. □

Did you know that AMI-Quebec offers meditation workshops for family caregivers? Our next sessions start on January 24. Visit amiquebec.org/meditation for details.

– Gabrielle Lesage

Visit amiquebec.org/sources for references



Individuals in mental health crises are too often involved in altercations with the police, sometimes ending in tragedies. Recognizing this difficult reality, AMI recently met with Montreal's police chief Fady Dagher and his director-adjoint, Cédric Couture, to address this painful reality. Our goal was to explore together how police officers could be better prepared to face mental health crises, so they can mitigate some of the challenges and minimize tragedies. Our conversation continues.

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)

We're looking for a great board

The search begins with you

AMI-Quebec's Board of Directors is a dedicated group of individuals who work together to ensure that AMI's mission is achieved. Most members have or have had a family member with mental illness or mental health conditions, and some have professional experience in mental health or related fields.

Board members are volunteers who believe that family engagement is critical to the eradication of the stigma that is still associated with mental illness, and to the promotion of a whole person view of people with mental illness. They trust that a more humane and compassionate society can help people with mental illness realize their potential and lead satisfying and fulfilling lives. The main focus of the Board's work is to support families in their role as caregivers while helping them to sustain their own wellbeing.

Candidates are reviewed by the Nominating Committee and submissions can be made throughout the year. Familiarity with AMI-Quebec's work and previous experience (such as serving on a committee, attending or facilitating support groups, etc.) is recommended. In our ongoing efforts to best address diverse communities, we are hoping to diversify our board. We, therefore, encourage nominees from various communities, especially those who are or have been family caregivers.

Does this describe you? Consider applying to join our board! Take a moment to think: why are you interested? How can you contribute?

Complete the application form (for yourself or someone you are nominating) at amiquebec.org/board.

The submission deadline for the coming year is March 1, 2024. The Board of Directors is elected each year during the Annual General Meeting (June 11, 2024). □

Compassion Fatigue

WHEN CARING TAKES ITS TOLL

Empathy is a survival mechanism rooted in our biology. Feelings of empathy and compassion are driving forces for the greater good of society, but it is important to feel compassion for yourself as well as others. If you don't take care of yourself it can lead to compassion fatigue.

Compassion fatigue is a condition family caregivers may experience when they neglect self-care. Constantly caring for a loved one while neglecting one's own needs can be associated with decreased empathy and a sense of inadequacy. This feels like driving on an empty tank of gas.

Compassion fatigue is often confused with burnout. Burnout is usually the result of a cumulative effect and leads to longer recovery times. On the other hand, compassion fatigue has a rapid onset and often has a quicker recovery time. People suffering from this condition report the following:

- Mental, emotional and physical exhaustion
- Decreased feelings of empathy
- Feelings of dread or guilt
- Difficulty sleeping
- Feeling disconnected
- Anxiety, irritability, anger
- Self-isolation

However, there is hope, and help is readily available! The Compassion Fatigue Awareness Project states, "Our path to wellness begins with one small step. Awareness." Once a carer has acknowledged their need for help there are many courses of action. Practicing self-care is the most effective way of combating and preventing this condition. For example: improving sleep habits, exercising regularly, and practicing self-awareness exercises like rating feelings on a number scale. Self-care is important and should not be treated as a luxury.

A sense of support and camaraderie is crucial for carers, and this is where we can help! AMI-Quebec offers several free online support groups for carers going through similar issues. Visit amiquebec.org/support for more information. You may also benefit from our workshops (amiquebec.org/workshops) or SOS-Famille counselling (amiquebec.org/SOS). □

– Julianna De Pascale

Visit amiquebec.org/sources for references

TRIBUTES & MEMORIALS

**In honour of Hildie Gossack
Susan Stelcner**

**In memory of Debbie Macfarlane
Diane Sanchini**

**In memory of Ali Cohen
Renee Schachter**

**In honour of the Bota Family
Elizabeth Danowski**

**In memory of Marie-Hélène Henry
Audra Mitchell**

**In memory of Joshua Freesman
Lori Litvack and Anne Gagnon**

**In honour of Judy Caplan
Susan Scott**

**In memory of Rachel Brochu
Manon Comptois**

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.

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 Muiyal, *Vice President*
Henry Olders, *Treasurer*
Norman Segalowitz, *Secretary*
Anne Newman, *Immediate Past President*
Ella Amir, *Executive Director*

SHARE & CARE

THE JOURNAL OF HOPE - THE VOICE OF RESILIENCE

Share&Care is published quarterly.

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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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MAiD ... continued from page 2

unknown and unpredictable, is it possible at all to view some mental illnesses as irremediable?

- Is it reasonable to suggest that people diagnosed with mental illness do not actually want to die, but instead they don't want to live the way they do? Is it, therefore, living conditions that should be addressed, rather than the request for MAiD?
- Is there a risk that making MAiD an option for people living with mental illness may lead society not to improve unacceptable living conditions (like inadequate housing and treatment options) which people living with mental illness often experience?
- How does the issue of autonomy factor into the request for MAiD?
- How are people with mental illness from marginalized communities likely to fare if MAiD is legislated?
- What role may families have if MAiD for mental illness is legislated?

It is up to you to try to make up your own mind! You can watch the recording of the lecture on AMI's YouTube channel: youtube.com/watch?v=2ncSLXMSfIM. □

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



Otsuka



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.

Thank you for your support!

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