

Mental Health

Quispamsis United Church
Affirming Committee

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**LAURA GATIÉN
& ASSOCIATES**

THERAPISTS



Outline

- ★ Define and understand Mental Health
- ★ Common mental health challenges
- ★ Mental Health and COVID-19
- ★ Mental Health in the 2SLGBTQIA+ Community
- ★ Explore awareness of ourselves and others
- ★ Active Listening
- ★ Communication strategies
- ★ Coping strategies
- ★ Community Resources

What is Mental Health?

- ❖ A state of well-being
- ❖ Our relationship with ourselves and others
- ❖ Social, emotional, and psychological
- ❖ How we think, feel and act
- ❖ Continuum - fluctuation and evolution
- ❖ Effected directly or indirectly
- ❖ CMHA - 1 in 5 Canadians affected per year



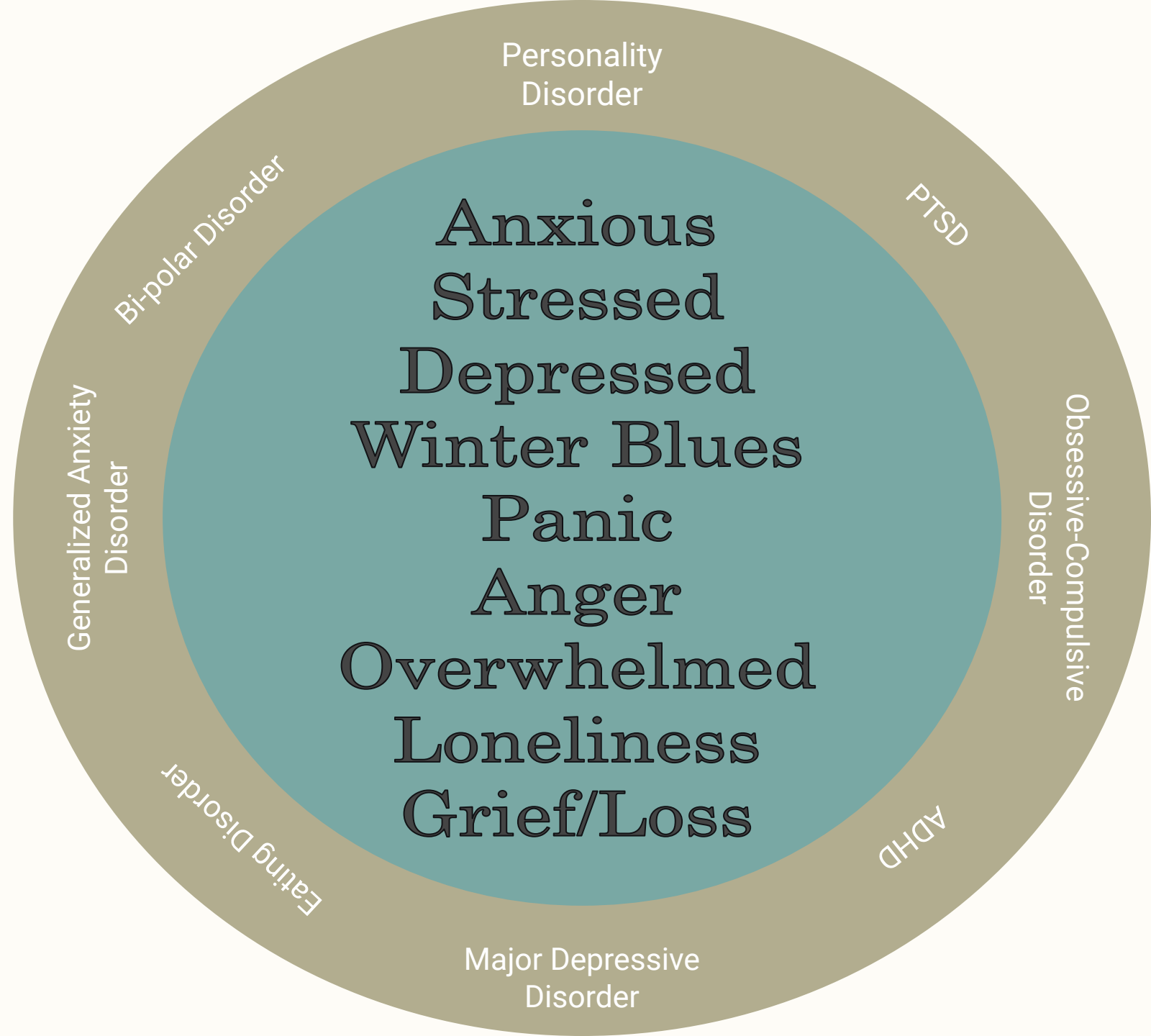
Mental Health Continuum Model



Signs and Indicators





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| <ul style="list-style-type: none">▶ Normal mood fluctuations▶ Calm/confident▶ Good sense of humour▶ Takes things in stride▶ Can concentrate/focus▶ Consistent performance▶ Normal sleep patterns▶ Energetic, physically well, stable weight▶ Physically and socially active▶ Performing well▶ Limited alcohol consumption, no binge drinking▶ Limited/no addictive behaviours▶ No trouble/impact due to substance use | <ul style="list-style-type: none">▶ Nervousness, irritability▶ Sadness, overwhelmed▶ Displaced sarcasm▶ Distracted, loss of focus▶ Intrusive thoughts▶ Trouble sleeping, low energy▶ Changes in eating patterns, some weight gain/loss▶ Decreased social activity▶ Procrastination▶ Regular to frequent alcohol consumption, limited binge drinking▶ Some to regular addictive behaviours▶ Limited to some trouble/impact due to substance use | <ul style="list-style-type: none">▶ Anxiety, anger, pervasive sadness, hopelessness,▶ Negative attitude▶ Recurrent intrusive thoughts/images▶ Difficulty concentrating▶ Restless, disturbed sleep▶ Increased fatigue, aches and pain▶ Fluctuations in weight▶ Avoidance, tardiness, decreased performance▶ Frequent alcohol consumption, binge drinking▶ Struggle to control addictive behaviours▶ Increase trouble/impact due to substance use | <ul style="list-style-type: none">▶ Excessive anxiety, panic attacks, easily enraged, aggressive▶ Depressed mood, numb▶ Non compliant▶ Cannot concentrate, loss of cognitive ability▶ Suicidal thoughts/intent▶ Cannot fall asleep/stay asleep▶ Constant fatigue, illness▶ Extreme weight fluctuations▶ Withdrawal, absenteeism▶ Can't perform duties▶ Regular to frequent binge drinking▶ Addiction▶ Significant trouble/impact due to substance use |
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Common Mental Health Challenges



**Common
Mental Health
Challenges**

Signs & Symptoms

	Anxiety	<ul style="list-style-type: none">• Restless• Persistent worry• Trouble sleeping• Trouble concentrating on tasks• Physical symptoms (tension, headache, nausea)
	Depression	<ul style="list-style-type: none">• Negative thinking, rumination• Hyper or hypo somnia• Feelings of hopelessness, worthlessness• Difficulty doing day to day tasks• Suicidal Ideation
	Burn Out	<ul style="list-style-type: none">• Reduced productivity and motivation• Feeling emotionally drained• Withdrawing from others• Persistent physical symptoms• Sleep disruption
	Winter Blues	<ul style="list-style-type: none">• Depression symptoms that show up for the duration of winter• Over sleeping• Low energy• Change in eating patterns





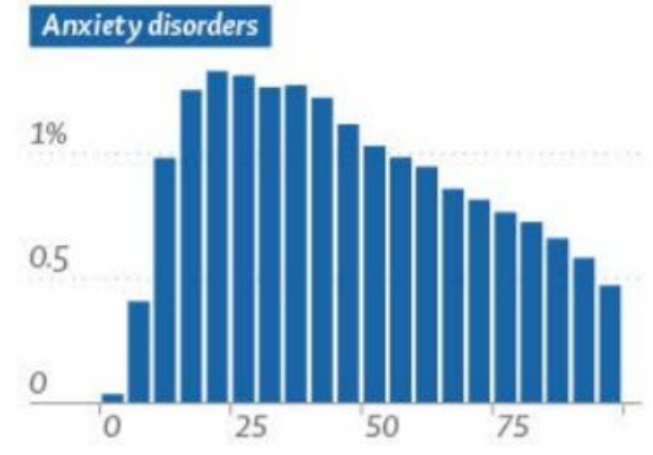
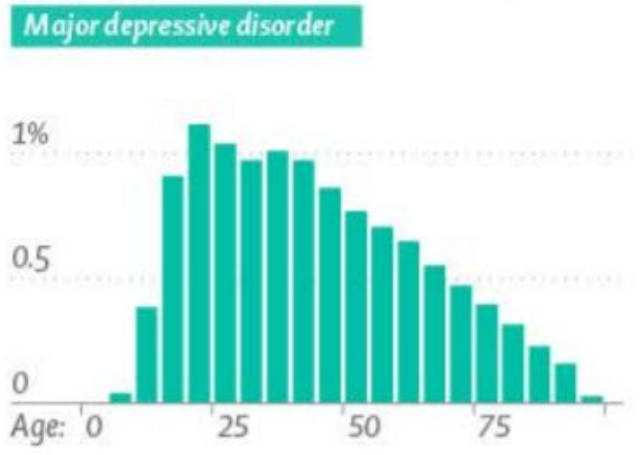
Mental Health and COVID-19

- Continued uncertainty and unpredictability
- Fatigue/Burnout
- Anxiety
- Depression
- Grief/Loss

The Impact of COVID-19 on Global Mental Health

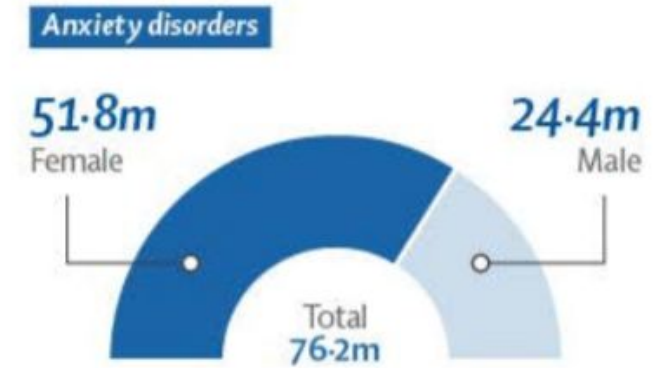
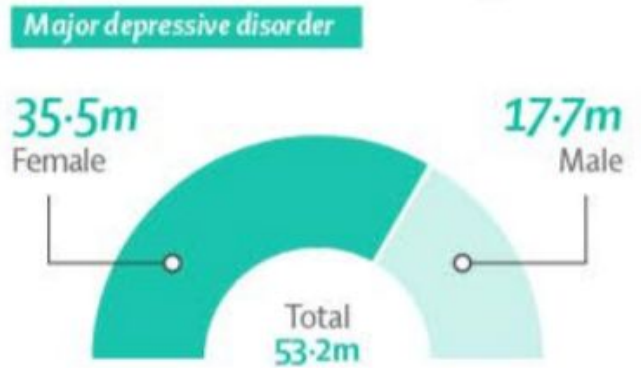
Younger people were hardest hit

Additional prevalence due to COVID-19, by age



Increases were higher among females than males

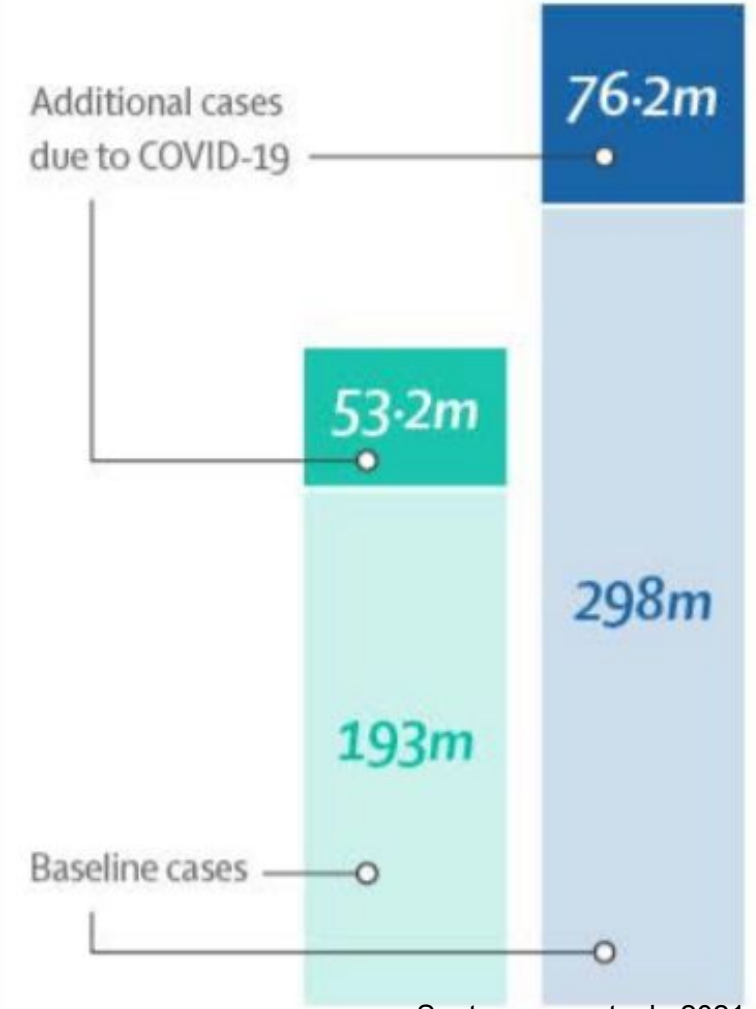
Additional cases due to COVID-19, by gender



Cases of mental disorders rose sharply during the pandemic

Cases in 2020

Major depressive disorder
Anxiety disorders



NOT IN MY CONTROL

other people's
action

uncertainty

what others
think of me

my well-being

how i treat others

my actions & behaviours

saying no

asking for help

future

IN MY CONTROL

happiness who i want to be

productivity forgiveness

how i speak to myself

other's

motive

how others
react

people's choices

@inner.aid

Circle of Control





Mental Health
&
the 2SLGBTQIA+ Community

2SLGBTQIA+ Definitions

2S

Two Spirit: refers to a person who identifies as having both a masculine and a feminine spirit, and is used by some Indigenous people to describe their sexual, gender and/or spiritual identity.

L

Lesbian: A woman who is predominantly attracted to other women. Some women prefer the term “gay” – it’s all up to you and what fits your identity best.

G

Gay: In the past, only men who are attracted to men have used the word “gay.” Now, it is common for “gay” to be used by anyone who is attracted to their same sex or gender

B

Bisexual: A term that describes someone who is attracted to both men and women, or to more than one gender identity.

T

Transgender: An umbrella term used to describe people whose true gender identity does not “match” the sex or gender they were assigned at birth.

Q

Queer: A broad term that is inclusive of people who are not straight and/or cisgender.

I

Intersex: Used to describe people who are born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals that can’t be classified as typically male or female.

A

Asexual (or ace): Used to describe people who experience little to no sexual attraction. Many asexual people desire romantic relationships, and romantic orientations are a way for aces to communicate who they prefer to date or form relationships with.

Mental Health Risk Factors for the 2SLGBTQIA+ Community

**14 times greater
risk of suicide**

**Higher rates of
mental illness**

**Higher rates of
hate crimes,
abuse &
harassment**

**Higher rates of
substance abuse,
homelessness,
and poverty**

What can I do to be an Ally?



Share your pronouns

By sharing your pronouns, you can help people use more inclusive language and create space for others to share their pronouns if they feel comfortable.

Here are a few situations where you can choose to share your pronouns:

- [in email signatures](#)
- in team and organizational charts
- when introducing yourself to new colleagues or in meetings

Use gender-inclusive language



When you are not certain of someone's pronouns, or when you are addressing a large group of people (in person, virtually or in writing), use language that is inclusive of all genders.

For example:

- Use someone's first and last name instead of gendered titles (Mr., Mrs., Ms., Miss) wherever possible.
- Use they/theirs instead of he/his or she/hers or his/hers (in documentation, during presentations, etc.).
- Use partner/spouse instead of wife/husband or boyfriend/girlfriend.



Demonstrate your support and participate in activities

By demonstrating your support and participating in activities, you can meet people from LGBTQ2+ communities and network with other allies to collaborate on ideas for support and action.

- Promote and participate in events of celebration and recognition.
- Display a pride flag in your workspace.
- Promote and participate in learning events from your organization or the Canada School of Public Service
- Join an Employment Equity and Diversity Committee, LGBTQ2+ Network or a support group that is open to allies.

Speak up!



By speaking up when you hear or see discrimination and exclusionary behaviour, you are standing in support and solidarity with LGBTQ2+ communities and contributing to a safer workplace for all.

Examples of discriminatory and exclusionary behaviour include:

- demeaning jokes
- offensive or stereotypical remarks
- exclusionary comments and expressions
- content in documents or learning products that is sex and gender-restrictive



Loving
Kindness
Meditation

So, what can we do if we or
someone we know may be
facing these challenges?

What's really happening...

is not always
obvious
on the surface.

Awareness



Active listening

- verbal and nonverbal communication
- no judgement, no distractions
- acceptance for others and ourselves
- empathy

Self Reflection

- ❖ What meaning am I giving this?
 - ❖ Is this fact or opinion?
 - ❖ How would others see it?
 - ❖ Is there another way of looking at this?
 - ❖ How important is it, or will it be in a year's time?
 - ❖ What can I do right now that will help most?
-
-



Video:

Empathy vs. Sympathy

<https://www.youtube.com/watch?v=KZBTYViDPIQ>

Passive vs Assertive vs Aggressive Communication

Passive Communication

- prioritizes wants, needs and feelings of others over their own
 - often does not express their wants, needs, feelings or boundaries
 - often taken advantage of
 - lack of confidence
-
-

Assertive Communication

- emphasizes importance of the needs, wants and feelings of all people
- person respectfully vocalizes their perspective while they listen and respect the perspective of others
- confidence and compromise

Aggressive Communication

- only considers their wants, needs and feelings while ignoring or criticizing the wants, needs and feelings of others
- easily frustrated, often speaks loudly and in overbearing manner

A close-up photograph of a smooth, light-colored rock with the word "Gratitude" engraved on its surface. The rock is surrounded by other smooth, rounded rocks of various shades of brown and tan. The lighting is soft, highlighting the texture of the rocks.

Gratitude

Making a plan towards self-care and positive coping strategies



The first step to improved wellness is developing self awareness around the stressors in your life and how they are impacting you

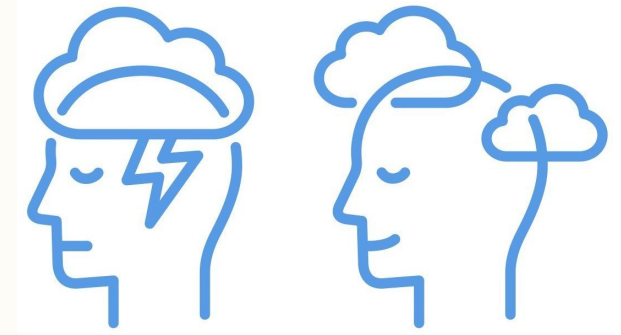


What symptoms are you dealing with?



How can we develop coping plans around these symptoms ? Developing a coping plan and strategies that help to minimize specific symptoms

Coping Strategies



Adaptive

- Going for a walk
- Deep breathing
- Journalling
- Talking to someone you trust
- Having a hot shower
- Mindfulness practices

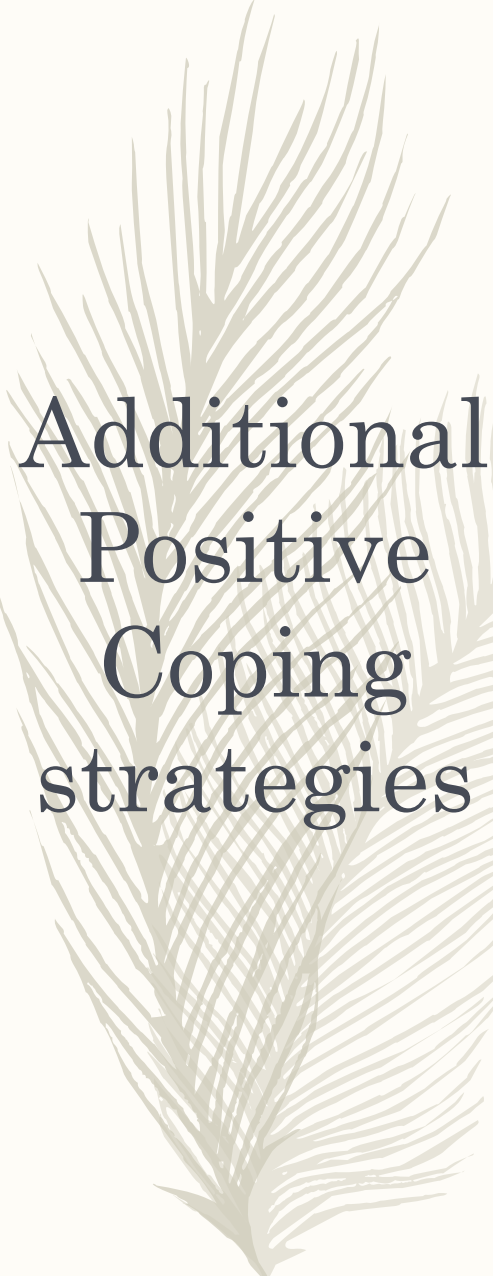
Maladaptive

- Substance abuse
- Binge eating
- Blaming (self and others)
- Avoidance/Escape
- Rumination





**What Coping
Strategies and Self
Care Methods Work
Best for You?**



Additional Positive Coping strategies

Physical Activity

Emotional Processing

Increased mindfulness – finding joy in the things that you regularly do on autopilot

Relaxation techniques

Evaluating eating habits – make small changes

Getting creative, trying something new or connecting with past hobby

Socializing/ Connecting with supports

Creating boundaries

Listening to upbeat music or watching a funny show.

3 Steps to Self-Compassion

Self-Kindness vs. Self Judgement

- ❖ Using warmth, kindness and understanding instead of self-criticism or ignoring our pain
- ❖ We are all imperfect and making mistakes is a normal and natural part of life, understanding this can help us have greater empathy for our difficult experiences.

Common Humanity vs. Isolation

- ❖ Frustration and feelings of inadequacy is something that many people feel when things don't go exactly as planned.
- ❖ Understanding that all people suffer, and that you are not alone in this experience can help alleviate the feelings of isolation.

Mindfulness vs. Over-identification

- ❖ Take a balanced approach to negative emotions and feelings. We can't ignore our pain and be compassionate for it at the same time.
- ❖ Using mindfulness can help us create the space to feel our emotions without getting swept away by them.

Summary

- ❖ Mental health is something everyone has, just like physical health
- ❖ Take the steps to become an ally for individuals in the 2SLGBTQIA+ community
- ❖ Noticing how stress shows up for you personally (mentally, physically, behaviorally) is the first step to combating its negative effects
- ❖ Positive coping strategies are vital for maintaining mental wellness
- ❖ You can support friends, family and co-workers by using skills such as empathy, active listening, and respectful communication
- ❖ Treat mental health like physical health, every once and a while a “check-up” can help maintain positive mental wellness



LOCAL COMMUNITY RESOURCES

LAURA GATIEN & ASSOCIATES COUNSELLING SERVICES

307 WESTMORLAND ROAD, SAINT JOHN
506-651-1239

- LOW COST COUNSELLING (FOR THOSE WITHOUT INSURANCE)
- FREE DROP IN ONE ON ONE COUNSELLING 1-4PM FRIDAYS
- FIRST RESPONDER PEER SUPPORT GROUP -WEDNESDAYS- 6-8PM
- HOPE 4 HEROES - FOR FIRST RESPONDERS. TEXT H4H TO 741741

COMMUNITY ADULT MENTAL HEALTH SAINT JOHN: 55 UNION STREET

506-658-3737

SUSSEX: 30 MOFFETT AVE
506-432-2090

SELF REFER FOR FREE COUNSELLING
811 TELE-CARE IS A FREE,
CONFIDENTIAL, HEALTH ADVICE AND
INFORMATION LINE

SJ POLICE

648-3333 FOR INFO OR ASSISTANCE
911 FOR EMERGENCY

RCMP

GRAND BAY 757-1021
HAMPTON 832-5566
SUSSEX 433-7700

KV POLICE - 847-6300

DEPARTMENT OF SOCIAL DEVELOPMENT

1-833-SDDSTEL (1-833-733-7835)

- CHILD PROTECTION CONCERN
- ADULT PROTECTION CONCERN
- INCOME ASSISTANCE
- AFTER-HOURS EMERGENCY
SOCIAL DEVELOPMENT 1 800 442-
9799

VICTIM SERVICES - 506-648-3269
**CANADIAN HUMAN TRAFFICKING
HOTLINE**

1 833 900-1010

ADDICTION SERVICES

**RIDGEWOOD REHABILITATION, DETOX &
GROUP PROGRAMS** - 674-4300

SOPHIA RECOVERY CENTRE- 83 HAZEN
STREET - 633-8783

AA/NA MEETINGS - GOOGLE TIMES AND
LOCATIONS NEAR YOU

PORTAGE ATLANTIC- YOUTH DRUG
ADDICTION CENTRE - 839-1200

CELEBRATE RECOVERY - KINGS CHURCH
QUISPAMIS 847-5343

AVENUE B HARM REDUCTION -WATERLOO
ST.-506-652-2437

P.E.E.R. SJ

PEERS ENGAGED IN EDUCATION AND
RECOVERY 506-658-5374

RECAP -ASSISTANCE FOR MARGINALIZED
POPULATIONS WITH OR AT RISK FOR
HEPATITIS C
657-5699



**LAURA GATIEN
& ASSOCIATES**

THE RAPIDS
THERAPISTS

CRISIS/SUICIDE RESOURCES

CANADA SUICIDE PREVENTION SERVICE

TOLL FREE (24/7): 1 (833) 456-4566

CANADIAN CRISIS HOTLINE

1 (888) 353-2273

MOBILE MENTAL HEALTH CRISIS SERVICE

1-888-811-3664 - 24 HR CRISIS LINE

CHIMO - PROVINCIAL CRISIS LINE

1-800-667-5005 - 24 HR

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

1-866-925-4419 24HR

LOOKING OUT FOR EACH OTHER (MISSING & MURDERED INDIGENOUS FAMILIES IN NEED OF DIRECTION)

1 833 664-3463

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE

1-855-242-3310 OR THE ONLINE CHAT AT HOPEFORWELLNESS.CA

EMERGENCY DEPARTMENT

PRESENT TO ER IF ACTIVELY SUICIDIAL, THREATENING SUICIDE, OR OVERDOSED. IF YOU CANNOT DO THIS CALL 911.

INTIMATE PARTNER VIOLENCE

HESTIA HOUSE

- BUSINESS LINE: 506-634-7571
- 24-HOUR DISTRESS LINE: 506.634.7570
- TEXT ONLY OPTION: 506.566.6667
- E-MAIL: INFO@HESTIAHOUSE.CA

DOMESTIC VIOLENCE OUTREACH

SAINT JOHN -506-632-5616

KV - 506-847-6277

WOMEN'S EQUALITY BRANCH, VIOLENCE PREVENTION

PHONE: (506) 453-8126

TOLL-FREE 1-877-253-0266

EMAIL: WEB-EDF@GNB.CA

GREATER SAINT JOHN SEXUAL ASSAULT RESPONSE TEAM 506 634-8295 EXT. 214 SEXUAL VIOLENCE NEW BRUNSWICK

506 454-0437

COVERDALE WOMEN'S SHELTER 634-0812
MON-SAT 4PM-8AM SUN ALL DAY

OUTFLOW MENS SHELTER 658-8050
7 DAYS/WEEK 8AM-8PM

FRESH START FOR WOMEN 638-1409

KIDS HELP PHONE

1-800-668-6868 OR TEXT CONNECT TO 686868 TO TEXT WITH A TRAINED CRISIS COUNSELLOR

TEEN RESOURCE CENTRE

28 RICHMOND ST, SAINT JOHN
638-2372

CHILD AND YOUTH ADDICTIONS AND MENTAL HEALTH - ISD

506-432-2090 OR 506-658-3737

TRANSLIFELINE CANADA

1-877-330-6366

PFLAG -PARENTS, FAMILIES, AND FRIENDS OF LESBIANS AND GAYS

EMAIL: SAINTJOHNNB@PFLAGCANADA.CA
FREE PHONE 1-888-530-6777 (EXT. 576)
FRENCH SUPPORT LINE 1-888-530-6483

LGBT YOUTH HOTLINE CANADA (TEXT ONLY) 647-694-4275

CANADIAN MENTAL HEALTH ASSOCIATION - FREE MENTAL HEALTH EDUCATION SESSIONS

(506) 633-1705



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Additional Resources

- Safe Space Stickers:
<https://truecolorsunited.org/day-draft/safe-space/>
- The Gender Unicorn:
<https://transstudent.org/gender/>
- Transgender Care Moncton:
<http://transcaremoncton.craigchisholm.me/>
- WPATH Standards of Care:
<https://www.wpath.org/publications/soc>
- Building Competence:
<http://buildingcompetence.ca/>
- Chroma NB (<https://chromanb.ca/>) is a Saint John based group that offers programs for queer youth
- Imprint Youth Fredericton
(<https://imprintyouth.dreamhosters.com/>)



**Laura Gatien
&
Associates
Services and
Supports**

- Free Fridays
- Low Cost Counselling
- Individual Counselling
- Couples Counselling
- One night workshop - Health Care workers
- Peer support group for first responders and front line workers

Q&A

