



Mental Health Task Force

Communities That Care

We Want You!

IN PARTNERSHIP WITH MUNICIPALITIES NEWFOUNDLAND AND LABRADOR AND THE TOWN OF PORTUGAL COVE-ST. PHILIPS, I AM WORKING TO ESTABLISH A MUNICIPALITY-DRIVEN INITIATIVE WITH A SHARED GOAL OF MAKING MENTAL HEALTH 'EVERYBODY'S BUSINESS'.

IT SHOULD BE RECOGNIZED THAT PEOPLE WHO ARE LIVING WITH MENTAL HEALTH ISSUES IN NEWFOUNDLAND AND LABRADOR STILL EXPERIENCE STIGMA AND DISCRIMINATION. THIS PARTNERSHIP WILL ULTIMATELY AIM TO CREATE A FORUM FOR DISCUSSION AND A PLACE TO COORDINATE JOINT ACTION, WHERE MENTAL HEALTH NEEDS TO BE ADDRESSED WITH THE SAME IMPORTANCE AS PHYSICAL HEALTH MOVING FORWARD.

TODAY WE ARE LOOKING FOR VOLUNTEERS AND REGIONAL CHAMPIONS TO HELP LEAD THIS INITIATIVE. THE MANDATE OF THE MENTAL HEALTH TASK FORCE WILL BE TO ASSIST MUNICIPALITIES WITH IDENTIFYING PRIORITY ACTIONS AND THEN SEEK SUPPORT TO IMPROVE QUALITY AND ACCESSIBILITY FOR PEOPLE WITH MENTAL HEALTH ISSUES.

SINCERELY,

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Mental Health Checklist

DURING TIMES OF UNCERTAINTY

- I GOT OUT OF BED AND TOOK A DEEP BREATH IN AND OUT
- I DID SOMETHING TO SUPPORT MY BODY (SLEEP, EAT, EXERCISE)
- I TOOK BREAKS WHEN I NEEDED THEM TO DO SOMETHING I ENJOY
- I PRACTICED SELF-COMPASSION AND GAVE MYSELF GRACE
- I SHIFTED MY THOUGHTS TO WHAT I CAN CONTROL AND CAN DO VERSUS WHAT I CAN'T
- I CONNECTED WITH SOMEONE
- I ACKNOWLEDGED SMALL WINS OR GRATITUDES
- I ASKED FOR HELP WHEN I NEEDED IT
- I TOOK THINGS ONE MOMENT AND DAY AT A TIME

Our Goals

The anticipated **GOALS** of the task force are:

- Engage with task force members to find out what people want to establish as priorities for change;
- Educate and raise awareness of the issues surrounding mental health while reducing the stigma and discrimination that accompanies it;
- Recognize that mental health has the same level of importance as physical health.

Our Objectives

- Recognizing that equal status to mental and physical health, mental health professionals and equal funding for mental health services is imperative;
- Lobbying the Provincial Government to improve the delivery of services ensuring that everyone has access to the same mental health services regardless of where they live; and,
- Understanding that evidence-based care is significantly underfunded and the financial cost to government and society is unsustainable.

FREE RESOURCES

<https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/>

Kids Help Phone

1-800-668-6868 (toll-free) or text
CONNECT to 686868.
24 hours a day to ages 5 to 29
confidential and anonymous care
from professional counsellors.

Channal Self Help Centre

channal.ca
70 The Boulevard, St John's,
878 Topsail Rd., Mount Pearl,
The mental health and addictions.
1-855-753-2560 Cost: Free Walk-ins: No.

Waterford Hospital - Mental Health & Addictions

Toll-Free (24 hours): 1-888-737-4668

Mental Health Crisis Line

(24 hours): (709) 737-4668subheading

INDIGENOUS SUPPORTS

www.hopeforwellness.ca Call 1-855-242-
3310 (toll-free) or online Wellness chat.
Available to all Indigenous peoples across
Canada immediate crisis intervention.
Experienced and culturally
sensitive helpline counsellors.

Talk 4 Healing

1-855-554-4325. 24/7 support and
resources for Indigenous women
in 14 languages by calling or
texting.

The mental health task force will assist municipalities with identifying priority actions and seeking support to improve quality and accessibility for people with mental health issues.

1. Establish priorities for change.
2. Reduce stigma and discrimination.
3. Educate & raise awareness.
4. Advocate for mental health to have the same level of importance as physical health.



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