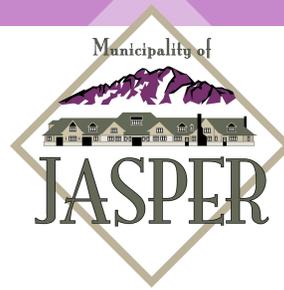


# DIVERSE. INCLUSIVE. TOGETHER.



*The Municipality of Jasper believes in the advancement of a connected and equitable society. Celebrating diversity and practicing inclusion promotes respect for all citizens, strengthens the community, reduces causes of disadvantage and inequality and ensures that all citizens of Jasper enjoy the best quality of possible.*

- Adapted from the Municipality of Jasper Community Sustainability Plan

## UNDERSTANDING MENTAL HEALTH

### Fast facts about mental health:

- By age 40, about 50% of the population will have or have had a mental illness.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses.
- Stigma or discrimination attached to mental illness presents a serious barrier, not only to diagnosis and treatment, but also to acceptance in the community.
- The economic burden of mental illness in Canada is estimated at \$51 billion per year. This includes health care costs, lost productivity, and reductions in health-related quality of life.
- 70% of mental health problems have their onset during childhood or adolescence.
- Many mental illnesses can be treated with prescription medication, therapy or a combination of the two.

## NEED HELP NOW? 24-HOUR HELP LINES

- **Mental Health Help Line:** 1-877-303-2642. Provides 24/7 confidential, anonymous crisis intervention, information about mental health programs and services, and referrals to other agencies if needed.
- **Kids Help Phone:** 1-800-668-6868. Anonymous, free support. You can also visit: [www.kidshelpphone.ca](http://www.kidshelpphone.ca).
- **The Distress Line** (suicide prevention): 1-800-232-7288. Online Crisis Chat is available at: [www.edmonton.cmha.ca/programs-services/distress-line](http://www.edmonton.cmha.ca/programs-services/distress-line).

## ACKNOWLEDGEMENTS

City of St. Albert | Canadian Centre for Diversity & Inclusion  
Equity & Inclusion Lens Handbook - City of Ottawa and CAWI

This diversity 'snapshot' is intended to help you learn more about the people in our community who risk exclusion. Each snapshot is about a specific group, but there is diversity within each group. As such, these snapshots are not all encompassing, they are rather a jumping off point for discussion.

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## BE AN ALLY. LEARN TO HELP OTHERS.

There are multiple courses available to help community members identify mental illness and support those affected by it.

- **Community Helpers:** Do people seek you out when they are struggling? Do you want the skills to support and identify community members struggling with mental health issues? This one-day course, offered for free at Community Outreach Services, is for the people community members naturally turn to for help, and it teaches those 'helpers' about the formal support systems in Jasper. The Community Helpers program promotes mental health awareness and provides ongoing support and training opportunities. Contact: Ian Goodge, Outreach Worker, at 780-852-6541 or [igoodge@town.jasper.ab.ca](mailto:igoodge@town.jasper.ab.ca).
- **Suicide Prevention Training:** This three-hour workshop, with a Certified QPR Instructor, is available throughout the year. Contact: Ian Goodge at 780-852-6541 or [igoodge@town.jasper.ab.ca](mailto:igoodge@town.jasper.ab.ca).
- **Mental Health First Aid:** Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved. Visit the Mental Health Commission of Canada website at [www.mhfa.ca](http://www.mhfa.ca) for information on course availability and contact information.
- **Seniors Mental Health First Aid:** This is another course offered by the Mental Health Commission of Canada, focusing on the specific needs, trends and issues facing our senior population and their mental health. Visit [www.mhfa.ca](http://www.mhfa.ca) for information on course availability and contact information.

## LOCAL RESOURCES

- **Jasper Community Outreach Services:** COS offers community programming, resources and confidential, non-judgmental support for all ages in Jasper. Location: 627 Patricia St. Operating hours: Monday to Friday from 9 a.m. - 4:30 p.m. Phone: 780-852-2100.
- **Seton Healthcare Centre:** Local hospital. Location: 518 Robson St. Phone: 780-852-3344.
- **Mental Health Therapist:** To arrange an appointment with a therapist at the Seton Healthcare Centre, call the Central Intake at 1-844-817-5009. This is a free service to Alberta residents.
- **Addictions Counsellor:** To arrange an appointment with a local addictions counsellor, call 780-852-6706. Location: at Seton Healthcare Centre.
- **Private Therapist:** Michelle Cherniawsky, clinical social worker and therapist. To book an appointment, call 780-852-7232 or email [michsky@telus.net](mailto:michsky@telus.net).