



About the Assistance and Referral Centre (ARC) Project

ARC connected community members with existing services as well as facilitated a monthly partnership table activity. By connecting different stakeholders together in an effort to identify gaps in service, ARC aimed to facilitate access to mental health services in English across the Montérégie region.

Where We Are

● **Montérégie Centre**
arc-hss.ca

Contact

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 Coordinator
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Promising Practice

Hiring of a mental health liaison agent allowed for the implementation of therapeutic rock painting - a supportive art therapy with a mental health theme. Rocks were distributed in the community and included the suicide action phone number on the back. The activity reached a large audience and facilitated conversations about mental wellbeing, mental illness, suicide, community involvement, etc.

An intersectoral committee comprised of 25 organizations was formed and served as a place to increase awareness of services and plan common action.

Participants expressed the positive impact rock painting had on their mental wellbeing by breaking social isolation, providing a new opportunity for mindfulness and giving them purpose.

★ Key Success Factors

- Specialized staff recruitment
- Committee participation and appropriate representation