

Supporting and Promoting the Mental Health of English-Speaking Communities in Québec



• Montreal

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About the Community Perspective in Mental Health (CPMH) Project

COMMUNAUTAIRE

EN SANTÉ MENTALE

CPMH proposed activities in groups to focus on building skills and providing tools to better manage the participants' mental health symptoms. This initiative complimented their Community Support Program and allowed participants to have additional weekly support where they could safely explore their vulnerabilities and build self-confidence. Physical activities were also used as part of the therapeutic process when working with young adults and the community.





Providing young people with supports such as space to vent and create, active listening, empathy, accessibility, and availability allowed for a break in feelings of isolation.

Promising Practice

Given the long waiting lists of institutions, the development of support groups was essential to meet the immediate needs of young adults. The group approach broke down the loneliness and isolation of young people when receiving a mental health diagnosis; it allowed them to see that they were not alone. As well, CPMH's psychosocial counsellors were multidisciplinary and brought different perspectives to the needs and difficulties experienced by their clientele.

Key Success Factors

- Diverse means of expression for young adults
- Providing opportunities for social connections





Public Health Agence de la santé Agency of Canada publique du Canada A key objective of this initiative is to build evidence about effective community interventions to promote mental health and prevent mental illness. Project funding occurred between 2022-2024. You can learn more about this project and other funded projects at <u>chssn.org</u>

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