

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



### Contact

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#### Where We Are

Abitibi-Témiscamingue

## About the Neighbours Project

Neighbours' goal was to support the English-speaking community, to be their voice and raise awareness about their needs. Their project goals were to expand existing initiatives in their organization to reach teenagers on topics related to identity, stress, and anxiety management. They also targeted seniors to provide them with a variety of activities to promote mental health and well-being.



By acting as a liaison between youth and the Sexual Diversity Coalition of Abitibi-Témiscamingue, Neighbours helped to ensure key messaging, resources and support was received by those who needed it most.

# Promising Practice

In response to a need identified on behalf of students, Neighbours asked the Coalition d'aide a la diversite Sexuelle de l'Abitibi-Témiscamingue to participate in the Sex Education Day at the local English school. Educating the population and youth about sexual identity acceptance was a success with all age groups. From that day, teens continued to visit the Neighbours office to receive more one-on-one information and consultation\activities with the Coalition. Having the Coalition go into the Neighbours Activity and Resource Centre to talk to their members and youth was also well received.

## 🔁 Key Success Factors

- Partner collaboration
- Responsive programming





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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