

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



About the Vision Gaspé-Percé Now (VGPN) Project

VGPN planned to work with organizations already present in the community to help increase their reach to the English-speaking community, to help adapt programming, information, and resources available. They offered new mental health and wellness-based workshops or support groups in the area by engaging with local mental health professionals to assist with developing new activities.

Where We Are

Gaspé visiongaspeperce.ca

Contact

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Promising Practice

All of the events held focused on mental wellbeing, self-care, and social interaction with others. A fitness group was started and had great benefits given the ties physical health has with mental health. Needs of the community were assessed mainly through open dialogue with community members.

😧 Key Success Factors

- Communication with community members
- Research for program development

Mental health is a broad term, but everyone has mental health, just like they have physical health. Continuously learning about mental health contributed to the success of this project.





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>

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada. This initiative has been made possible through a financial contribution from the Public Health Agency of Canada.