



amiquebec

Agir contre la maladie mentale
Action on mental illness

Where We Are

● Montreal
amiquebec.org

Contact

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About the AMI-Québec Project

AMI-Québec's project objectives comprised securing and expanding mental health support programs post COVID-19 for families and the community, and dispelling the stigma still surrounding mental illness. These programs included support groups, workshops, individual and family counseling, and more.



Participants were empowered by acquiring the skills needed to help themselves, through uninterrupted programming.



Promising Practice

Implementing self-help strategies in support groups served to empower participants and strengthen their resolve to be responsible for their own recovery. Workshops were led by professional facilitators. AMI-Québec's ability to transition to virtual platforms with the onset of the pandemic increased the trust of their service recipients in the organization and the programs offered.

★ Key Success Factors

- Online tools
- Ongoing program evaluation
- Participant empowerment