



About the North Shore Community Association (NSCA) Project

NSCA implemented prevention activities and programming to promote mental health to support vulnerable English-speaking Quebecers by extending existing mental health initiatives to reach more of the population. Mental health professionals and service providers were solicited in the design and delivery of resources such as mental health capsules, workshops, and information sessions to ensure quality of services and products on topics specifically geared towards seniors/caregivers, children, and families.

Where We Are

● Côte-Nord
quebecnorthshore.org

Contact

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Promising Practice

Four mental health video capsules were created on topics geared towards families and seniors. These informational capsules, offered by community partners versed on the topic of mental health, captured tips and tricks including strategies to help them cope with mental health and well-being subject areas. Opportunities were provided for seniors to attend wellbeing workshops and explore new techniques that help to regulate stress through art therapy and exercise.



The capsules helped de-stigmatize mental health, and raise awareness of resources, supports and services available in the region.

★ Key Success Factors

- Expert engagement in material development
- Partner collaboration