

MENTAL HEALTH, WELLNESS & COMMUNITY RESOURCES

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OUTLINE

- ▶ Purpose and Disclaimer
- ▶ Understanding mental health
- ▶ When to access MH support?
- ▶ Some Resources and strategies




PREVALENCE IN CANADA

- ▶ In any given year, 1 in 5 Canadians experiences a mental illness.¹
- ▶ By the time Canadians reach 40 years of age, 1 in 2 have – or have had – a mental illness.²
- ▶ In 2022, more than 5 million people in Canada met the diagnostic criteria for a mood, anxiety or substance use disorder, with the prevalence of mood and anxiety disorders increasing substantially over the previous 10 years (Stats Canada 2023)

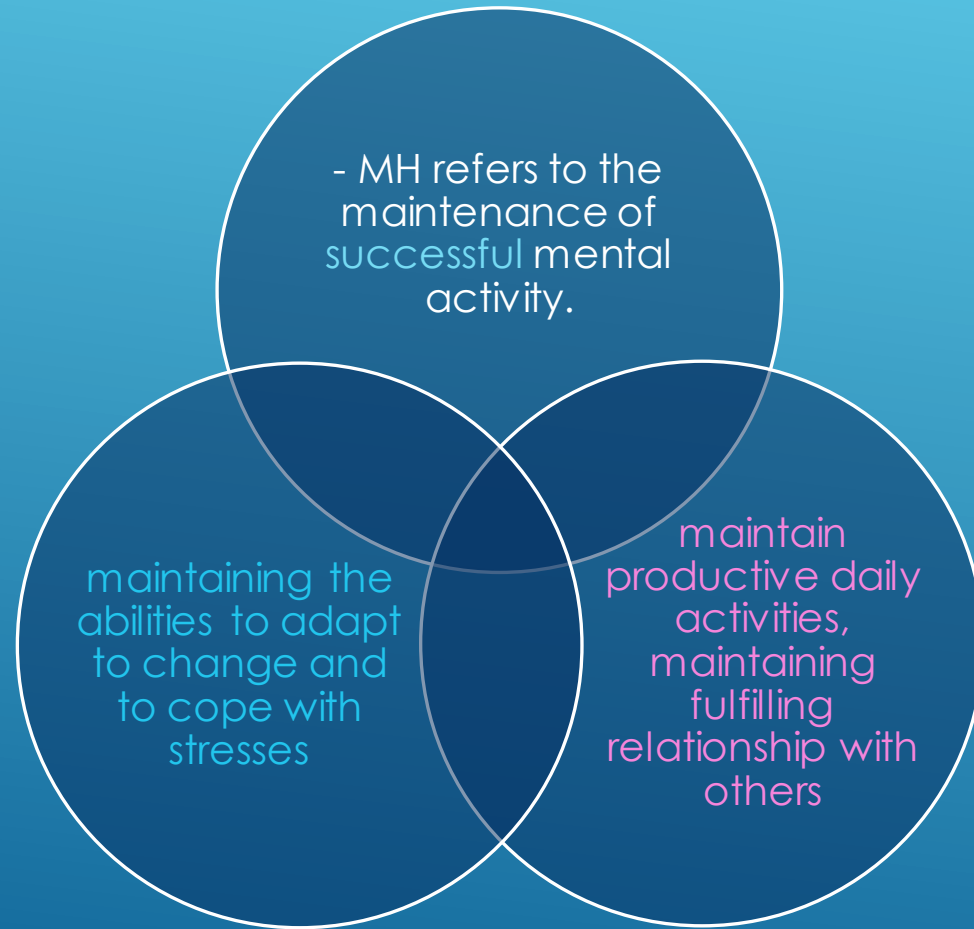
Mental and emotional distress in the U.S.: In 2019, approximately 19.86% of U.S. adults experienced a mental health condition.¹²

- ▶ In 2019, 1 in 8 people worldwide lived with a mental health condition (Trusted Source).

NEWCOMERS MENTAL HEALTH

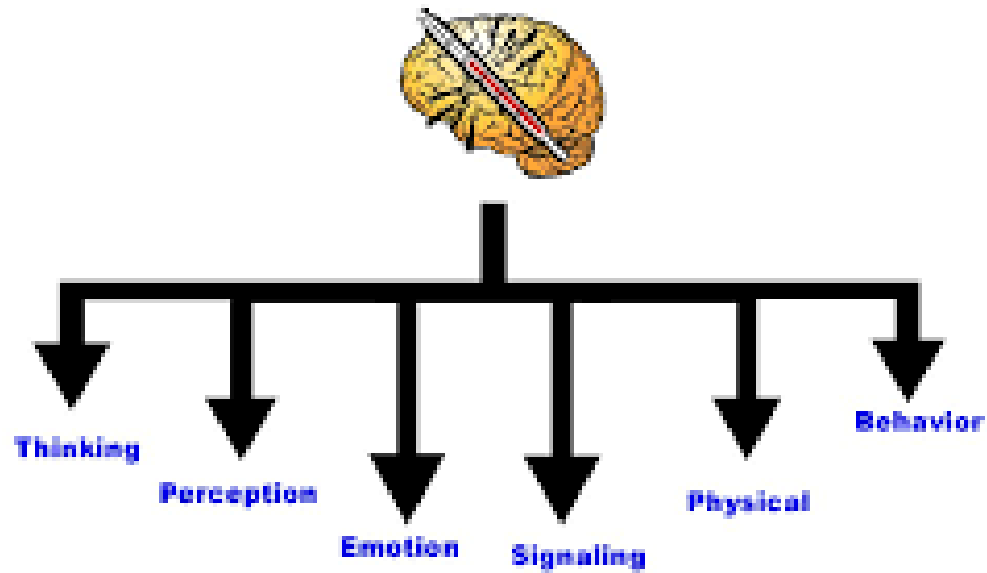
- ▶ About 29% of immigrants reported having emotional challenges and 16% reported high levels of stress (Robert and Gilkinson, 2012)
 - ▶ Overall, immigrants are found to be healthier upon their arrival to Canada than the Canadian-born population—a phenomenon referred to as the healthy immigrant effect (HIE). However, this initial health advantage seems to disappear over time, partly because of stress and other integration challenges (Stats Canada, 2020)
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- A decorative graphic consisting of several parallel white lines of varying lengths and orientations, located in the bottom right corner of the slide.

WHAT IS MENTAL HEALTH?



MENTAL HEALTH MATTERS

When the brain is **not working properly**, one or more of its **6 functions** will be disrupted



Language matters (lack of consistency)

- using more positive and strength based language ; stigma

- **illness vs wellness model**

- People with good mental health can be sad, unhappy, or angry. These emotions are simply part of being human(healthline).

TYPES OF MENTAL HEALTH CONDITIONS

- ▶ Anxiety disorders.
- ▶ Adjustment disorders
- ▶ Depression, bipolar and other mood disorders.
- ▶ Disruptive behavior disorders, such as oppositional defiant , and conduct disorder.
- ▶ Eating disorders.
- ▶ Obsessive-compulsive disorder (OCD).
- ▶ Personality disorders, including borderline personality and antisocial personality.
- ▶ Post-traumatic stress disorder (PTSD).
- ▶ Schizophrenia and other psychotic disorders.
- ▶ Substance use disorders, including drug addiction and alcohol use disorder.
- ▶ Neurodevelopmental disorders like attention deficit hyperactivity disorder and autism spectrum disorder
- ▶ other coexisting health conditions

Common mental health conditions:

- Depression
- Anxiety
- Adjustment
STRESS (acute and
chronic)
- Postpartum depression
- Emotional health (heart
vs mind)



<https://www.youtube.com/watch?v=9etgpJ-h2oA&t=67s>



SHOULD YOU SEEK HELP, IF YES WHEN?

Should You **Seek Help**?

Promptly seeking treatment before there is a crisis is always the better option.



Allows Choice in Treatment Program



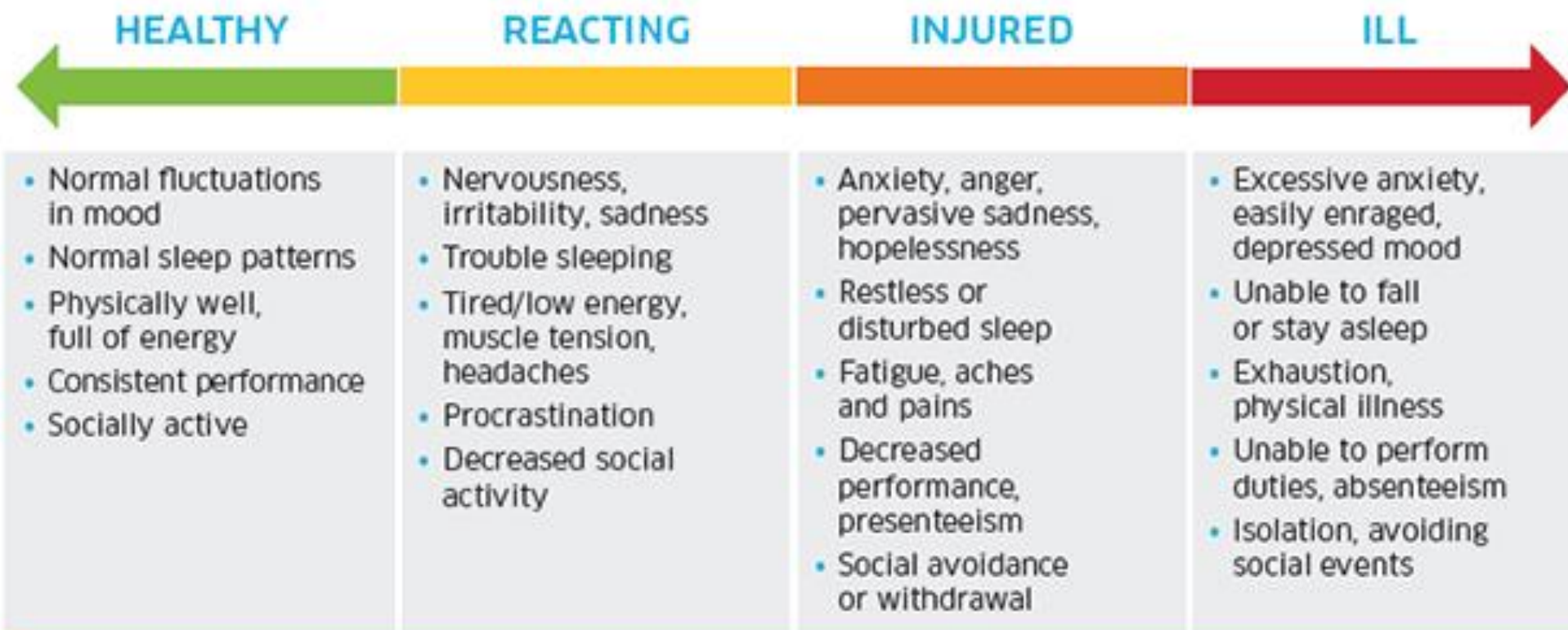
Seeking Treatment Earlier is Associated with Better Outcomes





0- NO STRESS, 1-2 MILD, 4-7 MODERATE
9-10 SEVERE

MENTAL HEALTH CONTINUUM MODEL



Actions to Take at Each Phase of the Continuum

<ul style="list-style-type: none"> • Focus on task at hand • Break problems into manageable chunks • Identify and nurture support systems • Maintain healthy lifestyle 	<ul style="list-style-type: none"> • Recognize limits • Get adequate rest, food, and exercise • Engage in healthy coping strategies • Identify and minimize stressors 	<ul style="list-style-type: none"> • Identify and understand own signs of distress • Talk with someone • Seek help • Seek social support instead of withdrawing 	<ul style="list-style-type: none"> • Seek consultation as needed • Follow health care provider recommendations • Regain physical and mental health
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PROTECTIVE AND RISK FACTORS

A **protective factor** is something that helps to prevent problems.

A **risk factor** is something that helps to create problems.

- Biophysical
- Psychological,
- social,
- spiritual / meaning / identity

ACCESSING MH SUPPORT (FUJAL)

Family doctor

Discuss concerns, book follow ups, ask for referrals

Disclose family hx

(don't be skeptic about medicine)

Utilize age and specialized services:

Child and youth mental health

Older adult mental health

Post-partum depression

Ask to get assessed, and look into neurodevelopmental ax option if not feeling better

Join support or

Peer groups

& mobilize family/or trusted social support

Access counselling and mental health clinics (be patient)

- ASK for PCN referral

- Use EAP (employment assistance plan)

- Extended benefit (counselling)

- Utilize 911, UPCC, MHSU/UCRC, 811 Crisis Lines

Learn and Use evidence based online tools, applications and holistic models

Prepare a list of crisis support

Work on safetyplan
AND SELF CARE Strategies

SELF-CARE PRACTICES

▶ **Self-Care Practices**

- ▶ Some mental health risk factors may be out of a person's control, like biological factors or family history. However, there are ways to ensure you care for yourself and improve your mental health. They include:²⁶²⁷
- ▶ Developing coping skills and a sense of meaning and purpose in life
- ▶ Doing relaxing activities
- ▶ Eating healthy
- ▶ Focusing on positivity
- ▶ Getting regular exercise
- ▶ Practicing gratitude
- ▶ Prioritizing quality sleep
- ▶ Setting goals and priorities for responsibilities
- ▶ Staying hydrated
- ▶ Staying socially connected with others

Resources

▶ Family Smart

Has peer support groups for parents or caregivers of children dealing with mental health issues. Also hosts workshops and events on parenting issues around mental health and wellbeing.

familysmart.ca 604-878-3400 info@familysmart.ca

▶ Foundry

Offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC.

<https://foundrybc.ca/get-support>

[Gurkha/Nepalese Healthcare Toolkit](https://www.armedforcesnetwork.org/resources/gurkha-and-nepalese-community/gurkha-nepalese-healthcare-toolkit/mental-health-%E0%A4%AE%E0%A4%BE%E0%A4%A8%E0%A4%B8%E0%A4%BF%E0%A4%95-%E0%A4%B8%E0%A5%8D%E0%A4%B5%E0%A4%BE%E0%A4%B8%E0%A5%8D%E0%A4%A5%E0%A5%8D%E0%A4%AF/) : some info in Nepali:

<https://www.armedforcesnetwork.org/resources/gurkha-and-nepalese-community/gurkha-nepalese-healthcare-toolkit/mental-health-%E0%A4%AE%E0%A4%BE%E0%A4%A8%E0%A4%B8%E0%A4%BF%E0%A4%95-%E0%A4%B8%E0%A5%8D%E0%A4%B5%E0%A4%BE%E0%A4%B8%E0%A5%8D%E0%A4%A5%E0%A5%8D%E0%A4%AF/>

RESOURCES

- ❑ **Here to Help:** Provides evidence-based mental health and substance use information you can trust. Has online mental health screenings and more. <https://www.heretohelp.bc.ca/>

- ❑ **Anxiety management – Anxietycanada.com**

Use mindshift application (free) <https://www.anxietycanada.com/>

- ❑ **Manage stress ; use insight timer**

Insight Timer - #1 Free Meditation App for Sleep, Relax & More

- ❑ **British Columbia Mental Health Services**

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/services-by-need/mental-health-services>

- ▶ **Kelty Mental Health Resource Centre:** BC Children's Hospital - Healthy Minds Centre, Entrance #85, Room P3-302, 3rd floor, 4500 Oak Street, Vancouver, BC V6H 3N1
<https://keltymentalhealth.ca/>
Helps families across the province navigate the mental health system, listen and offer peer support, and connect them to resources and tools.
- ▶ **Kid's Help Line** 1-800-668-6868
Provides phone and text support to young people in both English and French. Also has good articles on their website about a variety of topics. For text help, CONNECT to 686868.
- ▶ **Roshni Clinic** : Suite 102 13670 94 A Ave. Surrey BC 604-580-4950
Supportive adult (19 years and older) program for men and women of the South Asian community. Helps with issues involving alcohol and drug use. Services are provided in English, Punjabi and Hindi by health care providers who specialize in substance use disorder. Located within the Quibble Creek site.

FRASER HEALTH MH CENTERS

- ▶ **Provides support to adult (19+) residents experiencing mental illness, and substance issues. Contact the Mental Health Centre in your area.**
- ▶ The community mental health centres (MHCs) offer mental health treatment to adults struggling with daily functioning as a result of mental health challenges. Clients will have access to a multidisciplinary team including:
 - ▶ psychiatrists
 - ▶ psychologists
 - ▶ social workers
 - ▶ psychiatric nurses
 - ▶ other professionals
- ▶ This team offers a variety of services that are trauma-informed and client-centred, including:
 - ▶ medication management
 - ▶ psychological and social interventions
 - ▶ referrals to additional community resources
- ▶ The majority of mental health services are funded by MSP; however, some community residential services have a user fee that is often covered by the Ministry of Human Resources.
- ▶ All referrals are accepted from patients, hospitals, physicians, families or community agencies.
- ▶ For location across Fraser Health please see : <https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health-centres/mental-health-centres>

Phone numbers and Crisis Line

- ▶ 911
- ▶ 811 for non emergency medical support
- ▶ **1800SUICIDE (1-800-784-2433)** is for individuals considering suicide, or for those who are concerned about someone who may be at risk of suicide.
- ▶ **310Mental Health Support (310-6789)** is a crisis line that provides emotional support, information and resources specific to mental health and substance use disorders.
- ▶ **Fraser Health Crisis Line** 604-951-8855 1-877-820-7444 (Toll free)

Where to other information or resources on mental health

- ▶ **Call BC 211** , provides interpretation any community resources
- ▶ **Vancouver public library** <https://www.vpl.ca/guide/health-information/mental-wellbeing>
- ▶ **Surrey Library** <https://www.surreylibraries.ca/services/community-services/health-services/mental-health-and-substance-use-services>
- ▶ **Health Canada**

Mental Illness <https://www.canada.ca/en/public-health/topics/mental-illness.html>

Information on some of the more common types of mental illness that people can experience.

- ▶ **Canadian Mental Health Association (CMHA) - Mental Health Information**

Introductory information from the CMHA on mental health, mental illnesses, alcohol and drug dependency, and related topics.

<https://bc.cmha.ca/mental-health/mental-health-information/>

THANK YOU & HAPPY DEEPAWOLI, CHHATH PARVA AND MAHA PUJA

