



Welcoming & Inclusive Communities
Together we shine

“It Starts with Me”

Communities are strongest when they bring together a diverse set of voices, perspectives and backgrounds. (St. Albert Social Master Plan)

*Throughout 2016, we will be featuring a series of ‘**snapshots**’ intended to help you learn more about the people in our community and workforce who risk exclusion.

The **Snapshots** are to help you learn more about the people in our community and workforce who risk exclusion. Each snapshot is about a specific group, but there is diversity within each one of these groups. As our awareness campaign progresses, more snapshots will be added.

These Snapshots are not all-encompassing and may not include all people who risk exclusion. How a group of people identify themselves will expand far beyond a snapshot. Also, each of us could identify with more than one group, and our individual personalities make each person unique.

Mental Health

St. Albert is a diverse community. In our community there are people who have or are currently having a mental health issue. In any given year, one in five people in Canada experiences a mental health problem or illness. Only one in three people who experience a mental health problem or illness — and as few as one in four children or youth — report that they have sought and received services and treatment*

* <http://strategy.mentalhealthcommission.ca/the-facts/>

An **ally** is a person who supports an individual or group to be treated equitably and fairly. It includes taking action to ensure everyone has equal access to resources and benefits.

Be an ally. Learn more to help others:

- **Mental Health First Aid** Canada teaches first aid skills to help someone who is developing mental health problems or is experiencing a mental health crisis. Anyone can benefit from learning mental health first aid. To learn more about attending a Mental Health First Aid course in St. Albert, contact Linda Knoblauch at lknoblauch@stalbert.ca or call 780-459-1720.
- **ASIST - Applied Suicide Intervention Skills Training** is a two-day (14 hour) training that will teach you how to recognize an individual’s risk of suicide, intervention techniques and how to manage a crisis situation. ASIST is for any individual who may come into contact with a person at risk including volunteers, teachers, coaches, etc. If you are interested in an ASIST training in St. Albert contact Linda Knoblauch at lknoblauch@stalbert.ca or call 780-459-1720.

Local resources to share with people you encounter at work, at play or in your neighbourhood:

- The St. Albert Addiction and Mental Health Community Clinic provides short-term and longer-term treatment for people with severe or continuing mental health concerns or moderate to severe emotional distress (examples include depression, schizophrenia, anxiety, suicide, and anger management). Call 780-342-1410
- [The Collective](#) provides direct support to youth and young adults through information and referral, initial assessment and consultation, link to community resources and advocacy. An intake specialist will help navigate supports and services such as: Mental Health, Employment Services, Addictions, Family Violence, and Homelessness.
100-43 St. Thomas Street, St. Albert
Phone: 780-470-2059
Email: Collective_Info@stalbert.ca Website: www.stalbert.ca search 'The Collective'
- The St. Albert [Family and School Liaison Program](#) is a family-centered resource providing support to individuals and families whose children may be experiencing difficulties, either at school or at home. This is a confidential, free service provided to St. Albert residents and schools. 780-459-1756 www.stalbert.ca search *Family School Liaison Program*
- The St. Albert Seniors Association supports seniors with Outreach Services which includes information and referrals, a transportation program for low income seniors and a Meals on Wheels Program. 780-459-0433 outreach@stalbertseniors.ca
- For a listing of local resources go to www.stalbert.ca search *Popular Downloads Community & Social Development*. You will find the [Community Information & Help Directory](#) there.

24-hour Phone Helplines:

- The Distress Line (suicide prevention) 780-482-4357 provides supportive listening and referral information
- Kids Help Phone 1-800-668-6868. To ask a question online, visit kidshelpphone.ca (anonymous and free support)
- Mental Health Help Line 1-877-303-2642

To Learn More:

- [Mental Health Illness and Mental Health Wellness](#) reads from the **St. Albert Public Library**
- **Alberta Human Rights** To learn more about Protected Areas and Grounds under the Alberta Human Rights Act including disability: http://www.albertahumanrights.ab.ca/HR_in_AB_audio6.asp
- Community & Social Development, City of St. Albert – [Diversity and Inclusion](#)

Acknowledgements:

[Equity & Inclusion Lens Handbook](#) - City of Ottawa and CAWI

