

Mental Wellness Outreach Project FAQ

Frequently Asked Questions

What is this project?

The Mental Wellness Outreach Project will take place from November 2018 to April 2019 with two Mental Wellness Outreach Coordinators providing community members with free opportunities to better maintain or achieve mental wellness. The project is focused on helping people learn more about available resources, supports, self-care activities and will provide an opportunity for community members to share their experiences and challenges with a supportive and compassionate listener. This project aims to navigate people toward making positive steps to improve their overall mental wellness.

How do I access these opportunities?

Our Outreach Coordinators will be working with community partners to offer opportunities to participate in mental wellness activities. You will find our Mental Wellness Outreach Coordinators at local events, visiting community groups and you can even book a Lunch & Learn at your place of employment. They will be available to any organization or business that wishes to invite them in to host a mental wellness activity. Our Outreach Coordinators are also available to provide individual mental wellness support by phone, email, facebook messenger or by booking a face-to-face appointment in your community.

What type of individual supports are available?

The Outreach Coordinators are available to provide individuals with non-judgmental compassionate listening, help to identify specific needs, lists of potential resources and supports, seek out additional resources if needed, and help to build a plan for next steps to improve mental wellness.

Who are the Outreach Coordinators?

A local private health organization, Nova Salutem Inc. operated by Patricia Auchnie MSW, has been contracted to manage this project. The Outreach Coordinators are two local women (Dee Dwyer and Anita Rose) who have been hired to provide this outreach service. Both individuals have extensive experience working in community and providing individual support.

Who can participate in the project?

Any resident of the Eastern Shore (from Lake Echo to Ecum Secum) and Musquodoboit Valley (from Dean to Dutch Settlement to Meaghers Grant) can participate in this project. Any individual from these communities can contact the Outreach Coordinators with mental wellness questions for themselves or others. We encourage concerned friends, family or employers to connect with us about available resources and supports.



When will the service be available?

The service will be available from November 12, 2019 to April 30, 2019.

When connecting with our Outreach Coordinators please note we will be making every effort to respond to your inquiry in a timely fashion. However, if we are working with others or out at a community event, we may not be immediately available. No matter how busy we are, we will get back to you within 24 hours. Please note that this is NOT a crisis or urgent response service.

Who is funding this project?

The Province of Nova Scotia has provided funding for this Mental Wellness Outreach Project for the Eastern Shore (Lake Echo to Ecum Secum) and the Musquodoboit Valley.

We are pleased to be working in partnership with the Province of Nova Scotia to alleviate the impact of poverty and reduce its causes for all Nova Scotians.

Who is leading this project?

The Tri-Community CAST Coalition (*Communities Addressing Suicide Together*) is a working group comprised of local community organizations, individuals and health service providers who are working together to create awareness and supporting access to resources for mental health & addictions.

Why is this project being done?

The Tri-Community CAST Coalition members, in their community roles, have heard that people do not know where to access the resources they need to support their own or their loved one's mental wellness or problems with addiction. We hope that by offering this outreach project we can help residents learn about available programs, resources and pathways to mental wellness. Important to any program is measuring outcomes. We will be collecting data on our services and the needs in communities which will help us determine what gaps may exist and help us to advocate for future services.

How do I Reach a Mental Wellness Outreach Coordinator?

You can contact the Coordinators:

By calling **TOLL FREE 1-833-851-5320**

Emailing at: outreach@novasalutem.ca

Via facebook messenger [facebook/NovaSalutem Inc.](https://www.facebook.com/NovaSalutem)

Or look for them at upcoming community events.

**Let us help you find the supports and resources you need
on your road to Mental Wellness.**