

LET'S TALK ABOUT MENTAL HEALTH...

A STUDY OF THE CANADIAN SYSTEM



Really?

Presented by **Camille Brière & Léa Museau**
with the involvement of Félix Guay-Dufour.

People with **mental suffering**
are encouraged to...



People with **mental suffering** are encouraged to...

I want the stigma surrounding **mental health** issue people are struggling and it's OKAY for us to talk a suffer in silence. You're not alone. ❤️

[#MentalHealthAwarenessMonth](#) 🌈

Despite an attempted [#suicide](#) in 1997 which was a cry for help and ongoing [#anxiety](#) and [#depression](#) I had a phenomenal 26 years selling implantable medical devices and clinical software.

In the past I have often felt alone with my negative thoughts and stresses. I felt that burdening others with my problems was unnecessary, and unfair. Why ruin others good time? For folks struggling with mental health, I think this is a pretty common mindset to be in. Over time I began to realize that this "solve it myself" attitude was more damaging to me and to my family than if I had just opened up to them in the first place. My bottled thoughts and emotions came out as silence, anger, and pessimism. I got more caught up in the downward spiral, twisted my thoughts into countless pretzels, and sometimes ended up turning on the ones that saw me and just wanted to help. Eventually, this mindset and being just became "who I was" but the real who I was, was just slowly being chipped away and I just kept slipping deeper into my own bottled up emotions.

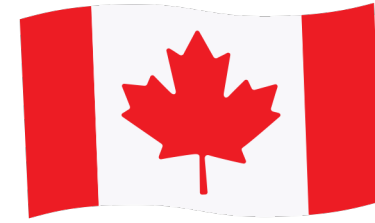
Its mental health awareness month. As someone who has battled depression and anxiety for most of my life, you are not alone. Don't be afraid to talk to someone close to you. It isn't weakness, and you deserve to be heard. [#MentalHealthAwarenessMonth](#) 🌈

ers 🌍

alk about the health of our force, we tend to overlook healing. We must fight to stop the stigma — and do all servicemembers, veterans, and their families heal so easy to see. [#MentalHealthAwarenessMonth](#) 🌈

i've always been open about my own battle with my mental health. honestly at times i wasn't sure if i would still be here. sometimes my thoughts get dark and it's like someone has turned the light out. all I see is blackness in front of me and it's terrifying. sometimes my thoughts are so intrusive that i just want to shut my brain up. honestly I want to keep this real because mental health disorders are real. they are not to be taken lightly. they kill. they maim. they torture.

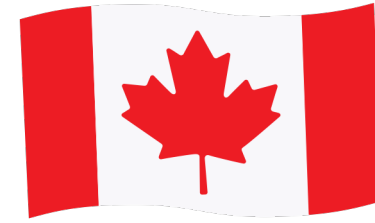
PORTRAIT OF CANADIANS MENTAL HEALTH ISSUES



- 1 / 5 Canadians are living lives with psychological distress



PORTRAIT OF CANADIANS MENTAL HEALTH ISSUES



- 1 / 5 Canadians are living lives with psychological distress
- By the age of 40, 50% of Canadians have experienced a mental health problem.





Talking about mental health issues can perpetuate the suffering and fuel the stigmatization.

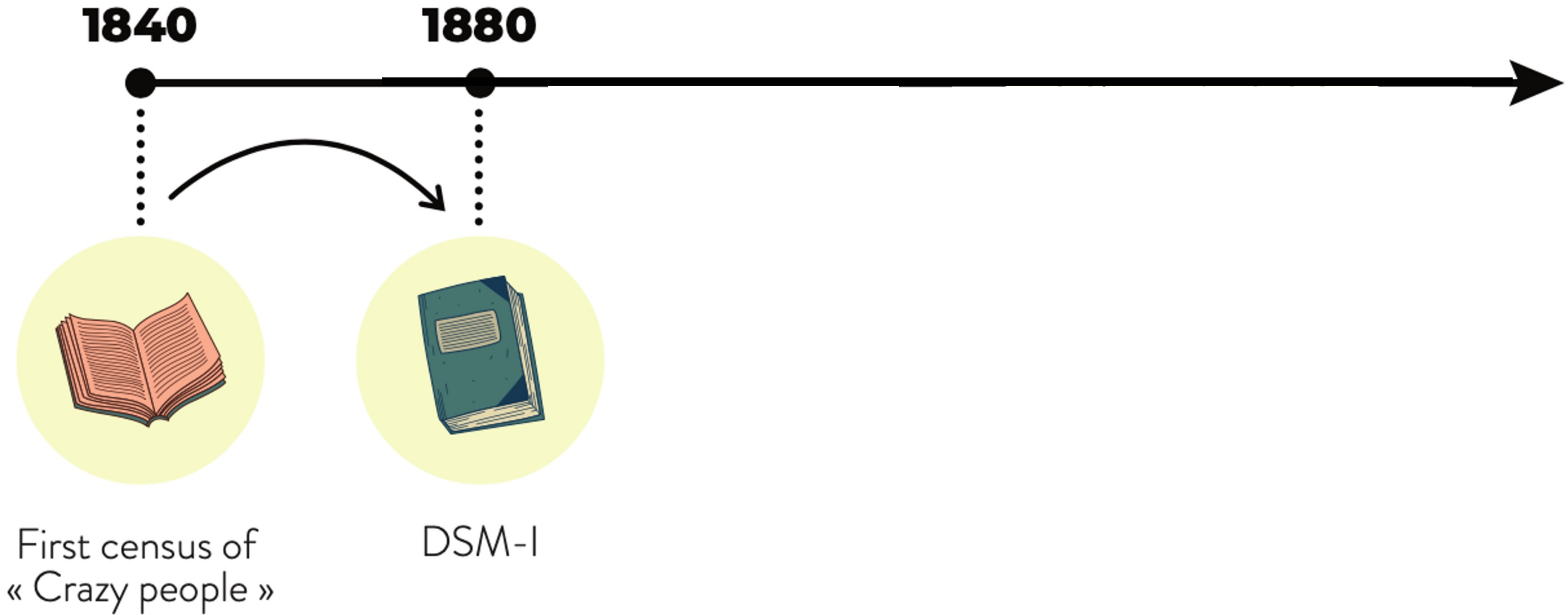
A BRIEF HISTORICAL PERSPECTIVE OF « MENTAL ILLNESSES »

1840

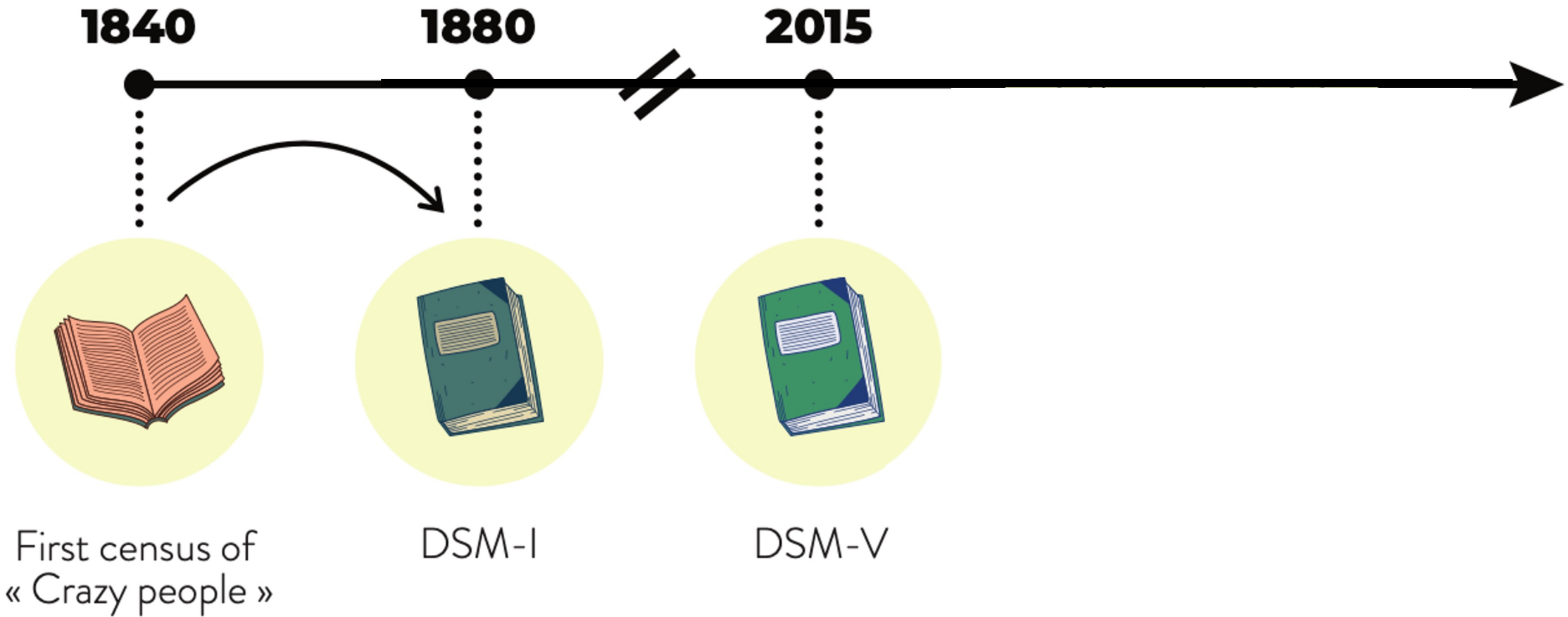


First census of
« Crazy people »

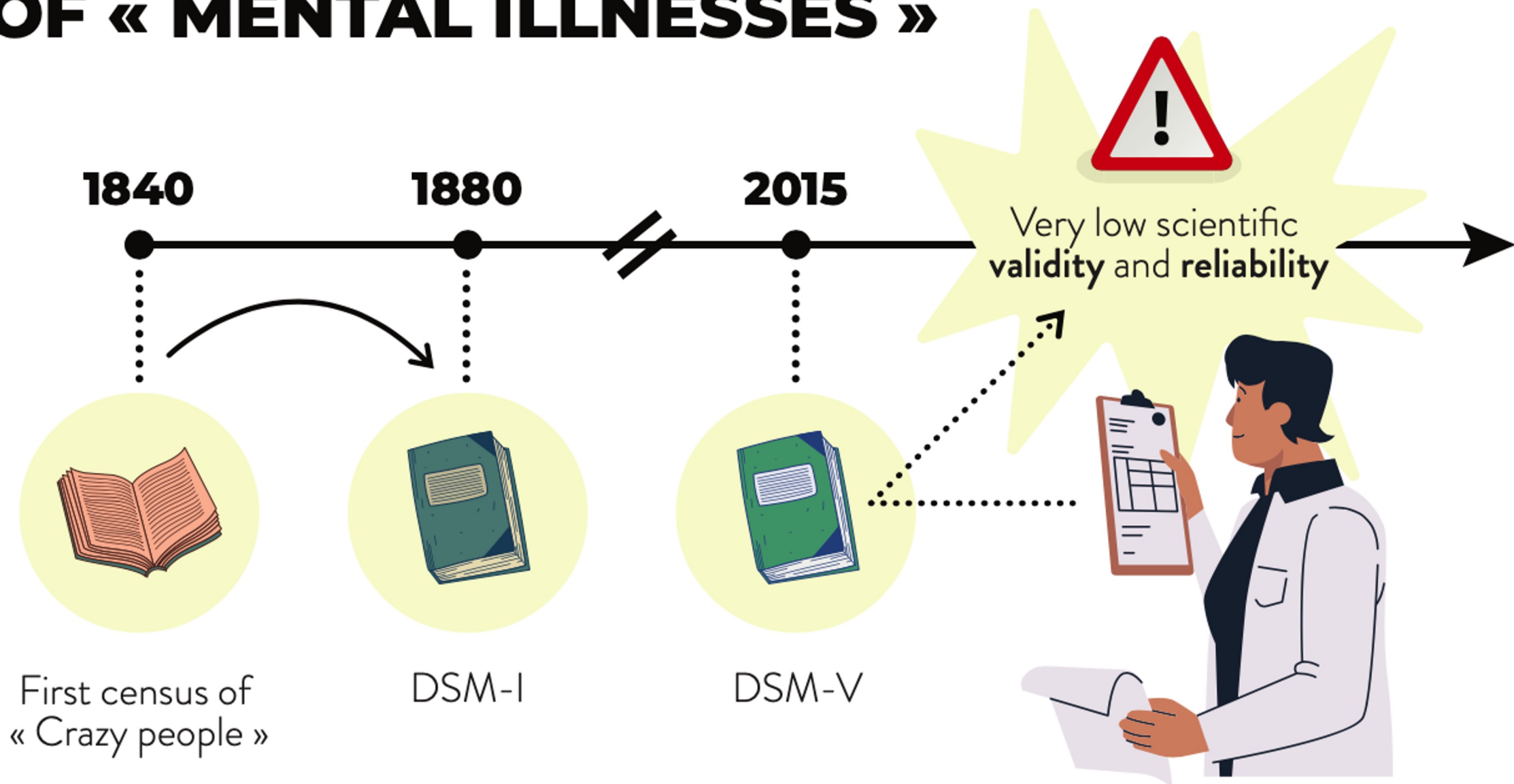
A BRIEF HISTORICAL PERSPECTIVE OF « MENTAL ILLNESSES »



A BRIEF HISTORICAL PERSPECTIVE OF « MENTAL ILLNESSES »



A BRIEF HISTORICAL PERSPECTIVE OF « MENTAL ILLNESSES »



1st ASPECT • LEXICON

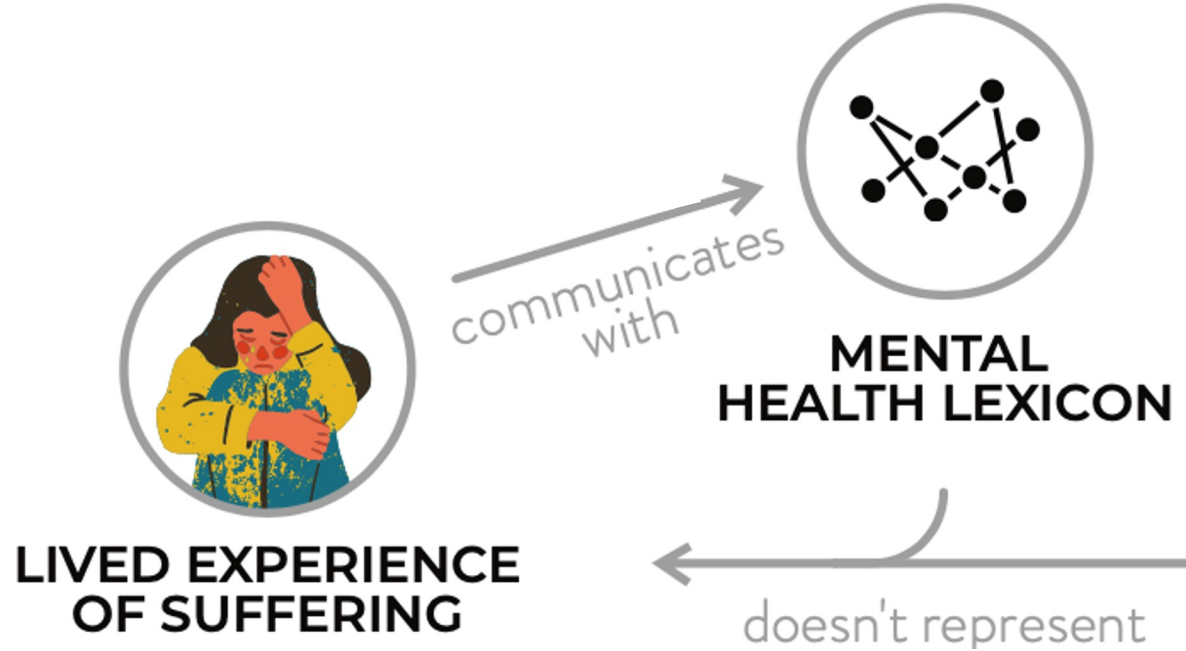
We need words to express ourselves ...



**LIVED EXPERIENCE
OF SUFFERING**

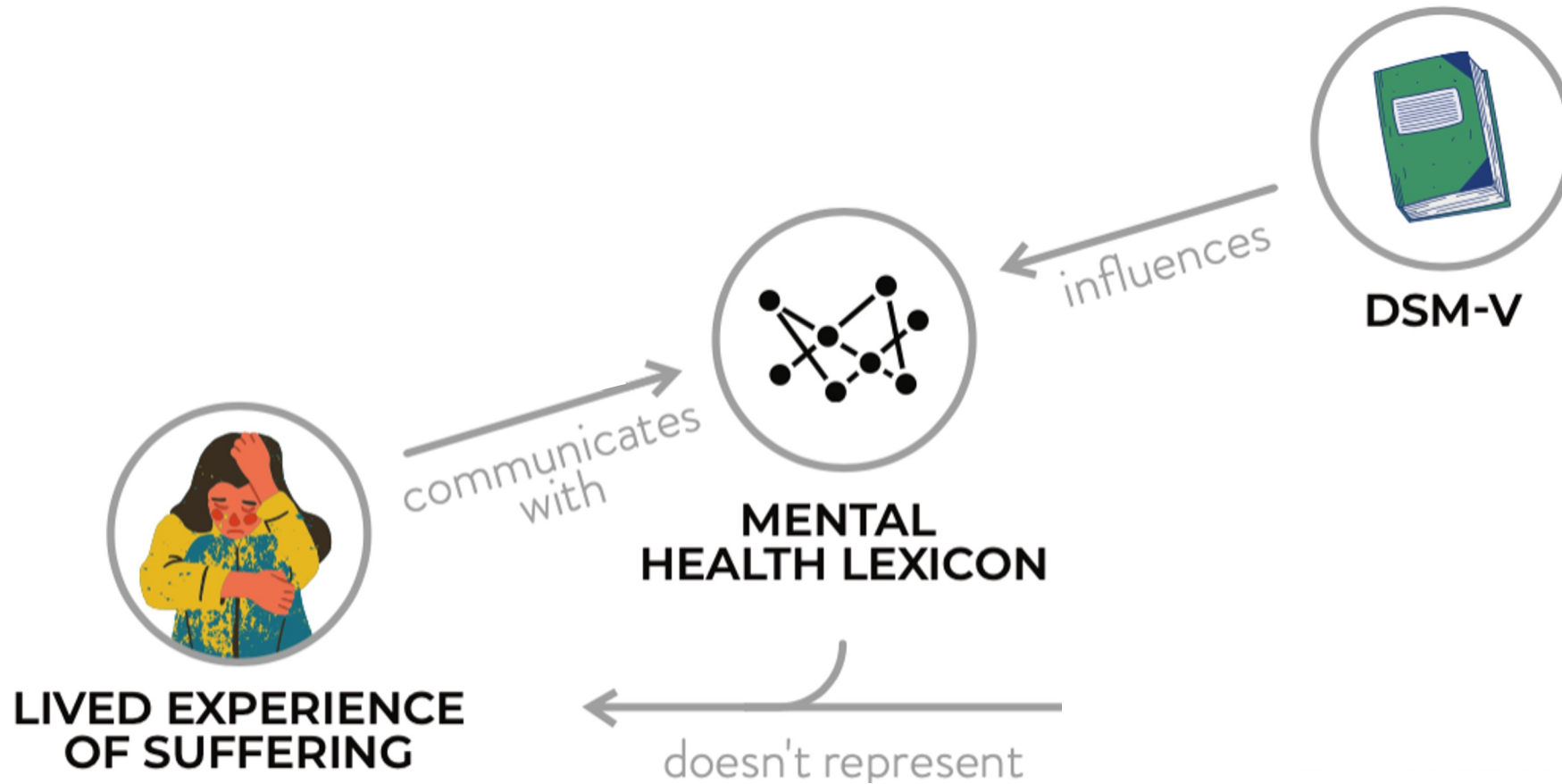
1st ASPECT • LEXICON

We need words to express ourselves ...



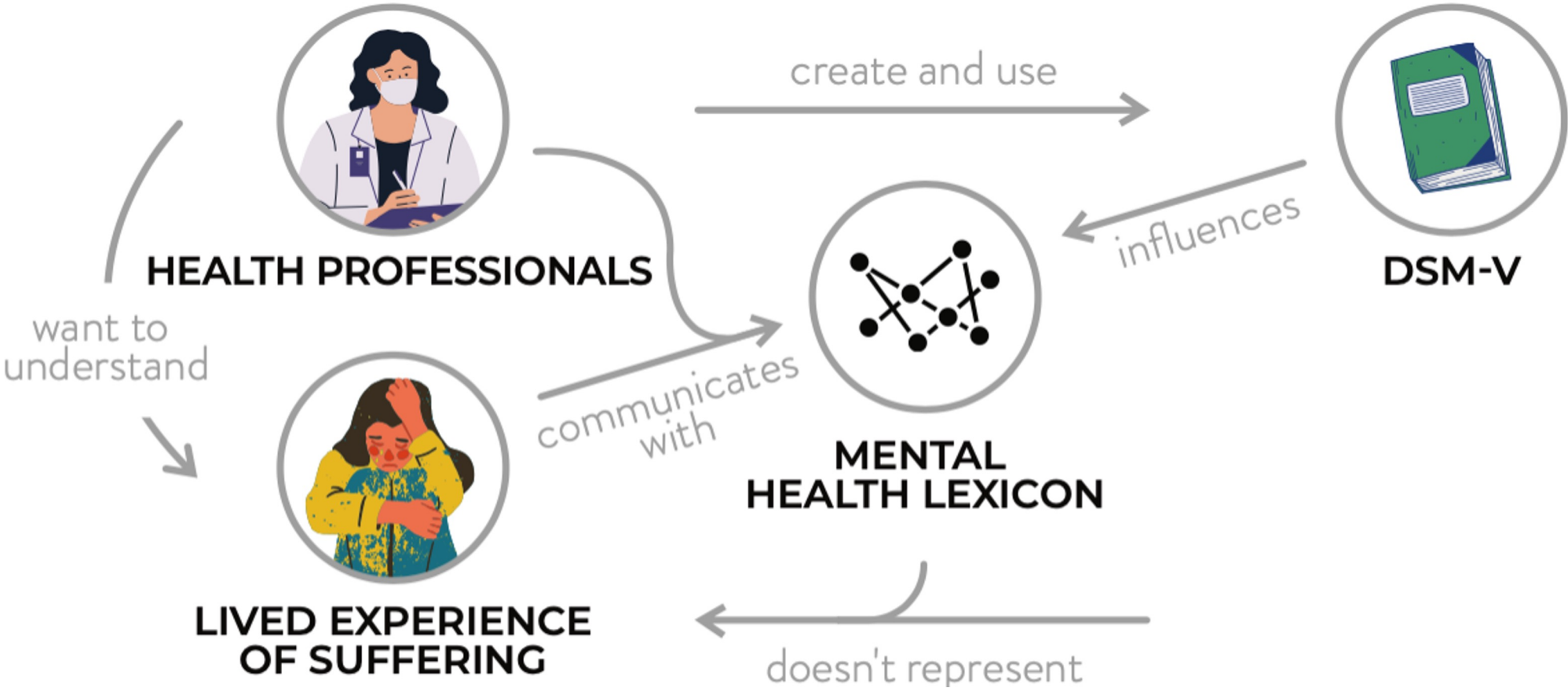
1st ASPECT • LEXICON

We need words to express ourselves ...



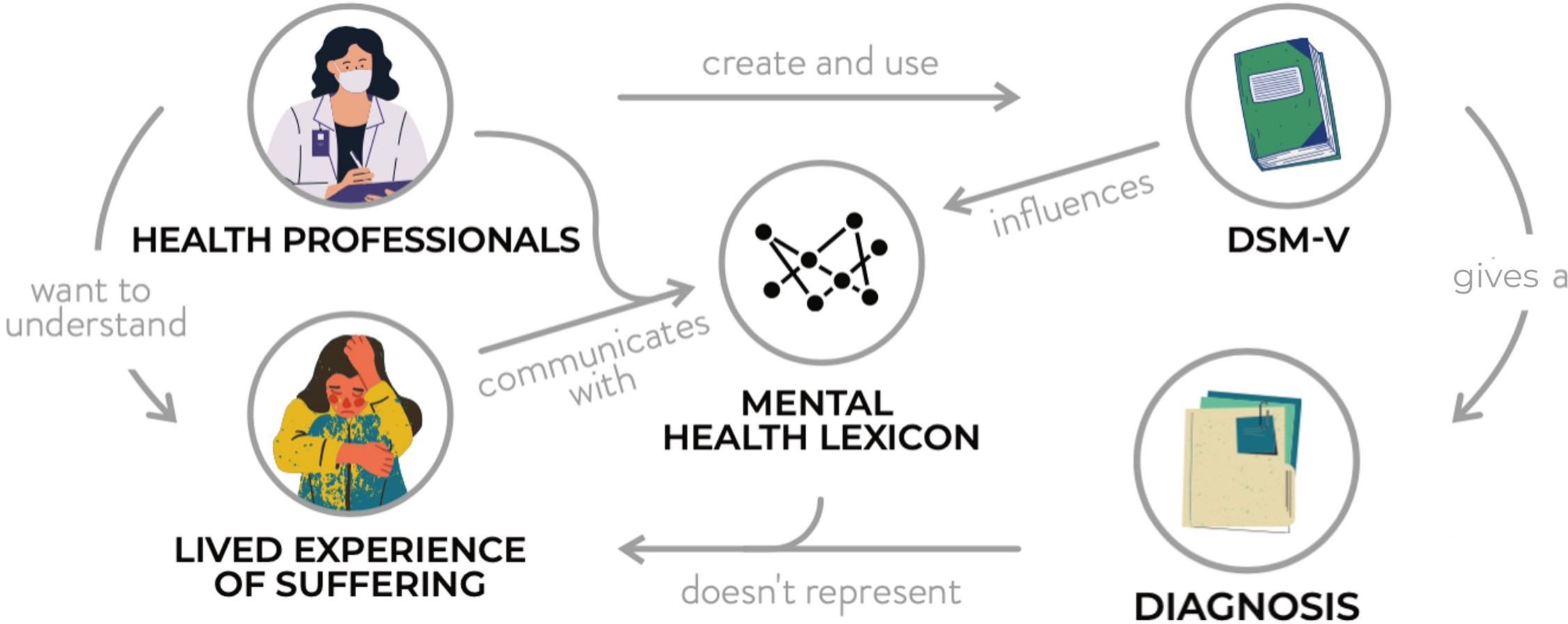
1st ASPECT • LEXICON

We need words to express ourselves ...



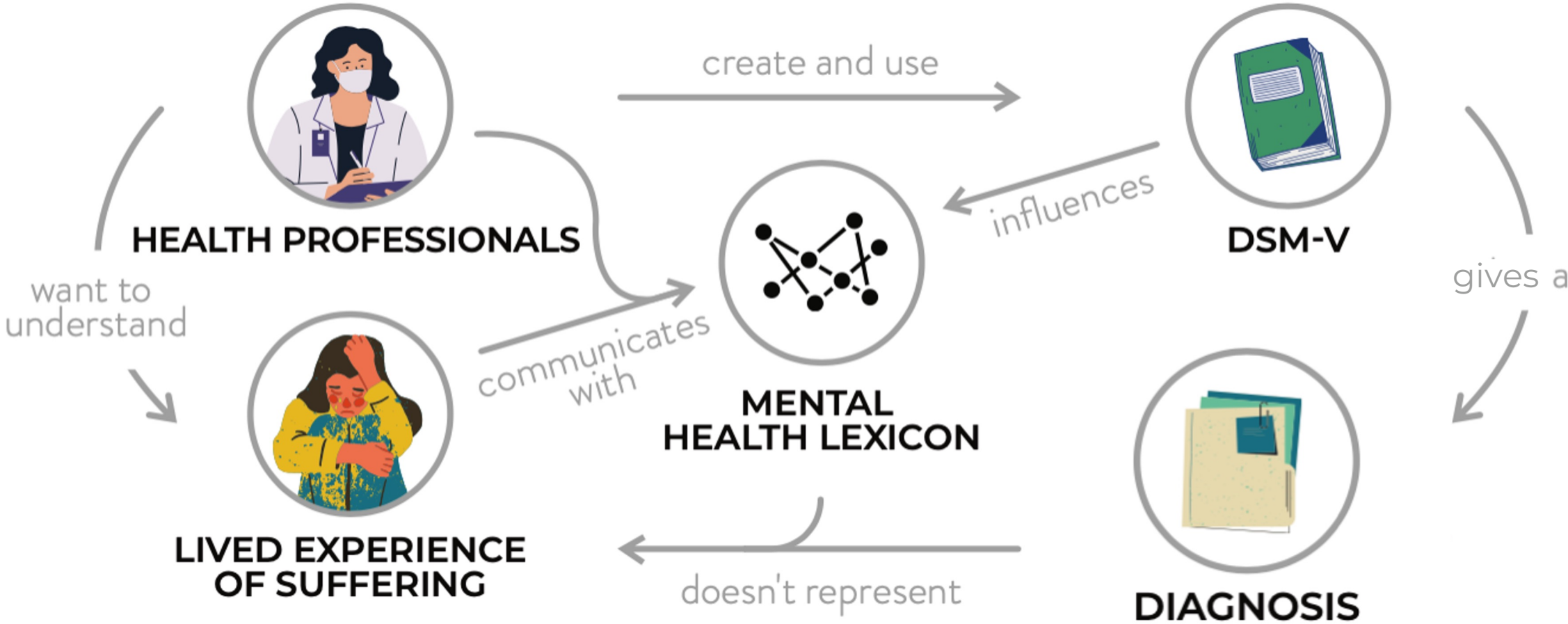
1st ASPECT • LEXICON

We need words to express ourselves ...



1st ASPECT • LEXICON

We need words to express ourselves ...



But the ones we have dont correspond to the **reality** we are living.

2nd ASPECT • OVERMEDICALISATION

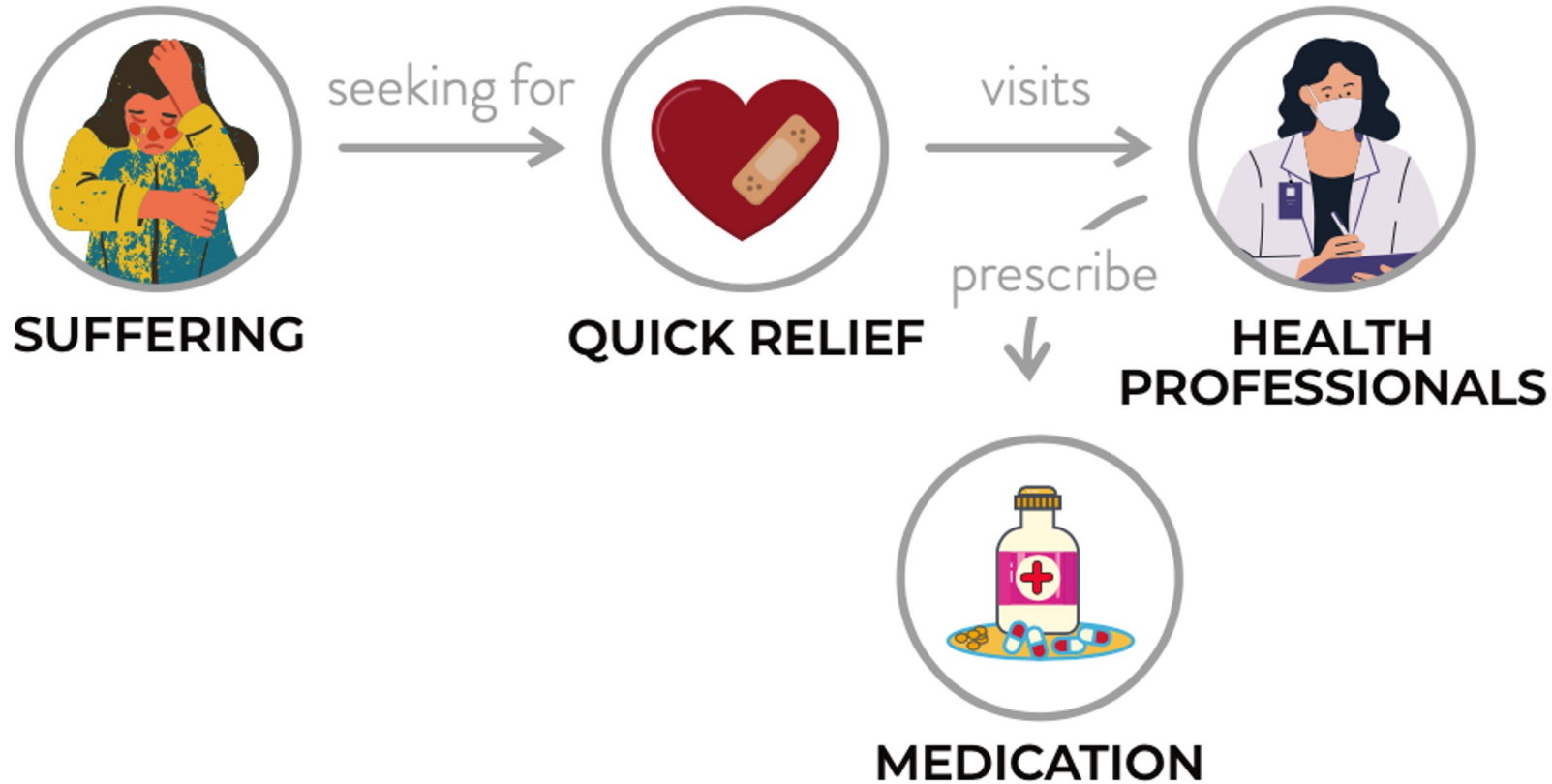
We seek and demand durable relief from our suffering



SUFFERING

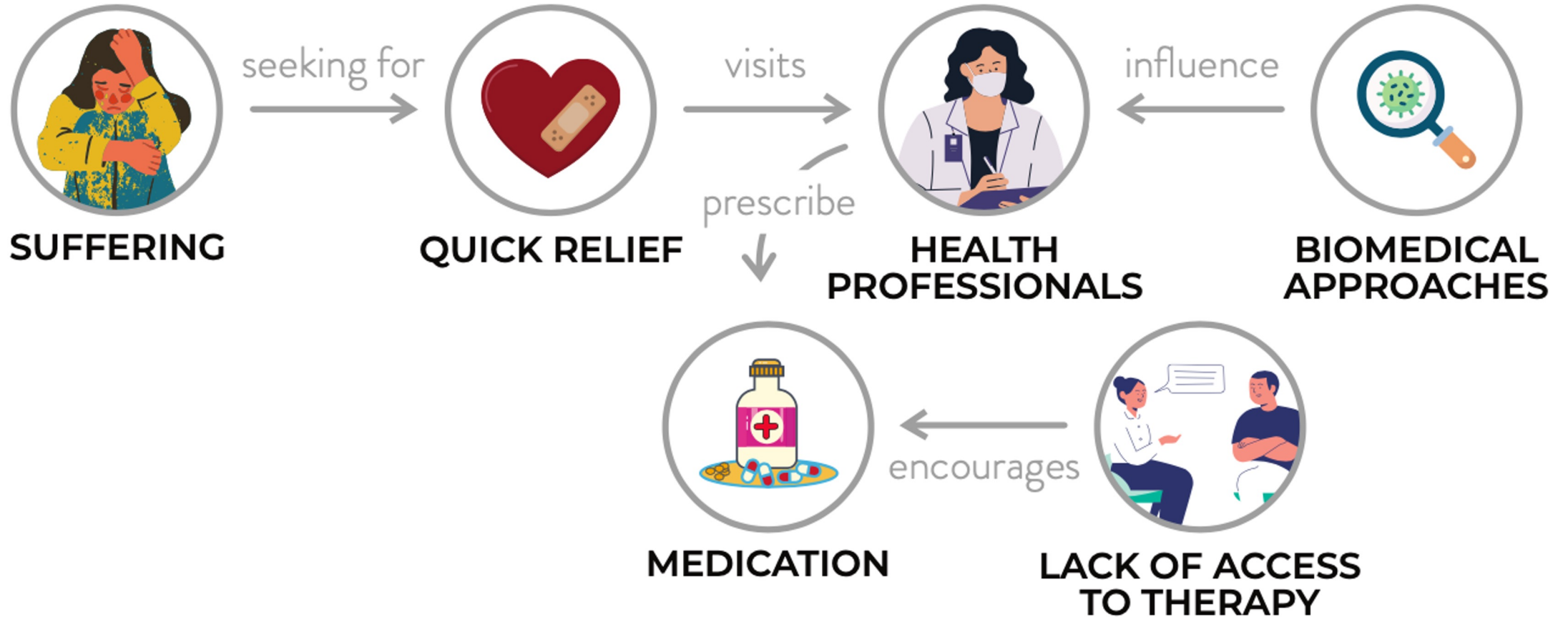
2nd ASPECT • OVERMEDICALISATION

We seek and demand durable relief from our suffering



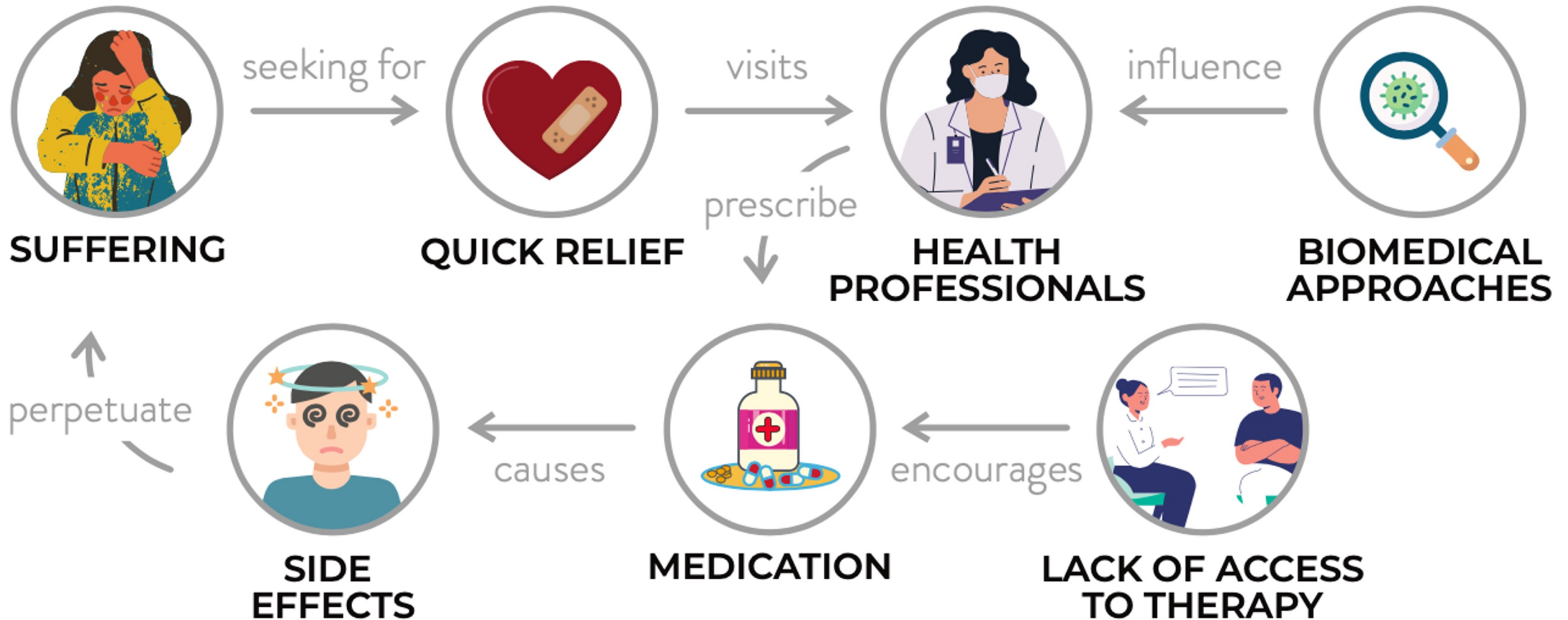
2nd ASPECT • OVERMEDICALISATION

We seek and demand durable relief from our suffering



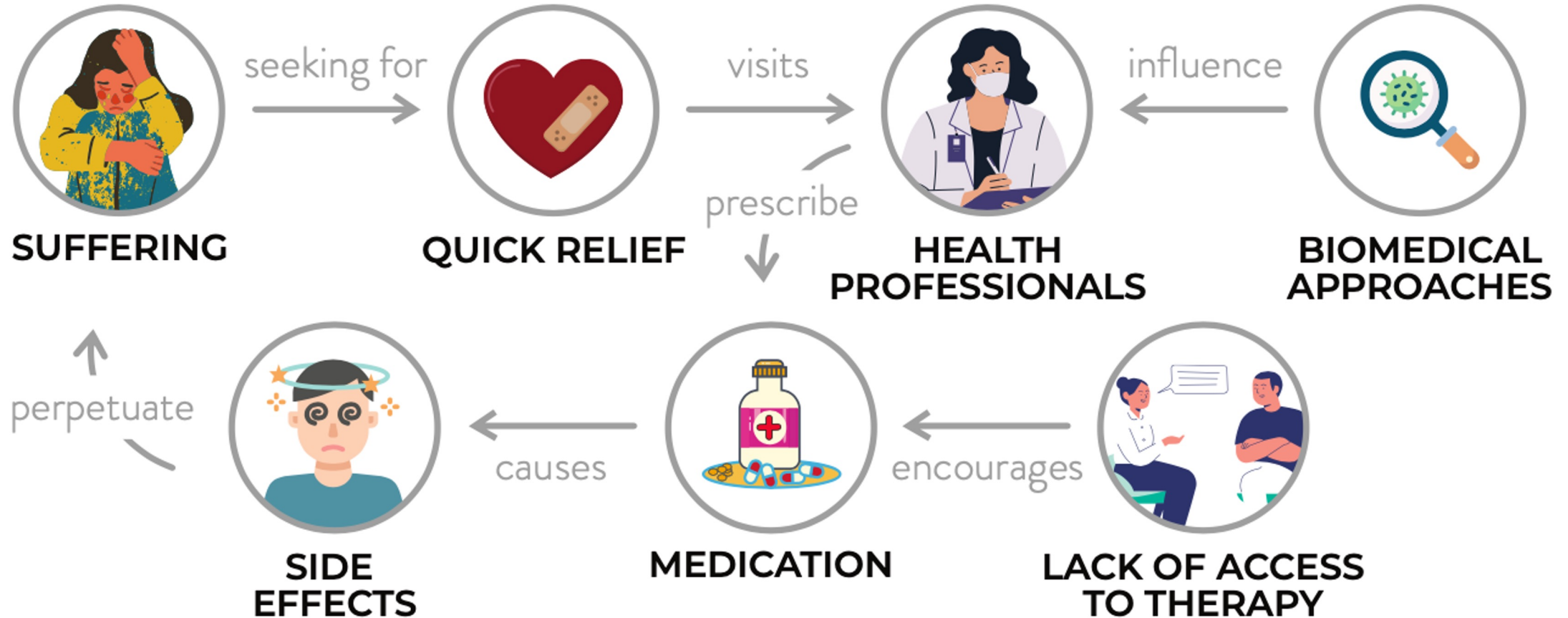
2nd ASPECT • OVERMEDICALISATION

We seek and demand durable relief from our suffering



2nd ASPECT • OVERMEDICALISATION

We seek and demand durable relief from our suffering



But we sometimes perpetuate it by using **quick solutions**.

3rd ASPECT • LISTENING

We seek places to be heard ...



WANTS TO TALK

3rd ASPECT • LISTENING

We seek places to be heard ...



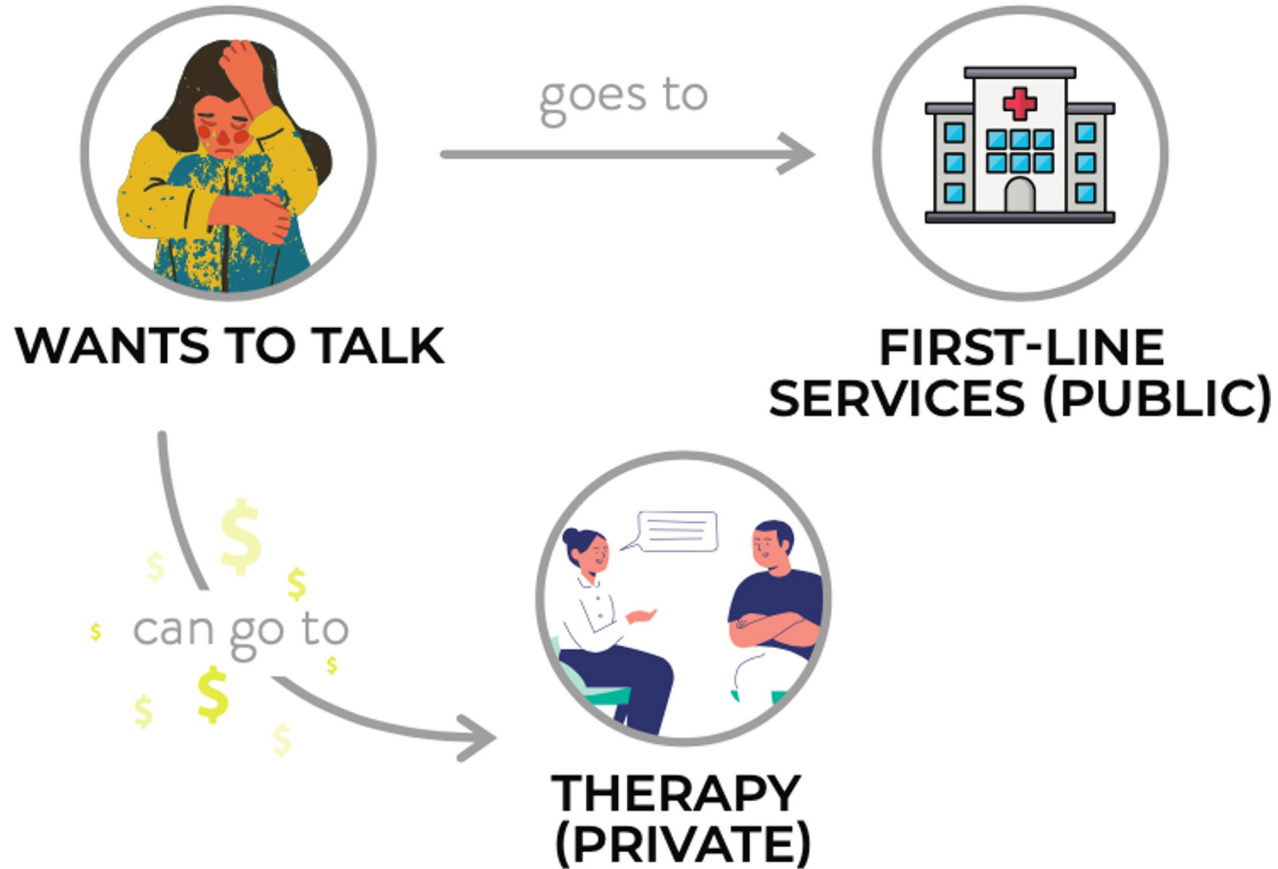
WANTS TO TALK



**THERAPY
(PRIVATE)**

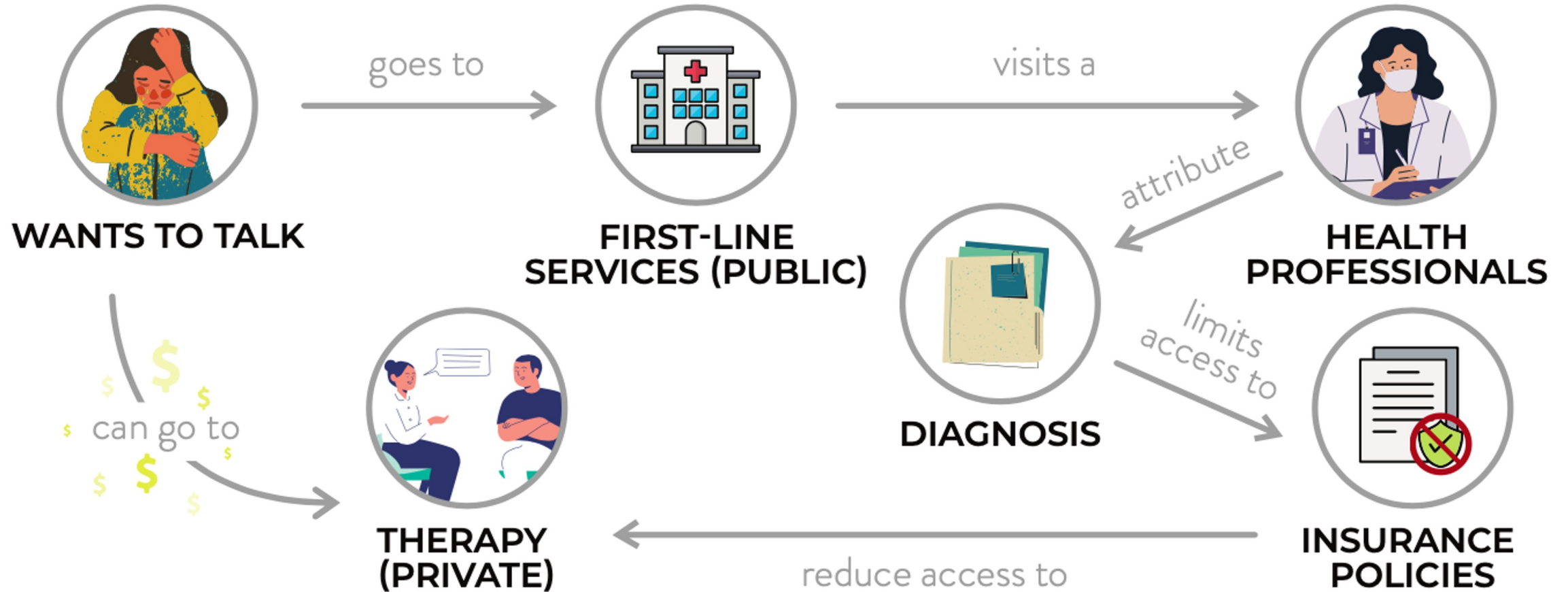
3rd ASPECT • LISTENING

We seek places to be heard ...



3rd ASPECT • LISTENING

We seek places to be heard ...



Conditions particulières de la police

Personne assurée [REDACTED]

Date d'effet [REDACTED]

Numéro de police [REDACTED]

Titulaire [REDACTED]

Mon état de santé n'a pas changé et je n'ai pas consulté de **médecin, chiropraticien, psychologue, physiothérapeute ou autre professionnel ou praticien de la santé** pour quelque raison depuis ma proposition du [REDACTED]

Je n'ai pas d'autre assurance invalidité individuelle, association ou collective en vigueur et je n'ai pas présenté d'autre proposition d'assurance invalidité.

La police a été émise moyennant l'avenant d'exclusion suivant :

En contrepartie de l'émission de la police, il est entendu et convenu que l'assurance, sans égard à l'hospitalisation ou à la durée des périodes de rétablissement entre les rechutes, ne couvre pas les cas d'invalidité résultant de :

(1) Tout trouble **psychiatrique ou affectif**, y compris, mais sans s'y limiter, **dépression, anxiété, stress, épuisement professionnel**, abus d'alcool ou abus de drogues; (2) syndrome de fatigue chronique; (3) syndrome de douleur chronique; ou (4) fibromyalgie, **en raison des antécédents déclarés**.

Sur demande, une suppression ou une modification peut être reconsidérée, sous réserve de ce qui suit :

Aucune récidence / preuve d'assurabilité après [REDACTED]



INSURANCE POLICIES

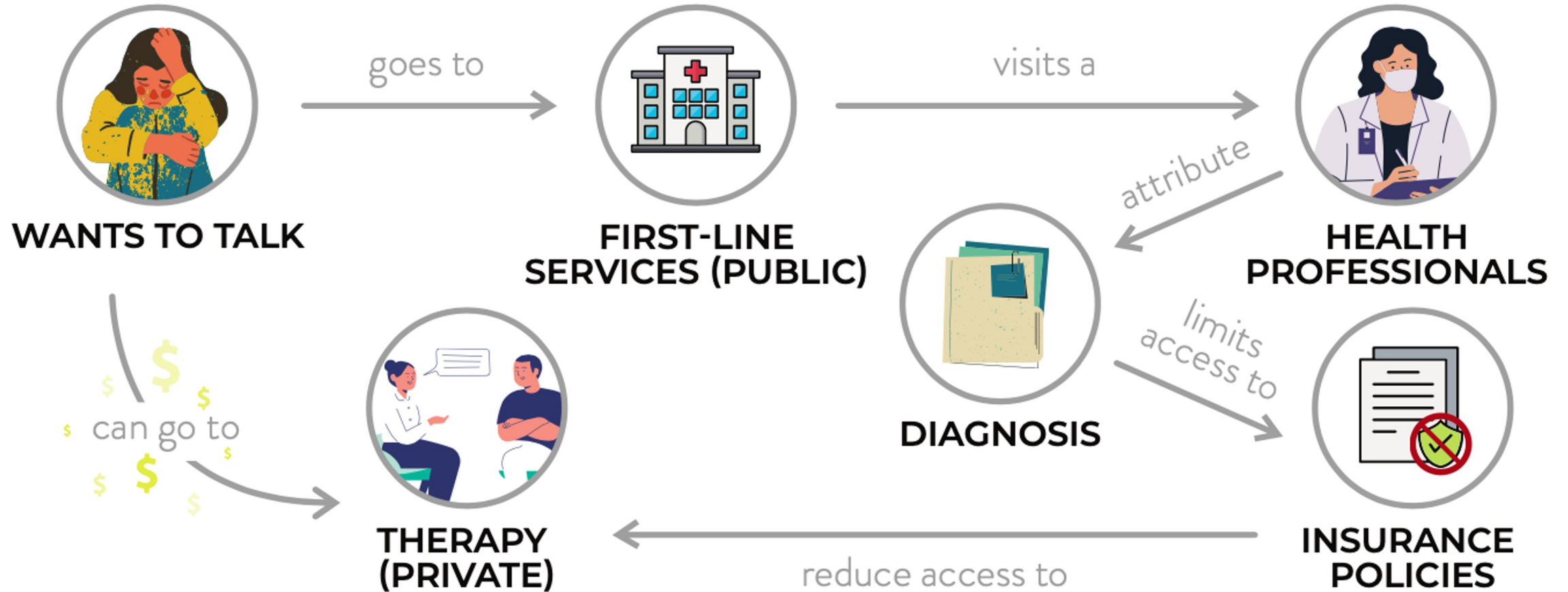
The individual certifies that they have not seen a healthcare professional since reporting.

The policy does not cover mental health issues due to reported history

May be reviewed if there is no recurrence within a two-year period.

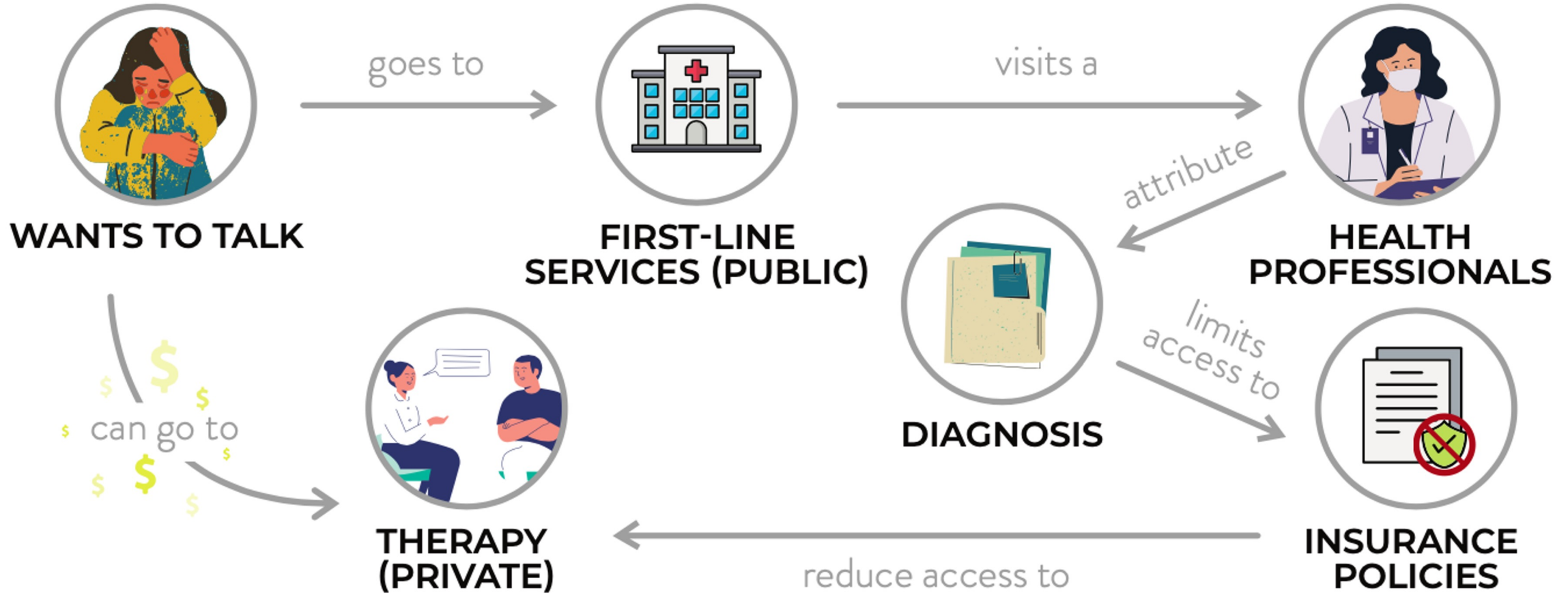
3rd ASPECT • LISTENING

We seek places to be heard ...



3rd ASPECT • LISTENING

We seek places to be heard ...



But we find places where it's better to **stay silent**.

SYSTEM ANALYSIS

OF MENTAL HEALTH STIGMA



STIGMA



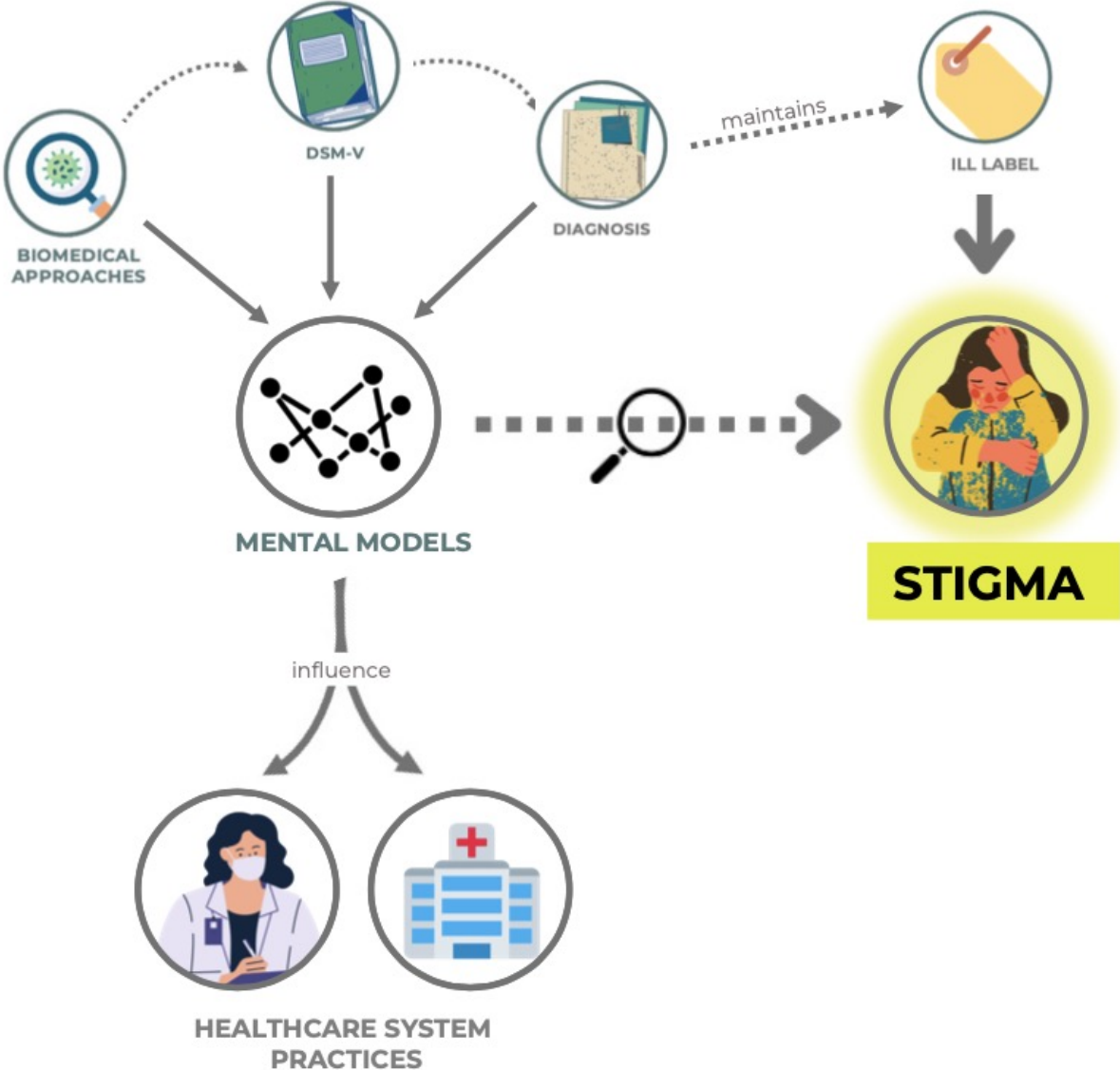
Talk



SUFFERING

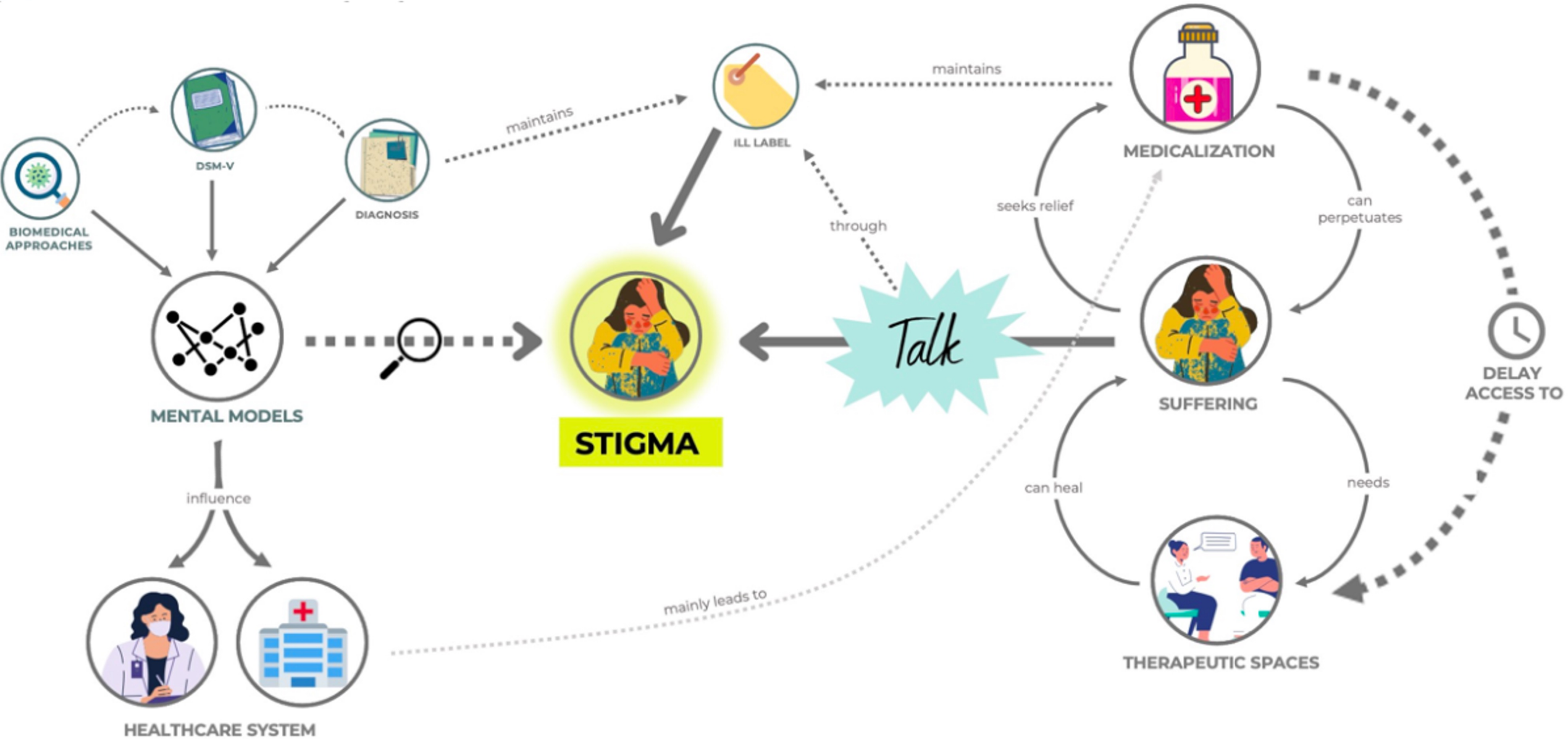
SYSTEM ANALYSIS

OF MENTAL HEALTH STIGMA



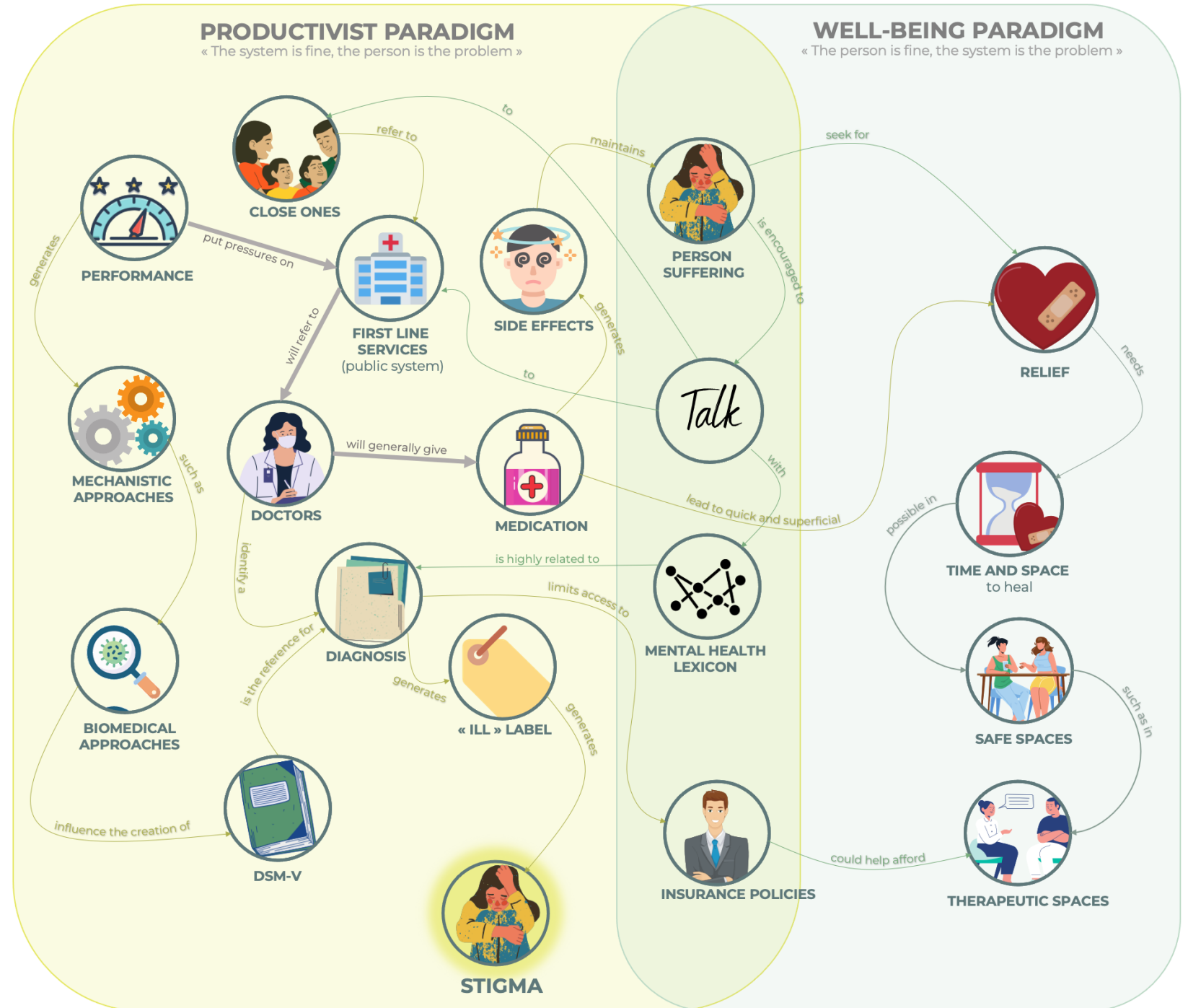
SYSTEM ANALYSIS

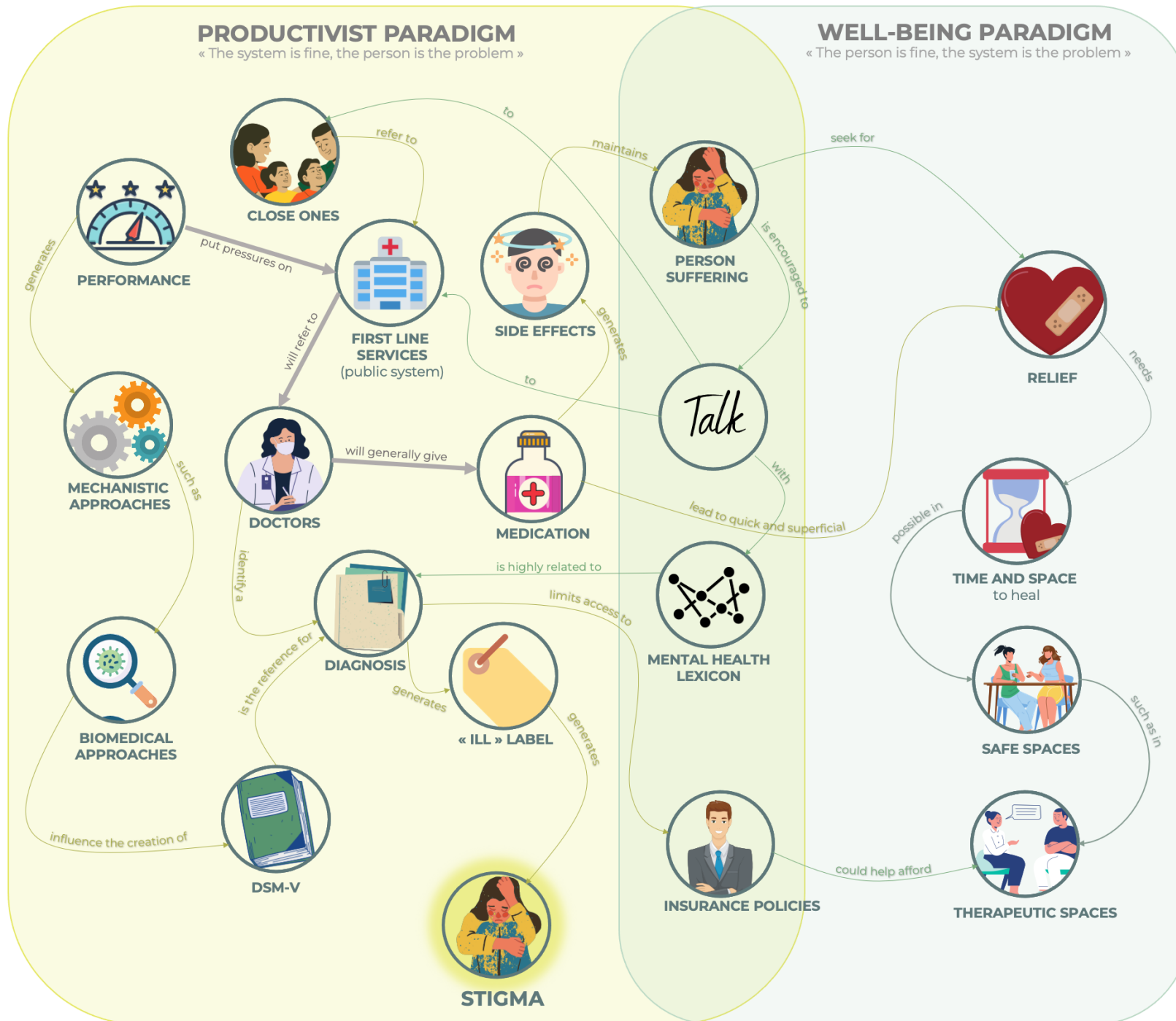
OF MENTAL HEALTH STIGMA



SYSTEM ANALYSIS OF MENTAL HEALTH STIGMA

The **productivist paradigm** shifts the burden of the problem onto the **individual**.





LEVERS OF CHANGE & POTENTIAL SOLUTIONS

The **well-being paradigm**

prioritizes the **individuals**

by giving them spaces to be **heard and seen** as they *truly* are.

LEVERS OF CHANGE & POTENTIAL SOLUTIONS

« Sexual orientation disorder »



LGBTQ+ Pride

LEVERS OF CHANGE & POTENTIAL SOLUTIONS

« Sexual orientation disorder »



LGBTQ+ Pride

« Autistic disorder »



Neurodiversity

LEVERS OF CHANGE & POTENTIAL SOLUTIONS

« Sexual orientation disorder »



LGBTQ+ Pride

« Autistic disorder »



Neurodiversity

« MENTAL HEALTH DISORDER »

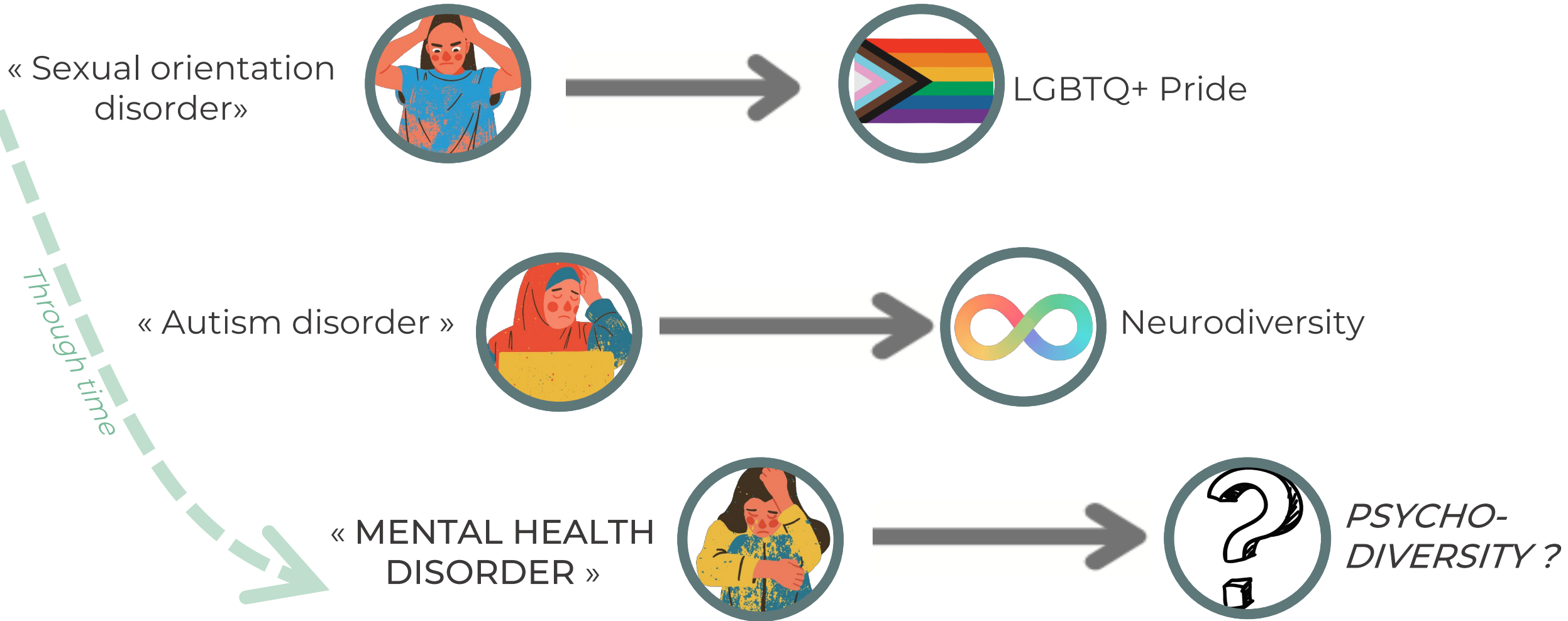


PSYCHO-DIVERSITY ?

Through time



LEVERS OF CHANGE & POTENTIAL SOLUTIONS



Lexical referents evolve as cultural changes occur through time.

WHAT WE LEARNED





Icon attribution :
Canva,
Université de
Sherbrooke



LET'S TALK ABOUT
MENTAL HEALTH
WELCOME, FEEL AND HOLD SPACE
TO ANY EXPERIENCE OF



COVID-19 IMPACT

- Increase in anxiety and depression :
 - Fear of infection
 - Isolation
- More at risk to die from COVID-19
 - Will seek less for health services
 - Less mental health services accessible due to the pandemic
- Related to stigmatisation :
 - Ponctual issues became the new norm
 - Risk for chronic illnesses



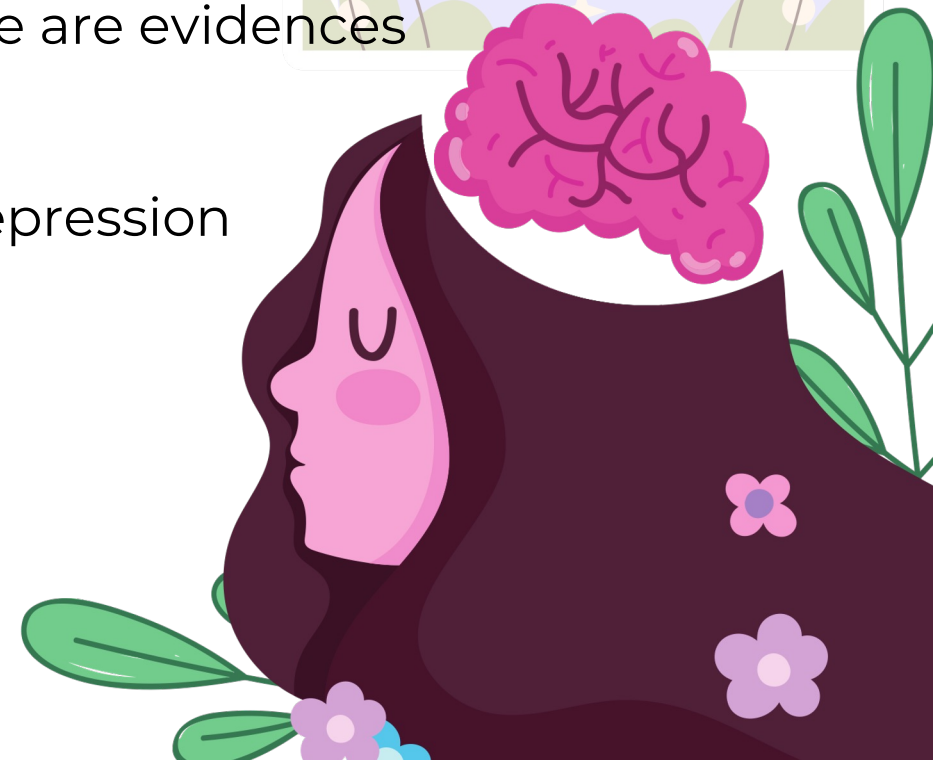
ONLINE THERAPIES

- Increase with the pandemic
- Help with feared stigmatisation
- More accessible
- Studies say it is as efficient as face-to-face



FEMINIST POINT OF VIEW

- Toxic masculinity : harder for men to talk about mental health
 - Less suicidal attempts but more radical = lead to more deaths
 - Women feel the pressure to be pretty when they attempt (medication)
- Women are more likely to have eating disorders but there are evidences that men are underdiagnosed
- People giving birth are stigmatised about postpartum depression
- Women were once overmedicalised to be controled
 - Hysteria
 - *i.e.* : The suffragette Alice Paul was hospitalized
- Women symptoms are less likely to be believed



AYURVEDA

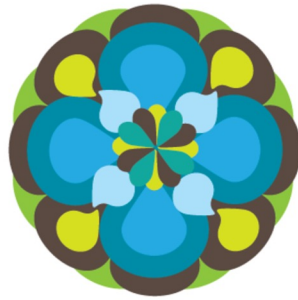
The Three Doshas



vata



pitta



kapha

- Seeking a constant balance
- No universal standard
- Life is a path of constant change that requires an adaptation of one's lifestyle