



TELEMEDICINE IN MENTAL HEALTH PROJECT

PROJECT INTENTION:

For Francophones to be provided with access to mental health services in their language.

PROJECT OBJECTIVE:

To promote access to public and private mental health services for Nunavut Francophones, including youth.

PROJECT DURATION:

3 years (April 2018-June 2021)

INITIATIVES AND BENEFITS FOR OUR COMMUNITY:

- Access to mental health services using telemedicine or videoconferencing through the public healthcare system.
- Access to psychotherapy and counselling services using videoconferencing through the private sector.
- Dissemination of available services after implementation.
- Mental health issues training offered for the community and healthcare professionals.

PARTNERS AND CONTRIBUTORS:

- Government of Nunavut Department of Health, Mental Health Division
- Meetual Online Therapy
- Embrace Life Council

ACHIEVEMENTS 2019-2020 :

- Worked on an ongoing basis with the Department of Health Mental Health Division to identify a service provider and implement public mental health and counselling services.
- Identified a partner and took the first steps in the new partnership with *Meetual Online Therapy* for access to private sector psychotherapy and counselling services via videoconferencing.
- Worked with Embrace Life Council to organize training for the community as well as for professionals.
- Worked with Guillaume Vermette, a humanitarian clown, to hold lectures on persistence in school with young people and workshops with the community. – *Cancelled due to COVID-19*

THE YEAR'S SUCCESS STORIES 2019-2020 :

- Signed a collaborative arrangement with *Meetual Online Therapy*. The team will include at least one Nunavut-certified psychologist and a psychotherapist who can provide services in Nunavut.
- Undertook a campaign to launch private psychotherapy and counselling services, pending the broad availability of the service.