



Press Release
For immediate release

Launch: New Access to Psychological and Psychosocial Consultation Services for the Francophones of Nunavut

IQALUIT, May 26, 2021 – The Réseau Santé en français au Nunavut (RÉSEFAN) is pleased to announce to the Francophone community the launch of a new service to access private online psychological and psychosocial consultation services. These services are now provided by *Familio* and the *Montreal Therapy Centre*.

In June 2018, RÉSEFAN deployed the Telemedicine in mental health project, which has three components, one of which is developing access to French-language mental health videoconference services through the private sector. This is the result of more than two years of hard work to offer French-language mental health psychotherapy and online consultation services in French to members of the Francophone community.

“This is a French-language service which is not currently offered by the public health care system,” says Jérémie Roberge, Executive Director of RÉSEFAN. *“It is designed to fill a gap in services where there is a need, especially during pandemic times. The members of our community, who are experiencing psychosocial issues with their children, marital issues, mental health challenges or addiction issues, must often travel a long and winding road to obtain services in the ‘South’.”*

The Telemedicine in mental health project builds on the 2016 RÉSEFAN report, *Needs of Francophone Living in Nunavut – Mental Health and Addictions*, which identified different collaborative approaches to implement a continuum of access to mental health services in French.

Familio and the *Montreal Therapy Centre* are two dynamic Quebec organizations working to consolidate support and assistance services for the well-being and development of individuals. They offer bilingual services (French and English). They are welcoming all community members who need them.

For Hugo Lambert, Founder of *Familio* and Clinical Director: *“The partnership approach and support in the RÉSEFAN’s process to develop access to our services allowed us to understand the needs of the Francophone community and to make sure that our interdisciplinary approach with youth and adults meet their needs. We have different kinds of professionals to support the needs of those aged 0 to 99 years of age: psychologist, psycho-educational worker or social worker.”*

The Director of the *Montreal Therapy Centre*, Rebecca Murray, adds: *“The Centre offers services in three languages: French, English and Spanish. Following on the RÉSEFAN approach, we gained understanding of the linguistic diversity of the composition of the community and the importance for the RÉSEFAN to serve the population in their preferred language, whether English or French. We offer different types of therapy (individual, couple,*



through art, etc.) and our goal is to work in collaboration with the individual to identify not only the goals but also the barriers that need to be worked on to allow them to live the life to which they aspire!"

RÉSEFAN Vice-president Dorine Dounla is delighted with this new access to psychotherapy and consultation services for the Francophone community. *"This new access to services in French represents a concrete result of the expertise and support services that RÉSEFAN can offer. We are aware of this because of conclusive data: one in five Canadians will experience mental health issues over the course of their lives. We live in an extremely remote rural area and these statistics include us. We now have a safe space to find support in our journey if we need it. We invite members of the community to join us at the presentation of the services offered by our partners on Wednesday, June 16 at 7:00 PM, via videoconference (in French)."*

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The RÉSEFAN is a non-profit organization dedicated to the health of Franco-Nunavummiuq. It accomplishes its mission by promoting health and well-being and supporting access to health services adapted to the language and cultural diversity Franco-Nunavummiuq. The RÉSEFAN is a member of the Société Santé en français (SSF). For more information, please visit <https://resefan.ca/en/>