



## 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-September 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
- Familio Saguenay Inc.
- Montreal Therapy Centre
- Embrace Life Council

### ACHIEVEMENTS:

- 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.

- Implemented a system to access psychological and psychosocial consultation services via private videoconference with [Familio Saguenay Inc.](#) and the [Montreal Therapy Centre](#).
- Worked with Embrace Life Council on the French translation of *A Guide to Apps for Nunavummiut* and hosted the *Online Safety – What Parents Should Know* webinar on April 14, 2021, with five participants (available on our website, under the tab [Ressources – Vidéos et webinaires](#)).
- Produced and distributed the [Telemedecine in Mental Health Project Evaluation Report](#) in both English and French (available on our website, under the tab [Ressources - Documents et Rapports](#)).
- Produced the final project report for the Société Santé en français and Health Canada.

### SUCCESS STORIES:

- Introduced psychological and psychosocial consultation services via private videoconference with [Familio Saguenay Inc.](#) and the [Montreal Therapy Centre](#) on June 16, 2021, with 15 participants (available on our website, under the tab [Ressources – Vidéos et webinaires](#)) and rolled out the promotional campaign to partners and the community.
- Discussed the issue of service availability on ICI Grand Nord (June 2, 2021) and ONfr – TFO (July 29, 2021).
- Between June 16 and November 30, six French-speaking people benefited from the new private services.

