

Good Morning;

The Shelburne County Mental Health and Wellness Association would like to **invite your Council to appoint a representative**

to attend and participate in the meetings of the Association. We meet on the third Tuesday of each month at 10am.

Our next meeting is Tuesday December 15,2020. We prefer in person meetings but may be going to zoom meetings

for the next while because of Covid-19.

I have attached an article with the latest information about what the Association has been up to. I would appreciate it greatly if

you would share it with your Council add it into your **next Newsletter** to your residents. If possible please include our logo that I have also attached.

If the Newsletter goes out to your residents after Dec. 18, please delete that paragraph as it will no longer be relevant.

We are trying to reach as many of the County residents as possible.

Your newsletters go directly to resident' s homes and are read by many people.

I thank-you for giving consideration to these two requests and look forward to your reply.

Marilyn Johnston, Secretary
Shelburne County Mental Health and Wellness Association

Warm Line and MORE... Shelburne County Mental Health and Wellness Association

The Shelburne County Mental Health and Wellness Association is a community based not-for-profit group of people that care deeply about the mental wellbeing of our County. People from a wide variety of professional and community based groups, politicians, volunteers and concerned family and community members sit around our table.

In July of 2019 we launched the Warm Line offering an opportunity for folks in Shelburne County to call us at specific times to speak with a trained volunteer 1-833-927-6546. If you are experiencing challenges in life, feeling lonely, anxious or depressed or just need to talk to someone our warm line workers are here to take your calls. Our service provides short term emotional support and is confidential and non-judgmental. The Warm Line service has since expanded and is now available province wide. Our lines are open to take callers Mondays 1pm-5pm; Tuesday 1pm – 8pm; Wednesdays 4pm – 8pm; and Thursdays 1pm-5pm.

We are in the process of upgrading our system for you to soon be able to call, text or live chat with our trained volunteers from our website at www.shelburnecountymentalhealth.com. We want to make it easy for you to contact us. Our website has lots of current information regarding mental health services and resources available to folks right here in Shelburne County.

On Friday, December 18 at 2pm at the Shelburne Community Center you are invited to attend a presentation regarding mental health services and resources in Shelburne County. The presenters are Dana Pulsifer, Director of Mental Health and Addictions, Western Zone, N.S Health and Dr. Gerald Gray, Chief of Psychiatry, Western Zone, NS Health. They will discuss the latest developments: the new intake number and process, the new website; and Direction 2025. Public Health guidelines will be followed – please wear a mask and socially distance.

We offer a number of volunteer opportunities for you to serve and make a difference. We are presently seeking folks to become volunteer workers on the warm line. We provide the training free of charge. You would be scheduled in to work at times convenient for you. If this is of interest to you contact Cindy our Warm Line coordinator at scwarmlinecoordinator@gmail.com

Another great way to volunteer is to become a member of our Board that meets monthly on the third Tuesday at 10am. In person meetings are preferred but because of Covid-19 for the next while meetings will be held using zoom. If you see yourself joining our team please send us a message from our facebook page or email us at shelburnecountymentalhealth@outlook.com

MENTAL HEALTH MATTERS and affects us all in one way or another.