

## Notes from Community Conversation on Emotional Well-Being

On February 12, 2018 Live Algoma hosted a Community Conversation on Emotional Well-being at St John's Church in Rankin. Over fifty individuals came to celebrate bright spots and talk about ways the community can support positive mental health and promote emotional well-being for everyone in the community.

Live Algoma aims to shine a light on what is working in the community by celebrating community Bright Spots. Bright Spots can be a success story, a positive strategy, or a strong asset or resource that works toward improving the wellbeing of our community and its members.

The following individuals and groups were celebrated for being a Bright Spot in our community: Jamie Hartel, Mike Hartel, John Ortleib, the Wolves and Pups program at Algoma School District, the Violence Intervention Project, and the Kindness Matters movement in Algoma. Join us in congratulating them for their contributions!

The Community Conversation also provided an opportunity to talk about how the Algoma community can better support Emotional Well-Being. Many ideas and were shared and some key themes emerged. Below are some of those ideas:

- Keep shining the light on Bright Spots! Bright Spots are positive and help model the way for other efforts in the community.
- Reduce stigma about mental health and emotional well-being. This can start by opening conversations about the topic and providing support and resources.
- The community needs to help be an extension of providers. Professional mental health providers can only do so much. The whole community needs to work to support positive emotional well-being.
- Raise awareness about the need for mental health and emotional well-being. The more people know about resources and opportunities, the more they'll take advantage of them to improve their own well-being.
- Increase support groups for mental health. Support groups can help people with all kinds of emotional well-being needs.
- May is Mental Health Month, and this year one of the key messages is the Gut and Mind connection. Help people understand how nutrition contributes to positive emotional well-being.

Participants were also asked to take a pledge, where they made a commitment to working towards improvement in Emotional Well-being. Twenty-seven (27) individuals filled out the pledge card.

Next steps for the group will be to reconvene to plan and consider activities to support May is Mental Health Month. Everyone is invited to participate in that effort! Thank you for everyone who participated in the Community Conversation!