



Partnering for Mental Health Care



Mental Health is Health. That's the theme of this week's Mental Illness Awareness Week in Canada.

The organizers note that mental health is more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.

At Almonte General Hospital (AGH) and Carleton Place & District Memorial Hospital (CPDMH), we work closely with Lanark County Mental Health (LCMH) to support patients with mental health concerns. Recently, we welcomed two new Community Mental Health Nurses – Jessie Titterton in Carleton Place and Genn Browne in Almonte.

Jessie and Genn work with hospital staff and the Emergency Department team to respond to urgent needs. They offer crisis support and consults, including mental health intake assessments.

“Essentially, we are available to act as a consultant to emergency department staff whenever needed,” notes Jessie. “We dig down to determine the cause of the problem,” adds Genn. “After our assessment, we can provide feedback to support the Emergency Department team in their decision-making. We also work closely with other organizations and agencies and can refer a patient to the appropriate resources.”

Jessie is a Registered Nurse and began her career on the Inpatient Psychiatry Unit at The Ottawa Hospital, Civic Campus. She has also worked in Mental Health

at CHEO. Genn has worked in Emergency Departments for 14 years, the last six in Almonte. She has been working at LCMH for the past 18 months, doing intakes and crisis support in the Smiths Falls Office.

In addition to in-hospital support, LCMH also offers 24/7 support by phone. Anyone in Lanark County who is over the age of 16 can call self-refer. Referrals can be made by an individual, family, friend, physician, community hospital, community agency or police services. LCMH offers mental health services, groups and classes, as well as crisis intervention.

Should you wish to speak to a mental health nurse, please call 613-283-2170.

“Often, our role is all about listening and giving a patient's concerns some space and validation,” sums up Genn. “We want to let them know they are not alone.”



Get ready to

#GetLoud

about what mental health really is.



CMHA
Mental Health Week
May 7-13, 2018

Visit MENTALHEALTHWEEK.CA
for info and tools!