

About Us

Unitarian Universalism has a long history of social action for peace and justice. At First Unitarian the Social Responsibility Council encourages and coordinates the activities of many working groups, one of which is the Mental Health Support and Action Group (MHSAG)

MHSAG began in 2008 to support Ancoura whose mission is to provide a nurturing and fulfilling environment for adults living with a mental illness, through stable, affordable housing and a supportive community.



Creating Homes and Community for Mental Health

www.ancoura.ca

MHSAG has broadened its scope to include mutual support for congregants who are living with a mental illness and **for caregivers supporting a loved one facing mental health challenges.**

What Do We Do?

The MHSAG highlights mental illness and mental health issues within our Congregation, by:

- Providing a risk-free supportive group environment each month for congregants living with or supporting others experiencing mental health challenges.
- Advocating for a compassionate society free from the stigma of mental illness.
- Advocating for enhanced government and societal support for those living with a mental illness.
- Furthering the mission of Ancoura through activities, such as educational events, volunteer support of Ancoura residents, fundraising, and outreach to other faith communities.
- Educating our congregants and community on the issues surrounding mental illness, supportive housing, and the roles and needs of caregivers. The MHSAG works closely, on common issues with other working groups.

Accomplishments

The MHSAG is proud of its many achievements, including:

Worship Services

MHSAG has organized and led several services, most recently in 2016 and 2017. Special guest speakers, and Ancoura residents and volunteers have spoken on these occasions.

Fundraising

Over \$25,000 has been donated to Ancoura through a concert fundraiser, Christmas card sales, and through our congregation's generosity.

Volunteers for Ancoura

Some MHSAG members have been active in supporting Ancoura, offering supportive community to residents, repairing homes, Board work, and fundraising.

Special Issues

MHSAG discusses and acts on mental health issues, such as ODSP reform, homelessness and housing.

mhsag@firstunitarianottawa.ca

Photos: unsplash.com

Who Do I Contact for More Information and to Join?

We welcome new members and encourage you to come to our meetings.



Photo: Helena Lopes

For more information, please contact:
mhsag@firstunitarianottawa.ca

Our Meetings Mutual Support

The Mental Health Support and Action Group welcomes you to our monthly meetings. We usually meet at the church on the last Sunday of each month from 12:30 to 14:00.

Many of us and our loved ones are challenged by mental health issues. Folks living with a mental illness and/or caregivers are invited to join us to share your experiences if you wish, offer and receive mutual support, and share ideas to help improve our quality of life. Your friends and family are also very welcome to attend.



Photo: Kelly Sikkema

Social Responsibility

Mental Health Support and Action Group



Photo: Deniz Altindas



Contact Us

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Supporting Each Other in Community

Rev. Eric Meter, Minister
Sunday Service: 10:30 am, all year