

From: Barney. Robin
Sent: Thursday, November 19, 2020 8:41 PM
To: Sheridan. Michael
Subject: Mental Health Steering Committee Meeting

Hello Michael,

Can you please add this to the minutes under public comment from tonight's meeting.

We as advocates understand that there are challenging times ahead of us. I just want to keep it on the forefront of everyone's mind why its so important to hold on to your advocates and peer support workers. As Consumers and Family Advocates it is important that we are here to raise awareness on mental health issues. We are also here to help with the improvements in policy, legislation, and service development. As peer supporters its about being able to share ones lived experience and help others to develop their own goals. So when it comes to advocates and peers I just want everyone to remember that "there is nothing about us without us".

Advocacy is about helping the consumer make their voices heard and to show the real people behind the label. As advocates our agenda is to place mental health on the public agenda, to protect human rights, and to reduce the effects of stigma. Through advocacy our role is to help those with mental health challenges and their families lead a better and more productive life. Again, " nothing about us without us.

Thank you,

Robin Barney
Adult Family Advocate Liaison