



**Better Days is...** Peers with Lived Experience, their Supporters and Advocates.  
It is people coping and learning to cope. Supporters and those learning to support.

On a framework of core support from ASIST, Professional friends of the group, peer experience, advocates and friends. Built on this foundation we envision a mental health friendly community which stands together in support.

**On Facebook: "Better Days Support Society" Twitter: @betterdaysnl #betterdaysnl**  
A member of the Community Coalition for Mental Health @cc4mhnl #cc4mhnl

**Meeting every second Monday  
Dominion Blackmarsh Road  
Community Room upstairs 7:00-9:00**

## **The Experience – What it is to deal with Mental Illness**

Specifically in terms of Anxiety or emotionally based disorders – Anxiety, Depression, Bipolar, OCD, Borderline Personality, PTSD, Suicidal thoughts or actions.

## **Examples of Positive Change**

## **What has been shown to work – “The Recipe”**





Anxiety

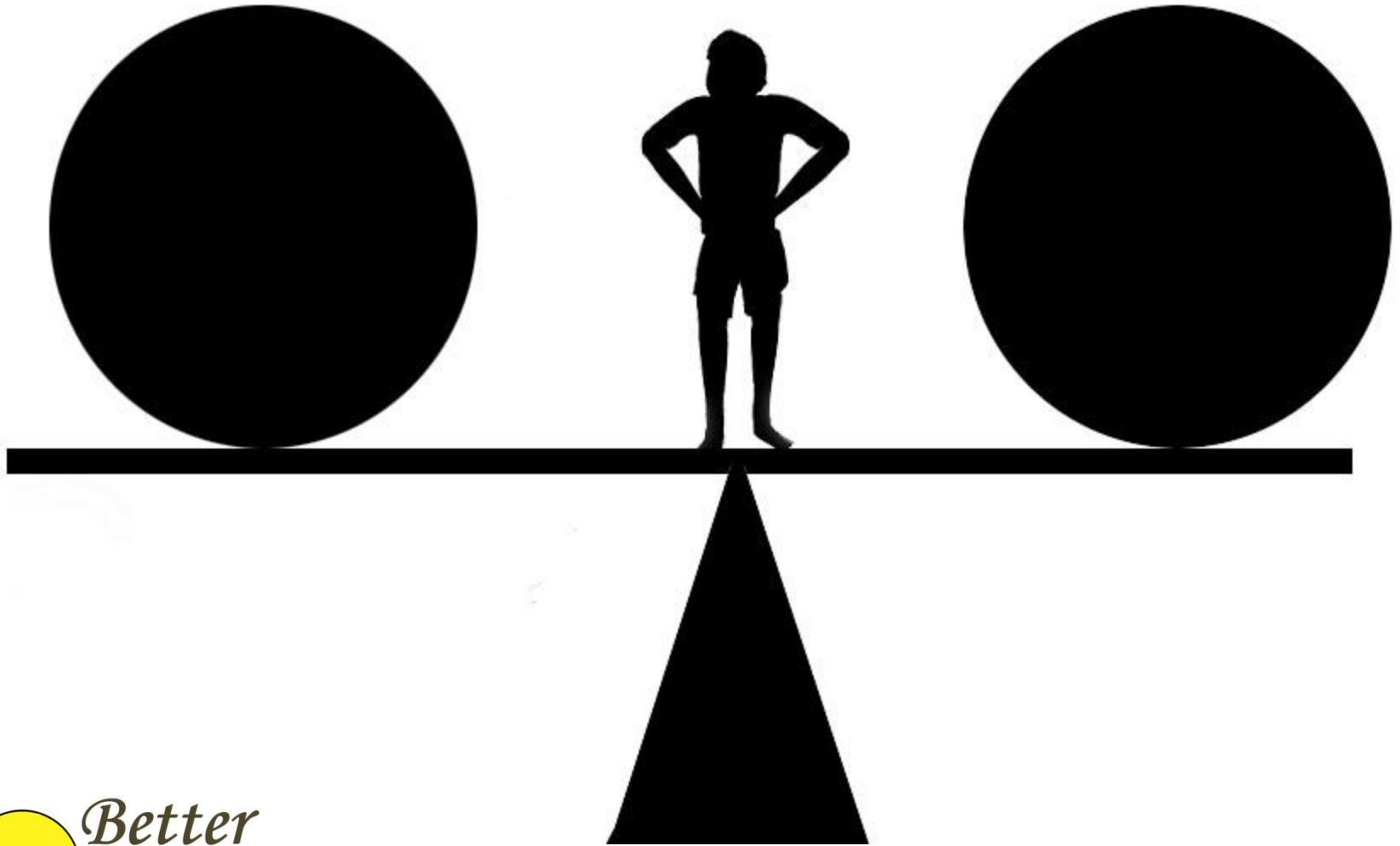
Depression



*Better  
Days*

*Support Society*

# The Uneasy Balance



## Examples of Positive Change

A parent in looking for care for a child realizes they are themselves not looking after their own mental health. Parent and child are now in a far better place.

Parents supporting their child, child eventually re-diagnosed and treatment adjusted - much improved for all.

Person with lived experience first opened up to the group as the only people who know of their condition - now advocate for mental health.

Member with compulsive behaviours helped to realize that her thinking was flawed and unhealthy, compulsions were diminished then removed.

Person with severe OCD connects with psychologist who has OCD themselves and pieces fall into place for recovery.

Members networked to S.O.S, AA, Marquerite's Place, Emmanuel House etc. and have showed inspiring growth in their wellness.



## **What has been shown to work – “The Recipe”**

A Comprehensive Approach to Mental Health Wellness

Support: Medical, Peer, Family and loved ones

Physical: Diet, physical activity and sleep regime

Professional: Prescription, Psychiatrist, Psychologist,  
Professional Counselling.

Personal: Being grounded and mindfull, thought exercises and  
realizations like recognizing self talk.



## **What has been shown to work – “The Recipe” A Comprehensive Approach to Mental Health Wellness**

Peer Support: Recognition of the behaviours of and language of a person who may be experiencing some level of an episode.

In behaviours things like ruminating on the past. Exaggerating the meaningfulness of mundane things. In language words like Trust, Blame, "I wish", or absolutism like "everything is wrong", "no one understands“

Listening and attempting to understand with a experienced ear.

Allowing free, open and confidential dialogue.



## **What has been shown to work – “The Recipe” A Comprehensive Approach to Mental Health Wellness**

These couple of key things have lead to positive change “in group”, it's important to note that these do not require extensive resources on the health care dollar but can be realized in building an army of understanding. Building on training of front line staff and utilizing peer support as people with lived experience.





# Mental Wellness



#BetterDaysNL #CC4MHNL #time4change



# Better Days Support Society

Support for Newfoundlanders and Labradorians dealing with Mental Health Concerns

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July						
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