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The following items are from various sources relating to Mental Health.

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Dear CAMIMH members,

We have a lot of exciting events underway. Please see attached and below a list of events. We hope you will all be able to tune into the Faces press conference and Champions virtual awards ceremony.

For the Champions ceremony, we would be happy to include short congratulatory messages (can be selfie videos filmed on your phone) from our members. If you are interested in sending one in please let us know.

Thank you everyone.

### **Faces of Mental Illness**

- Press conference (unveiling 2020 Faces) – Wednesday, September 30<sup>th</sup> at 11 a.m. EST via Zoom

### **Champions of Mental Health**

- Champions of Mental Health Virtual Awards Ceremony – Tuesday, October 6<sup>th</sup> at 6 p.m. EST
- Registration information available here: <https://www.camimh.ca/champions-campaign/>

### **Mental Illness Awareness Week**

- MIAW – Week of October 5<sup>th</sup> – digital campaign and media campaign

### **Advocacy**

- Hill “Day” – Teleconference meetings beginning around MIAW
- Calendar with specific meetings and times to come

Go to the [website for more information](#)

## CNA Substance Use and Addictions Program Think Tank Meeting

Sarah Flogen, CNA's Project Lead, Substance Use and Addictions Program (SUAP) will be holding a virtual Think Tank meeting regarding her work on SUAP. This meeting will be taking place on Wednesday, **October 28 from 12 – 4 pm EDT**.

Please indicate your interest in attending all or part of the sessions by clicking on the following [link](#).

Additional meeting information and invitation will be provided to those who will be attending the meeting.

If you have any questions, you can contact Sarah Flogen at [sflogen@cna-aiic.ca](mailto:sflogen@cna-aiic.ca).

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## Online Study – Moral Distress and Well-Being in Health Care Workers during COVID

### Study Description

“We are looking to understand moral distress with relation to health care workers' experiences, well-being, and perceptions of health care in the wake of COVID-19.”

This study will examine the moral distress and well-being of health care workers (HCWs) during the COVID-19 pandemic using online surveys. Participants will complete questions pertaining to their role in health care, workplace pandemic responses and encounters with moral-ethical dilemmas, and psychological distress. Results of our longitudinal study can be used to protect HCWs' well-being during and following health emergencies, to guide policies, and to prepare for future emergencies.

Please read these two documents before proceeding to the Survey:

[COVID-19 Veteran and Spouse Wellbeing Survey – Letter of Information baseline](#)  
[Moral Distress in Health Care Workers – Letter of Information baseline](#)

To view the information on the Twitter link, [please click here](#).

If you wish to participate in the survey, please click [on the link](#).

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