



“Social Support”

At its simplest, you can think of social support as the extent to which you feel yourself supported by others.

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“Social Support”

People have social support networks of different sizes. Social support also includes various groups or networks, including people from work, family, and friends from different parts of a person’s life.

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“Social Support”

We sometimes pick from our respective social networks the people who will “be there for us” and as a result, those who help us experience better health and well-being.

Social support can increase feelings of acceptance, connectedness, positive relationships, and feeling of “mattering.”

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“Social Support”

Find more resources here:

For PSP:

<https://www.pspmentalhealth.ca/>

PeerOnCall: <https://www.oncallapp.ca/>

For Healthcare Workers:

<https://www.beyondsilence.ca/>

<https://healthcaresalute-soinsdesantesalute.com/>

For Families:

<https://www.pspnet.ca/en/for-families-of-ppsp>

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Glossary of Terms

Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and,
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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