

For an Emergency call 911, or Go to the nearest emergency room.  
 Mental Health Helpline: 1-877-303-2642 (24/7) Addiction Helpline: 1-866-332-2322 (24/7)  
 For Immediate Crisis Support: text WELLNESS to 686868

**Matchboxes**  
 "If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don't exist, then maybe we'll leave the world a better place than we found it."  
 -Russell Wilson

**NOVEMBER Health Promotion Days**

- |   |   |
|---|---|
| <p><b>Month</b><br/>                 Adoption Awareness Month<br/>                 National Career Development Month<br/>                 Lung Cancer Awareness Month<br/>                 Medical Radiation Technologists (MRT) Week<br/>                 November<br/>                 Fall Prevention Month<br/>                 National Domestic Violence Awareness Month<br/>                 Crohn's and Colitis Awareness Month</p> | <p><b>Day</b><br/>                 International Stress Awareness Day - Nov. 6<br/>                 World Adoption Day - Nov. 9<br/>                 National Child Day - Nov. 20<br/>                 World Kindness Day - Nov. 13<br/>                 National Career Development Day - Nov. 13<br/>                 International Day for Tolerance - Nov. 16<br/>                 National Parental Involvement Day - Nov. 19<br/>                 International Survivors of Suicide Day - Nov. 21<br/>                 National Adoption Day (Nov. 21)<br/>                 National Family Health History Day - Nov. 25<br/>                 World Prematurity Day - Nov. 17<br/>                 World Diabetes Day - Nov. 14<br/>                 International Day for the Elimination of Violence Against Women - Nov. 25<br/>                 Stomach Cancer Awareness Day - Nov. 30</p> |
|---|---|
- Events marked with an asterisk (\*) take place on the same day every year.

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**STOP COLLABORATE LISTEN**

Are you or someone you know struggling to find mental health and/or addiction help?

Do you work for an organization that provides mental health and addiction support?

Do you have ideas about how the Mental Health and Addiction Navigator role can support the community?

Do you have feedback on the Sanitizer Newsletter?

**Connect** Mental Health and Addictions support  
 Email: [mhan@volunteergroupnprairie.com](mailto:mhan@volunteergroupnprairie.com)

**Read** Mental Health and Addiction Resource Hub:  
[How to Manage the Best Therapy to Improve Your Mental Health](#)  
[Delivering male Effective practice in male mental health](#)

**Train** Mental Health, Addiction and Wellness training opportunities.  
 Alcohol Use and Suicide (Nov. 12) - Webinar/Registrar  
[Lunch & Learn: Consumer experience of the recovery journey and long-term engagement with a rural mental health clinic](#) - Registrar  
 Cannabis Café Town Hall (Nov. 24) - Webinar/Registrar

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**Men's Support Group**

**Boys don't cry: Q&A with Alberta oilpatch worker on industry's mental health crisis**  
 Sharon J. Riley | Sep 12, 2019

**Can you tell me a bit about how you were feeling when you first started working in the oil and gas industry?**  
 I was optimistic. I was a 19-year-old kid. At the time, large projects were getting underway. There was a lot of work on the horizon and it seemed like there was a lot of money to be made. The amount of money I started making was atrociously more than I would make before 20 years as a lawyer. So that plan kind of got backburned.

**When did it take a turn and you realized that your mental health was suffering?**  
 My real realization for me was when I was working local, building a plant at Shell Scotford. I had had a relationship fall apart and had gone into work because, you know, that's what you do, as you're expected to do in the trades — you go to work, and whatever you've got going on outside kind of takes a backburner to your job. I went in and the contractor called my supervisor because I was sitting in the crane, kind of hiding in the back of the yard, and I was crying. They were like, "we can't have this guy crying in the crane. We just can't have that. These guys don't feel safe working with him."  
 So my supervisor came and got me and that's when I got my diagnosis of bi-polar disorder and had my first exposure to psychiatrists and drugs to control my bi-polar.

**Did you find it possible to talk to anyone at work about mental health?**  
 No. Heck no.  
 You don't share your feelings with people at work, especially as it was probably 12 or 13 years ago. It just was not something that you did.

**What don't people understand about what it's like to work in the oilpatch?**  
 People don't always acknowledge the mental hardships of being in camp, fighting for one wi-fi signal with up to 3,000 other people — and that really being your only window to the outside world. I still remember the first time I got a signal. Some of the camps are 3,000 or 5,000 people and they've got so many repeaters that you can go off so you're fighting with 3,000 other guys who are all trying to get a hold of their families. It's tough to keep up to date with what's going on at home. And if there's a problem at home you're not able to go deal with it. Especially on the hi-tech out jobs, you're scheduled to be there until a certain day — and they do not get out of their way to figure out whatever's going on with your life and get you home.

**What does the industry need to do to better ensure the mental health of workers?**  
 They are doing great things. It's becoming the corporate culture. The way things work in this industry is they've become corporate culture, and then 10 to 20 years later they become the actual culture because then you see the turnover of the old guard into the new guard.  
 It's also important today, and I was actually really encouraged, because right in the orientation room — the first room you go into when you come on site — there were pamphlets about mental health. It's definitely becoming more prevalent. But ultimately, supervision always has shareholders to answer to and the shareholders only care about one thing. As much as the corporate and field culture is changing, at the end of the day the money is what powers it all. I think it'll be interesting in the next five to 10 years, how much more prevalent these conversations are — but it also all depends on the price of the commodity.

\*Excerpt. Content Source: <https://thenaval.ca/boys-dont-cry-q-a-with-alberta-oilpatch-worker-on-industry-mental-health-crisis/>

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**Can "Oil Patch Marriages" Ever Work?**  
 By Debra Macleod | Updated 01/23/2014

Since the oil boom of the 1970's, many Alberta wives have called their separations "oil patch marriages" due to work rotations that require husbands to be away for weeks, months or even years. It is understandable how this physical separation can lead to an emotional disconnection between two people who are often leading separate lives.

It is an all-too familiar scene on oil and gas leases: a busy and dangerous job is underway when a key employee gets a call from his wife. Having spent weeks without him, she is lonely, emotional and stressed. The couple spends the next half-hour on the cell phone, as she tries to explain her feelings and the tries to call her husband's attention. The more he tries to explain, the more she becomes frustrated. She nearly spashes himself with acid. After the job, he connects a story about a family emergency and rushes home to try and save his marriage; however, instead of resolving anything, the distance, hurt and conflict between him and his wife only worsens. They fight about money, drinking, priorities, everything. Still upset, he leaves home in Grande Prairie to Calgary.

Soon after opening my practice in Calgary, and my satellite office in Red Deer, I realized I was quickly becoming the go-to person for couples struggling to make an oil patch marriage work. Like I say, there's a lot of wi-fi to get around. Some of the highest divorce rates in the entire country. It would be naive to think that the oil patch lifestyle does not factor into this. But it doesn't have to be this way. Oil patch couples can make their marriages survive and thrive. Here are a couple initial tips:  
 First, focus on reconnecting in an emotional sense. Do your best to understand what this is or be late.

during the days-on-rotation and show interest, support and appreciation for that. Tune-in to your family life and get on the same page in terms of parenting, socializing and sharing chores during days-off. Remove tones of contempt and criticism from your voice and try to your spouse in friendship and with affection. You may need to reconnect in a physical way, too. That's right, get busy in the bedroom. Lovemaking releases oxytocin, a "cuddling" hormone that can deepen feelings of affection and connection.

Second, focus on the pros of an employee sector career - primarily wages, bonuses, benefits and consecutive days-off - and approach the oil patch lifestyle as a team. Couples should establish guidelines for communication when a husband is on-duty; it is highly advisable to limit phone calls or texts during working hours, since this is often when conflict starts and a cell phone because of that. Black boys like us never talked about mental health.

If your marriage has serious problems such as broken trust, spending issues, intense hurt or an inability to communicate or resolve conflict, you may need professional marriage help before you are able to make up in a lasting way. My practice is a leader when it comes to oil patch marriages. I work with both private individuals and energy-sector companies striving to mitigate the costs associated with employee marital problems; however, in the end, you must be the expert in your own marriage.

It's up to you whether you become a divorce statistic or a success story. There is no doubt that an oil patch career presents its challenges and rewards. With the right skills and attitude, your marriage can rise to those challenges and reap those rewards. And I should know. I've been a happily married "oil patch wife" for thirteen years.

**Couples Counselling**  
 Find Help in GP

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**Becoming a father can negatively impact men's mental health: survey**  
 By Meghan Collie 1 | August 6, 2019

**Men's experiences as a new dad**

A new survey has found that becoming a father can be a more stressful, isolating experience than previously thought.

Conducted by Ipsos MORI on behalf of the **November Foundation in June**, the survey asked 4,000 fathers aged 18 to 75 in Canada and several other countries about their experiences as new fathers.

Of the respondents, who were also from the U.K., Australia and the U.S., 70 per cent said their stress levels increased in the 12 months after welcoming their first child.

Some 20 per cent of dads said they felt extremely isolated, too — 20 per cent reported losing a number of close friends in the same time period.

According to the results, new fathers also had a negative impact on their mental health. In fact, 70 per cent of respondents said they experienced at least one new negative health behaviour in the year after becoming a dad. This included everything from exercising less to gaining weight to drinking more alcohol.

The survey is based in Toronto, a consulting firm that specializes in helping organizations and individuals provide meaningful, measurable mental health support.

However, despite his knowledge of the mental health system in Canada, he still struggled to find support specifically for fathers after his second child arrived.

"I've worked in the mental health sector and I've been deeply involved for more than a decade," he explained. "The more barriers someone faces, if you miss a certain number of appointments, it was difficult to navigate. But even for me, finding help and resources was difficult."  
 "I think we do still see a significant amount of stigma," he said. "For men in particular, there's the societal view that men need to be the breadwinners, the survivors, the strong one in the family, so they can't express their emotions."  
 Although none of these stereotypes are true, they continue to prevent new fathers from opening up about their postpartum depression — even though the dangerous condition is a common issue for men. According to a recent meta-analysis of 43 studies, 10.4 per cent of new fathers experience postpartum depression within three to six months after a child is born. This stigma can make fathers feel excluded from postpartum care, which can leave the mental health impacts of becoming a parent untreated and left to grow more severe.

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**Need Family Support?**  
 T: 780-830-0920  
 E: [hubb@nprairie.com](mailto:hubb@nprairie.com)

**DADS SUPPORT GROUP**  
 October 27 - November 24 & December 29  
 8:00 - 9:00 pm via Zoom

Dads support one another and share their parenting experiences, successes and challenges.

Group offers information, referral & education.  
 To register email: [hubbcoordinator@gpffs.com](mailto:hubbcoordinator@gpffs.com) or call 780-830-0920

**What new fathers need**  
 "I think we need to do a better job of that from even school age. It's not just about the appointment, we're going to be equal parents," he said. "I think we need to do a better job of shifting that cultural difference. It's also just encouraging more discussion about how men are affected by mental illness more generally — something that has yet to be talked about on a large scale."  
 "How to actually identify what emotions you're feeling, what to call them and how to deal with them," Henick said. "Generally speaking, we don't do that conversation with 'boys and men.'"  
 Teaching boys how to be men must take parents into account. "I believe if that's what you can expect," she said. She believes it's crucial for the expectant father's support network to be honest about how all-consuming the first few years of parenthood can be — especially since this is typically something only taught to women.  
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