

IRINA CHARANIA



Name: Irina

Areas served: Calgary

Languages spoken: English

Can support in: Mental Health, Healthcare System Navigation

Availability: Mon – Fri; in-person and virtual; as mutually agreed with the client

Contact info: irina.rmhd@gmail.com | 587-432-7912

Limits/restrictions: I need to travel outside the province intermittently for work and to provide family support.

General description:

I am an explorer by nature, I prefer change and a good challenge to a predictable routine. I am an immigrant to Canada (30+ years ago), and most recently to Calgary (18 years ago). Yet, Calgary has served as the most stable home-base in my life journey. I come from a family with a predisposition for, and history of depression. While this history has seldom been discussed, especially prior to my own diagnosis close to a decade ago, it has greatly influenced my life journey. “We all have more agency than we realize” is what guides me in this work. In modern society it can be challenging to remember that we have any agency, and it is crucially important to remember that we do, and what our agency looks like in different contexts. My goal is to help each client identify and exercise their own contextual agency as the progress through their own life journeys. While our society necessitates that we speak about both mental and physical health as distinct elements I have always seen them as deeply intertwined, and whenever possible I say simply ‘health’. I aim to help my clients achieve and maintain their own optimal state of health.

What inspired you to become an RMHD?

Having been deeply intertwined with our healthcare system through my adult life, and walked my own mental health journey, I am excited by the opportunity to give back and potentially accompany others on their own journeys.

What values impact you as an RMHD?

Compassionate, advocacy support and listening

If you could change one thing about the mental health system, what would it be?

So much, and yet nothing at all. The system needs to change, but I am not sure that any one specific change can or should be imposed on it. I think it is helpful to consider the system through a relational lens. As we change the relationships that make up the system, the system will change – but I can’t yet tell you how, or into what. But, I am excited to explore what might be possible!

What are some other interesting things about you?

I have never felt like a particularly interesting person. I do enjoy exploring ideas, prompted by random reflections, fiction or non-fiction books, podcasts, current events, anything really.