



Jaxynne Brown

Name: Jaxynne Brown

Areas Served: Calgary, Alberta

Can Support In: Addiction (including but not limited to substances, poly-substance abuse, gambling, etc.), Mental Health (particularly anxiety and depressive disorders, OCD, PTSD, trauma, eating disorders, complex comorbid diagnosis, etc.), Indigenous support, LGBTQ2S+ inclusive, Court support, Child Services support.

Languages Spoken: English Availability: Days and Evenings (Flexible)

Limits/Restrictions: Not available overnight

General Description:

Jaxynne is a young, experienced mental health professional born and raised in Alberta. Jaxynne holds a bachelor's degree in psychology and comes to the Radical Mental Health Doula role with experience working in domestic violence, sexual assault responding, crisis line operation, court room advocacy, addiction, homelessness, and mental health. Jaxynne currently works with families who are experiencing or are at risk for homelessness due to an array of complex factors. Jaxynne has worked with children, adults, and families in the vulnerable sector and is passionate about advocating for those who do not yet feel empowered to advocate for themselves.

What inspired you to become an RMHD?

"The RMHD project aligns with my passion for mental health and advocacy as well as person-centered, trauma-informed practice. I have gone through my own struggles with my mental health both in my youth and adult life and understand the importance of natural and professional supports while navigating mental illness and other stressors. I have had some unique and disappointing experiences navigating the mental and physical health care systems for myself. The possibility that I might get to prevent some of these harmful interactions and experiences through advocacy for my clients and walking alongside them through these stressors with an additional mental health lens is something I would be honored to do."

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

"If I could change anything about the mental health system it would be the way that supports are so often disjointed for those seeking support. We often find ourselves telling our story one hundred times to one hundred different professionals and it is exhausting. I truly believe that having to do this and these harmful experiences within systems meant to help, is one of the main reasons that we go so long before seeking support and this needs to change."

What are some other interesting things about you?

Jaxynne spends her free time playing games, reading, watching true crime (or The Sopranos for the 300th time), snuggling her two cats, and hiking and swimming in the river with her friends.