



Maryam Shakir

Name: Maryam

Skillful and dynamic at helping people from: Mental Disturbance / Anxiety/ ADHD/ Social Anxiety and any type of stress.

Languages Spoken: Arabic/English

Availability: Agreed by both the Doula and client based on both availability and convenience.

Limits/Restrictions: No limits and no Restrictions to any activity, but feeling in peace is my ultimate objection.

Contact Info: maryam.shacker@gmail.com | 1-587-969-4333

General Description:

I was introduced to the Doula's project by a good friend, we both met at **Unit 21** in the hospital in the year of the pandemic. During my time stay there, I witnessed numerous human sufferings from Anxiety, Depression, Social Anxiety, Specific Phobia, Panic Disorder, Bipolar Disorder, Schizophrenia and their pain resonated deeply within me. **"We were learning together" about the main issue that brought us there; and this is how I was fascinated to help others. Rising all by unity from multicultural backgrounds and love unified us all together.**

What inspired you to become an RMHD?

My inspiration to become one of the first RMHD came through my good friend, and I found the real meaning to embrace the endeavor of humanity and extend a helping hand to others. I am extremely grateful and thankful as humans that we still have the capacity to make optimistic contributions to society and eliminate all of the struggles to create a brighter future for us and the next generation.

What values impact you as a RMHD?

The values of compassion, resilience, and personal growth have a profound influence on my involvement in this project. They guide me as I strive to make a difference, find fulfillment, and create a better future for myself and those around me

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

I do not want to challenge or change the system but I would suggest some improvement that could help people to heal from their mental suffering with more ease and comfort. I suggest that doctors should give more information to the people who are capable of handling this information, such as the primary caregiver about the situation of the patient and the patient's treatment. I hope that the government can provide a bigger sized facility and more spaces to comfort and educate clients as the walking areas are very limited and this can cause potential harm to the patients. Another suggestion is giving the patient a private place where patients can meditate and listen to selective music. Last but not least, avoid using visible cameras that drive the patient's emotion into suffering which can cause more harm than relief.

What are some other interesting things about you?

Aside from my involvement in the Doula's project and my experiences as a new immigrant, there are several other interesting aspects about me such that I am interesting in Multicultural Background, Language Skills, Passion for Learning, Creative Outlets and Volunteer Work.