



Michelle Martel

Name: Michelle Martel

Areas Served: Calgary Area

Can Support In: Various Mental Health challenges and concurrent substance use/misuse, food security, harm reduction, community reintegration, recovery, coping strategies, and Indigenous cultural/spiritual support.

Languages Spoken: English

Availability: Mon to Fri, 5 pm to 9 pm, Sat and Sun, 12 pm to 8 pm.

After-hours crisis support is available. Examples of a crisis where it would be appropriate to call after hours include but are not limited to experiencing suicidal thoughts or thoughts of hurting someone else, feeling overwhelmed, and needing support to identify coping strategies.

Limits/Restrictions: No children or youths.

Grassroots Doula Website: <https://grassrootsdoula.ca/>

General Description:

I am a Metis woman with 16 years of recovery behind me, and I work as a Peer Support worker on an Assertive Outreach Team. I support marginalized populations by recognizing the importance of housing first, food security, harm reduction, and community reintegration.

What inspired you to become an RMHD?

I believe all people should be valued and have the opportunity to thrive in a community where they feel accepted, no matter the circumstances. I break down the hierarchies by meeting people where they're at. I place personal bias aside and look through the lens of my lived experience of addiction, homelessness, mental health, and recovery strategies. I hope my recovery story can empower and encourage wellness in individuals with mental health challenges and substance misuse.

What values impact you as a RMHD?

To provide a compassionate, calming presence of companionship, non-medical support, advocacy, and education encompassing the four directions of emotional, mental, spiritual, and physical holistic sacredness for people falling through the systemic cracks trying to tackle complex health and social issues.

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

Wellness starts at the basics; shelter, nutritious food, access to health services, and safety. I would make a change by improving housing and shelters by utilizing empty spaces in vacated office buildings and units, so people may have a space to heal, store food and feel safe.

What are some other interesting things about you?

I completed the End-of-Life Doula course in 2022. Previously, I spent 12 years working as a licensed Funeral Director and Embalmer. I am a third-year student in the Community Rehabilitation Disability Studies program at the University of Calgary. I have two hairless dogs, and my most enjoyable moment is spending a quiet morning with a cup of coffee.