



Name: Noor

Areas served: Calgary

Languages spoken: English, Punjabi, Hindi & Urdu

Availability: I'm available Tuesday and Thursday mornings, Fridays, and weekends. Emergency support is available after hours for crises. Meetings will be scheduled based on the doula's and client's availability and convenience.

Contact info: noor.gill1@ucalgary.ca

Can support in:

Support can be provided in various areas, including pain and grief/loss, navigating unfamiliar environments, cultural adjustment, (post)traumatic stress, suicidal ideation, loneliness, mood disorders (such as depression and anxiety), attachment-based trauma and distress, both childhood and adult trauma, a wide range of mental health challenges, the journey of recovery, and strategies for coping.

General description:

I'm a second-year psychology student at the University of Calgary. I love exploring new experiences, whether delving into the mind or discovering the world. I enjoy learning new skills and connecting with people from diverse backgrounds. I believe that connecting with people enriches our lives and helps us grow. My journey with mental health has been a rollercoaster ride filled with both highs and lows. It has taught me resilience and helped me grow as a person. From dealing with the grief of losing my maternal grandfather to adjusting to new environments, whether in school or workplaces, or helping my loved ones through their mental health struggles and supporting them, I have realized that mental health support is crucial. I firmly believe that everyone should have access to mental health support, regardless of their obstacles

What inspired you to become an RMHD?

My personal experiences have inspired me to become a RMHD, and I am deeply committed to advocating for mental health. Radical mental health doulas can provide a safe environment for people to overcome their challenges. In society, mental health struggles are sometimes wrongly viewed as a sign of personal weakness, and this harmful misconception needs to be challenged. As an aspiring advocate, I aim to help marginalized individuals protect their interests and amplify their voices. As a psychology major, I have always been passionate about exploring mental health support systems and continuing to learn and grow in this field.

What values impact you as an RMHD?

As an RMHD, I firmly believe that empathy, courtesy, fairness, compassion, and advocacy are essential to positively impacting the people we serve. By embodying these values in everything we do, we can create a safe and supportive environment for those in need.

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

While our mental health systems endeavour to meet people's needs, I believe there are still significant gaps to address. Accessibility remains challenging, with many individuals encountering barriers due to expenses, availability, and long wait times. Moreover, the stigma surrounding mental health persists, often portraying it as a weakness or illness. This perception must be changed.

What are some other interesting things about you?

During my free time, I like to spend time in nature. It helps me feel grounded and appreciate the beauty around us. Exploring mountains and hiking over weekends is something that I really enjoy. I also find long drives to be therapeutic. Besides that, I love experimenting with cooking and baking when I get some free time. :)