

# Sharmaine Rosal



**Name:** Sharmaine

**Areas Served:** Calgary

**Can support in:** Various Mental health challenges (trauma, anxiety, depression, panic disorder), grief & loss, stress, coping strategies, resource connection, academic, and general support.

**Languages Spoken:** English & Tagalog

**Availability: In-person** - Mondays to Wednesdays (specific times can be set)

**Online/phone or text** - (Mondays to Fridays from 9 am to 10 pm)

**Contact Info:** rosalsharmaine@gmail.com | (403)458-2689

**Limits/Restrictions:** Meet-ups around the campus or accessible by transit if you prefer. I am happy to commute around Calgary.

## General Description:

Hi everyone, I am in my final year taking the Community Rehabilitation and Disability Studies Program at the University of Calgary. My background is as a Therapy Assistant for three years, working alongside and supervised by an Occupational/Physical Therapist at a secured facility. I am eager to grow my career further in rehabilitation and mental health, building on my experience to make a positive impact in these fields.

## What inspired you to become an RMHD?

I have faced personal mental health challenges since childhood. Drawing from my lived experiences, knowledge, and interactions with existing mental health support systems, I aim to empower others by ensuring they feel seen, heard, and understood.

## What values impact you as an RMHD?

I value respect, consent, empathy, inclusivity, and the importance of meeting individuals where they are in their journey. By offering compassionate, nonjudgmental support, I can help individuals navigate their mental health path and advocate for their needs in a system that often overlooks their voices.

## What would it be if you could change anything about the mental health system?

I would work toward reducing stigma by fostering environments where open conversations about mental health are normalized, and individuals feel empowered to seek help early, without fear of judgment or discrimination. A mental health system rooted in empathy and understanding would allow people to heal and thrive uniquely.

## What are some other interesting things about you?

I loved singing and dancing (I used to be a cheerleader), reading, and travelling. I am also very passionate about drawing and painting, which led me to co-found a small business with my younger sister. At home, I have two sweet and sassy cats who bring me so much joy.