



Name: Victoria

Areas served: Calgary

Languages spoken: English

Can support in: Various mental health challenges including estrangement, chronic disease, anxiety, depression, and bipolar disorder

Availability: Monday-Friday, crisis support is also available on evenings/weekends

Contact info: vamosher@ucalgary.ca | 403-540-9636

Limits/Restrictions: I have two young kids at home, so I may not always be available to meet in person on weekends/evenings in emergencies but will be available via text/phone.

General description:

I completed a PhD in Medical Imaging at UofC where I researched the impact that chronic disease has on mental health and the brain. Through my research I met a lot of wonderful people that felt like their mental health struggles were overlooked in favour of their chronic disease. I now work as a research associate exploring the brain in people with epilepsy and continue to meet people that are looking for a little extra support outside of the medical community.

What inspired you to become an RMHD?

I've always been passionate destigmatizing mental health challenges, but I know that our current system does not always empower people to feel like they can stand up for what they need by advocating for themselves. I was inspired to become a RMHD because it was the first time I've seen a role that was solely focused on meeting someone where they are and helping them to find the tools they need to access the resources that feel right for them.

What values impact you as an RMHD?

As a RMHD, I value compassion, empathy, informed choice, and curiosity.

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

I know from experience how hard it is to access the resources you need in an affordable and timely manner. If I could change only one thing about the mental health system, it would be to include mental health services such as therapy in the provincial health care plan so that everyone could access those services.

What are some other interesting things about you?

Last year, I finally fulfilled my lifelong dream of owning a horse! I also have a dog and two cats at home, and in my spare time I enjoy reading and trying to learn French.