

## Emerson Moved from Poverty to Possibility

Emerson suffers with mental health challenges, including paranoia. Imagine feeling like bugs were crawling all over you all of the time. Emerson scratched mercilessly leaving scabs all over her body, most noticeably on her face. She used heroin to cope and ended up living in a tent for more than 2 years.

With the support of Turning Point, Emerson was able to get into a treatment program. Her skin cleared, she was smiling and she did not exhibit any signs of paranoia. Sometime after returning, Emerson relapsed. Relapsing is a common part of recovery.

Eventually Emerson worked with the Red Deer Housing Team to get a new apartment. She now has a job and is visibly healthier. Emerson is a great example of the impact that having a home and a support system can make.

In any given year, 1 in 5 Canadians experiences a mental health or addiction problem ([Centre for Addiction and Mental Health](#)). It might be your neighbour, a colleague, a civic leader and most likely individuals who are homeless.

We understand that when someone suffers with mental health challenges a number of supports may be needed. This is why we invest in a number of programs that offer counselling, culturally sensitive healing, housing and employment supports. In addition we support the Bell Let's Talk initiative to end the stigma of mental health. You can help make a difference by visiting the [Bell Let's Talk](#) site and discovering the 5 simple ways to end stigma and start a conversation.