



January 23, 2024

Canadian North Partners with MHASO to Expand Mental Health & Addiction Support

Ottawa, ON – Canadian North, an Inuit-owned airline, today announced a new partnership with Mental Health and Addiction Services Ottawa (MHASO), expanding access to mental health and addiction support for employees. This initiative further strengthens the support available to Canadian North employees, addressing critical needs in the communities we serve.

Through this partnership, Canadian North employees will have enhanced access to assessments, counselling, and treatment for mental health and addiction issues. MHASO's expertise will provide accessible and effective care, adaptable to diverse needs, through on-site and virtual support options. This initiative also includes the option for Canadian North employees to refer services to others in their community.

"Mental health affects us all and often in silence," said Canadian North's President & CEO, Shelly De Caria. "This partnership with MHASO represents a significant step in empowering our employees to break the silence and address mental health and substance use concerns in our communities. Our commitment is to provide accessible and tailored support for our employees, while also considering the needs of their families and community."

"Northern communities are rich in cultural strengths and have a deep bond with the natural environment, however they frequently face challenges in accessing sufficient and prompt mental health and addiction resources," said Raymond Walli, MHASO's Manager of Operations, "We at MHASO are thrilled to announce our commitment today to Canadian North, its dedicated staff, their families, and the broader communities they support."

Canadian North remains resolute in its commitment to supporting the well-being of its employees, their families, and the communities we serve. This dedication extends to providing accessible and tailored mental health and addiction support for all, with a particular focus on the unique needs of Inuit and Indigenous communities.

If you or someone you know is in crisis: If you're in immediate danger or need urgent medical support, call 9-1-1. If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.



Media Contact

Annie Thomlinson
Manager, Communications
Canadian North
media@canadiannorth.com
(343) 551-0294

Raymond Walli
Office Manager
Mental Health and Addiction Services Ottawa
info@mhaso.ca
(613) 225-7272

Quick Facts

- Enhanced employee benefits: This partnership adds to the comprehensive health benefits already available to Canadian North employees, expanding mental health and addiction support services.
- Accessible care options: Canadian North employees can conveniently access services through online and virtual appointments, ensuring support is available regardless of location.
- MHASO's services include:
 - Detailed Assessments for identifying mental health and addiction needs.
 - Counseling Services: Offering both individual and group sessions. Diverse Therapies tailored to address specific mental health challenges.
 - Smart Recovery Programs: Equipping employees with effective recovery and coping strategies.
 - Crisis Management Support: Immediate assistance for urgent mental health situations.
 - Community-focused Emergency Crisis Management.
 - Inuit Women's Only Support Groups: Providing culturally sensitive and safe spaces.
 - Training Programs: Like Emotional CPR, to enhance emotional resilience and support skills.
 - Customized Programming: Specifically designed to align with Canadian North's unique workforce needs.

About Canadian North



Canadian North is a 100% Inuit-owned airline that connects people and delivers essential goods throughout Canada's North – safely, reliably and always with friendly and caring customer service. Canadian North Airlines services 25 communities within the Northwest Territories, Nunavik and Nunavut, along with Ottawa, Montreal, Edmonton, Calgary, and now extending its service to Nuuk, Greenland through an interline partnership with Air Greenland – with a versatile fleet of Boeing 737, ATR 42 and ATR 72 Freighter aircraft. Canadian North is also the premier charter services provider for large resource sector clients requiring dependable, efficient and economical fly-in/fly-out air service and it operates flights across North America and beyond for sports teams, cruise lines, tour operators and many others. Canadian North is wholly owned by Makivik Corporation and Inuvialuit Development Corporation.

About MHASO

It is our mission to provide individuals and families with assessments, counselling, and therapies to gain knowledge, understanding, and treatment for mental health and addiction issues. We endeavour to collaborate with all agencies, individuals, and service providers necessary to enable the best outcomes for our clients to reach their personal goals. The services at Mental Health & Addiction Services of Ottawa are provided by skilled clinicians who regularly participate in ongoing training.