

INTERROBANG

THE MENTAL HEALTH ISSUE

NOT OKAY

THEY ALL STARING AT ME

I CAN'T DO THIS

I NEED HELP

I'M NOT GOOD ENOUGH

I'M SO TIRED...

you ok?
no

~~I can't ask for help~~





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COVER:
Nina Hepplewhite

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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
Here we are again, diving head first into the topic of mental health. This issue is always cathartic, both for our writers and our readers. For our writers, it's a chance to speak candidly about our varied experiences and share the stories of others like us, who are fighting their own internal battles every day. For our readers, I hope this issue feels like a reflection of your own lives, a collection of stories that reminds you that you are not alone, and that there are resources here on campus and beyond that can help you through whatever it is you're feeling at this very moment.

In this issue, you will find features about mental health medication, group therapy, setting boundaries, and more. Reporter Emma Butler speaks with real Fanshawe students about their experiences with anxiety, while reporter Gerard Creces explores mental health in the trades.

As we journey through these stories, I want to remind you, readers, that you have the power to influence how mental health is treated and funded in your community. On Oct. 24, London will

hold its municipal election, with topics like housing, homelessness, and affordability top of mind for each and every candidate. This issue provides information on where and how to vote as a student, along with a detailed list of every candidate running for office. I hope you will use these resources to make a real difference in this city.

Improving mental health is just as much a personal journey as it is a communal one. We all must work together to ensure the safety, wellbeing, and happiness of all members of our community. I hope this issue inspires compassion and empathy in you, readers, as well as a hope that your efforts can truly change the way we think about mental health.

Sincerely,

Letters to the Editor: fsuletters@fanshawec.ca

How to vote in the municipal election as a student



Ben Harrietha (they/them)
INTERROBANG

The day of London's municipal election, Oct. 24, is fast approaching. Do you know how to vote as a student? If not, don't worry. We'll break it down for you.

If you're a resident of London already, then you should already be registered to vote. If not, the process is easy. As a representative from City Hall, Ashley Patterson, put it, "you can go to london.ca/checkthelist and you'll be able to click on a graphic that says, 'am I on the list?' And if not, you just register to be on the list. Simple as that and takes no time."

If you're not a permanent resident of London, however, the process is still relatively easy. You just have to make sure you're registered to vote through the site mentioned earlier, and when it comes to voting the day of, bring a piece of identification that has your name and address. This could be a lease, a transcript from your school, a document showing campus residence,

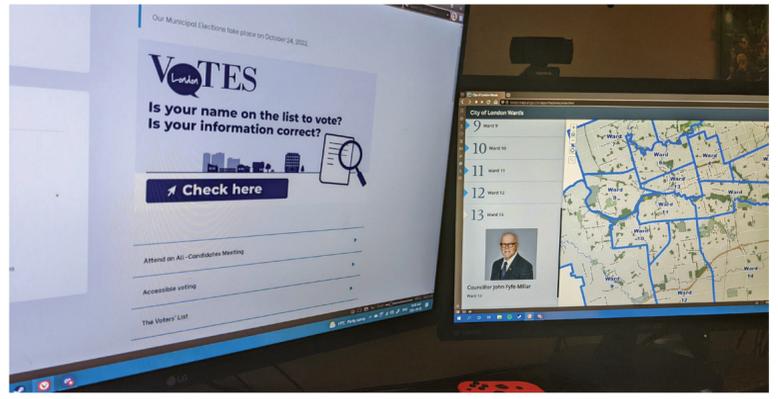
and many others. A full list of what documents are acceptable is available on the City of London website, under information for voters.

As for what ward to vote in, that's based on where you reside currently in London, not on where you go to school.

"So, students who live in Fanshawe residence would vote for their ward in the poll, which is Ward 3," said Patterson. "But if you lived downtown, for example, you would be voting for Ward 13."

Information on where to vote can also be found on the City of London website. Multiple advanced polling locations will be available from Oct. 8 to Oct. 15, including one at Fanshawe College on Oct. 11 in the Alumni Lounge in the Student Centre. On the actual election day itself, voters will head to specific polling stations in their ward.

Student turnout in the last municipal election was poor to say the least, with only 172 ballots cast at the advanced polls in the 2018 election. On the day of, only 13 ballots were cast. Students make up a large population of London, with Fanshawe having approximately 20,000 students, and Western having over 30,000.



Registering to vote in the municipal election as a student is quick and easy. CREDIT: BEN HARRIETHA

This year, London will also be returning to first-past-the-post (FPTP) voting after making the switch to ranked ballots in the last election. The provincial government put a bill into place which removed the option of ranked ballot elections for municipalities in Ontario. The switch back to first-past-the-post will cost an additional \$51 million on

top of the \$515,000 spent to implement ranked ballots in 2018. Ranked ballots allowed voters to mark their first, second, and third choice of candidate. If there was no majority, the person with the fewest first-place votes is eliminated from the running. The voters who had that candidate as their first choice have their second-place votes distributed

into the remaining candidate pools. This continues until one candidate has a majority. FPTP on the other hand, simply works on whoever has the most votes at the end of polling, wins the election.

More information regarding London's municipal election can be found on the City of London website under voter information.

Fanshawe hosts Truth and Reconciliation Week



Ben Harrietha (they/them)
INTERROBANG

To commemorate the National Day of Truth and Reconciliation on Sept. 30, a week of events were hosted at Fanshawe College. Lessons on how reconciliation looks in different settings, book signings, and talks on what is meant by "Indigenous knowledge," all culminated in a final event on the day itself, where the college shared what institutional actions it was taking.

Starting the week off, Anishinaabe and Haudenosaunee Knowledge Keeper, Liz Akiwenzie held a traditional opening at Kalihwiyo Circle. Akiwenzie is a Residential School survivor, as well as a grad of the Social Service Worker program at Fanshawe College. This was followed by a lesson on circular thinking and how it relates to the education system. The entire session was drop-in and conversational, allowing people to ask any question they may have had about what was being shared.

Later that day, a book reading and signing with the author of *Memory Keeper*, Dawn C. Hill was held. *Memory Keeper* is a collection of memoir stories Hill wrote about her family and childhood. On Sept. 27, ceremony maker and Fanshawe faculty member, Paul Petahtegoose taught more about reconciliation in education, specifically about what that would look like in a classroom setting.

On Sept. 28, a panel of speakers shared stories and examples on demonstrating reconciliation in action at Fanshawe College. The speakers included Tamara Visser, Mary Harrison, Debbie Watson and



Outside R Building at Fanshawe College, traditional medicine was brought around in a smudging ceremony as part of the week's events. CREDIT: BEN HARRIETHA

Rob Downie. The final event before the official day of Truth and Reconciliation was a Keynote by Raven Sinclair titled "Indigenous Knowledge and the Path to Reconciliation."

The presentation broke down what "Indigenous knowledge" actually means, along with the wisdom that comes along with that. Sinclair is Cree/Assiniboine/Saulteaux/Métis and a member of George Gordon First Nation of the Treaty #4 area of southern Saskatchewan. She has been a faculty member at the University of Regina since 2005, specifically as a full professor at the Faculty of Social Work.

On Sept. 30, Fanshawe shared some of the actions it's taking on an

institutional level. The college created an "Indigenous Action Plan," thanks to the Indigenous Education Council. Michele Beaudoin, Vice President of Student Services, shared some of the plans for the college going forward.

"We're making space for Indigenous voices and perspectives to be heard at the senior leadership table... We've also invested in community hubs, creating opportunities for individuals to start their education journey in community, placing more emphasis on authentic, learning experiences."

Indigenous people are also being consulted when it comes to construction at the college, including

the currently-under-construction Innovation Village. Kalihwiyo Circle was also built with this same guidance.

Beaudoin also shared how the 326 self-identified first year Indigenous students are being eased into the college process.

"The Registrar has been working with the Indigenous Institute team to ease that transition for students recognizing that Indigenous, students come to the college often with different kinds of experience than non-Indigenous students. They've been assisting pretty much case by case with these new enrolments."

Liz Akiwenzie, who delivered the opening ceremony on Sept. 30

as well, spoke on how things have changed at Fanshawe since she attended.

"I used to be here, 31 years ago. And if somebody would have said, this institution would acknowledge me, I would say, it would never happen in a million years. Because it wasn't the most safe and exciting place to be."

Akiwenzie added that she was glad she's been able to be a part of the positive change and reconciliation process in post-secondary institutions like Fanshawe.

"Maybe one day when my grandbabies come to this institution, they'll feel safe being who they are. So, I say miigwech for that."

CALL FOR VOLUNTEERS

Researchers at Robarts Research Institute need **volunteers** for a **research study** that only involves **two visits**, and **two blood draws** with three tubes of blood for each draw.

Our study will enroll **healthy participants** aged **18-64** with **no high blood pressure** or significant health issues from all races and ethnicities.

This study will provide data to **determine the normal result range for a blood test** called plasma renin activity which is an important guide in treating high blood pressure.

Thank you for your participation!

Participants may be reimbursed for time and inconvenience.

For more details please contact
Tisha
519-661-2111 x24442
tisha@robarts.ca

Everyone running for office in the upcoming municipal election



Hannah Theodore (she/her)
INTERROBANG

London's municipal election will be held Oct. 24, with advanced polling being held at Fanshawe College on Oct. 11. The election includes a vote for London's mayor, London's city council, and Thames Valley District School Board (TVDSB) trustees. All students with a London address are eligible to vote in the upcoming election, so we've compiled a comprehensive list of every candidate running for office, not including trustees.

Let's start with the mayoral candidates. There are no incumbent candidates running, however, Josh Morgan is a current City Councillor and acting Deputy Mayor of the City of London.

Candidates running for mayor:

- Brandon Ellis
- Daniel Jeffery
- Dan Lenart
- Norman Robert Miles
- Josh Morgan
- Carlos Murray
- Johanne Nichols
- Sean O'Connell
- Khalil Ramal
- Sandie Thomas

To learn more about each mayoral candidate, subscribe to the Interrobang YouTube channel, where we will be posting interviews with each of the 10 candidates running for mayor.

When it comes to City Council, London has 14 Wards with multiple candidates running in each individual ward. Fanshawe students will most likely be voting in either Ward 3 (the ward which includes the Fanshawe campus), or

Ward 13 (the ward which includes most of London's downtown). A helpful map on the City of London website will help determine which ward you should vote in, based on your London address.

Candidates running for council:

Ward 1

- Ryan Cadden
- Jannette Cameron
- Ken Fischer
- Oberon Goodden
- Hadleigh McAlister
- Julie Reynolds
- Kenneth Edward Saunders
- Michael Van Holst (Incumbent)
- Shirley Wilton

Ward 2

- Shawn Lewis (Incumbent)
- Mike Yohnicki

Ward 3

- Peter Cuddy
- Prabh Gill
- Ainsley Graham
- Saifullah Qasimi
- Bob Wright

Ward 4

- Raymond Daamen
- Jarad Fisher
- Colleen Murphy
- Sylvia Nagy
- Matt Nicolaidis
- Stephen Orser
- Susan Stevenson

Ward 5

- Connor Pierotti
- Jerry Pribil

Ward 6

- Mariam Hamou (Incumbent)
- Sam Trosow
- Becky Williamson

Ward 7

- Tommy Caldwell
- Sharon Deebrah
- Corrine Rahman
- Evam Wee

Ward 8

- Sarvinder Singh Dohil
- Steve Lehman (Incumbent)

- Colleen McCauley
- Patrick O'Connor

Ward 9

- Anna Hopkins (Incumbent)
- Mario Jozic
- Baqar Khan
- Jacob Novick
- Veronica Warner

Ward 10

- Claire Grant
- John Kuypers
- Kervin May
- Michael Mullen
- Paul Van Meerbergen (Incumbent)

Ward 11

- Paul-Michael Anderson
- Cole Fobert
- Skylar Franker
- Jeremy McCall
- Christine Oliver

Ward 12

- David Godwin
- Alexander Main
- Elizabeth Pelozo (Incumbent)

Ward 13

- David Ferreira
- John Fyfe-Millar (Incumbent)
- Alexandria Hames
- David Millie

Ward 14

- Steve Hillier (Incumbent)
- Sarah Lehman
- Danalynn Williams

The list of candidates for school board trustees is extensive and can be found in more detail on the City of London website.

Students are encouraged to use the advanced polls on campus on Oct. 11, which will be located in the Student Centre Building in the Alumni Lounge. You can use the advanced polls at Fanshawe no matter which ward you live in. Be sure to review each candidate running in your ward and visit our website for more information about how to vote.

Fanshawe's Open House returns



CREDIT: FANSHAWE COLLEGE
Current and prospective students can look forward to an in-person Open House, for the first time since 2019.



Kate Otterbein (she/her)
INTERROBANG

Fanshawe College is holding its first in-person Open House since 2019! Now that students are back in the halls, it's time to welcome future students as well. The Open House will take place Oct. 29 from 10 a.m. to 2 p.m. For current students, there are many volunteer opportunities at all campuses.

"We're really thrilled to be welcoming people in-person," said Anne Hamilton, acting manager of domestic student recruitment at Fanshawe. "For current students, it's a lot of fun to take part in the event. We'd love to have as many students as possible to be part of the day and sharing their experience with future Falcons."

Students can volunteer or attend the open houses in London, Simcoe, St. Thomas, Woodstock, and Clinton, and this includes locations at the airport, transportation centre, and downtown London campuses.

"As a college, we're such a big part of all of our local communities. People are really excited to be able to engage with our facilities, our faculty, and our students in person. It's hard to replicate that excitement and energy that takes place in the hallways of open house in the virtual world."

The expectation for the Open House is big this year, with many trying to make up for lost time. "We're already seeing some of the events that our recruiters are attending off-campus have higher numbers because, for the last couple of years, there's a whole cohort of students who haven't been able to engage with colleges in person."

For those who are unable to attend Open House, the student recruitment team is offering virtual presentations throughout the fall. "Open House is also a great opportunity for current students who are maybe taking a preparatory program or are considering postgraduate programs to explore another area of the college."

To volunteer, students can sign up at fanshaweopenhousefall2022.eventbrite.ca. For more information on the Open House, that can be found at fanshawec.ca/openhouse.

New wayfinding signage coming to Fanshawe



Emma Butler (she/her)
INTERROBANG

Starting Oct. 3, Fanshawe students will be seeing new wayfinding signs across the exterior and interior of the campus. The interior signage will be updated on all of the first floors in each building. The installation of all the signs will be completed by March 31, 2023.

Fanshawe has been working with Entro, a world leader in the field of branding and environmental design, to come up with the new wayfinding program. They built the new signage model focusing on how people navigate the campus and identify buildings.

Brian Bergsma is the manager of facilities planning and development at Fanshawe and he stated

why the college will be needing the new signage.

"The Oxford St. location has grown substantially since the current wayfinding system was implemented," Bergsma said. "New buildings have been added, expanding upon the labyrinth-like series of interconnected corridors linking the buildings. There have been requests from both students and staff for quite some time to see a better wayfinding system at the Oxford St. campus, and we wanted to ensure we remain current with accessibility needs."

The college has engaged with a wayfinding consultant to assist with clarifying the issues from the staff and students by hosting workshops and surveys. The consultants provided a wayfinding plan that was endorsed by the college leadership. For now, the new signage will only be at the Oxford St. Fanshawe campus in London, but the college hopes to spread it

to the other campuses across southern Ontario.

The campus will be divided into five sections called "zones" and all signs include a colour band so people can identify easily what zone they are in. Pathways will not be changing but signs of direction will be made clearer and easier for people to navigate through the campus.

"Signs will be more effective at directing people first to zones (a group of buildings), then to individual buildings, and finally to a specific room number," stated Bergsma.

The pandemic slowed down the ability to implement the signs, but they have overcome that obstacle and are beginning the new installations now. The college recognized the need to address ongoing requests for improved wayfinding, and to address accessibility needs through tactile signs at door sides.



CREDIT: FANSHAWE COLLEGE
The new wayfinding plan will see Fanshawe's buildings split into distinct zones.

"We received valuable input from students through workshops and surveys. Learning about the way students view their approach to the campus on arrival, and how they see the relationships between the buildings was integral to establishing wayfinding signage that would

effectively address concerns with the current signage system," Bergsma said.

Overall, the new signs will hopefully bring a new way of navigating through the campus. Keep an eye out for the new signage going up right now.

Slightly more normal: Being a bipolar student in my 40s



Gerard Creces (he/him)
INTERROBANG

If I could offer just one piece of advice to students today about living with bipolar disorder, it would be pay attention to your moods. Embrace your cycles, but don't let them define you.

Here's my deal – I'm 41, bipolar, and left a career in journalism behind to come back to school and learn carpentry. I've learned a lot about myself over the years – good, bad and otherwise – and want to let you know that a stable life is coming. It may take a while to get there, but that's perfectly normal.

For me, poor mental health and even poorer self-care led to many years of blunders and breakups, failures and fantasies. In retrospect, it was all cyclical.

Realizing that was key to managing my illness.

I was a mess in my late teens. My father's suicide just before I started high school left me far more messed up than I gave it credit for. A few years later, things started to surface – dark and scary things.

I was moody, erratic, withdrawn, extroverted, introverted, angry, and just plain lost. This was the late 90s, and I was about 18-19 years old. Most of my friends were off to post-secondary school or went straight into the world of work.

I stuck around high school for a victory lap. It was soul-crushing.

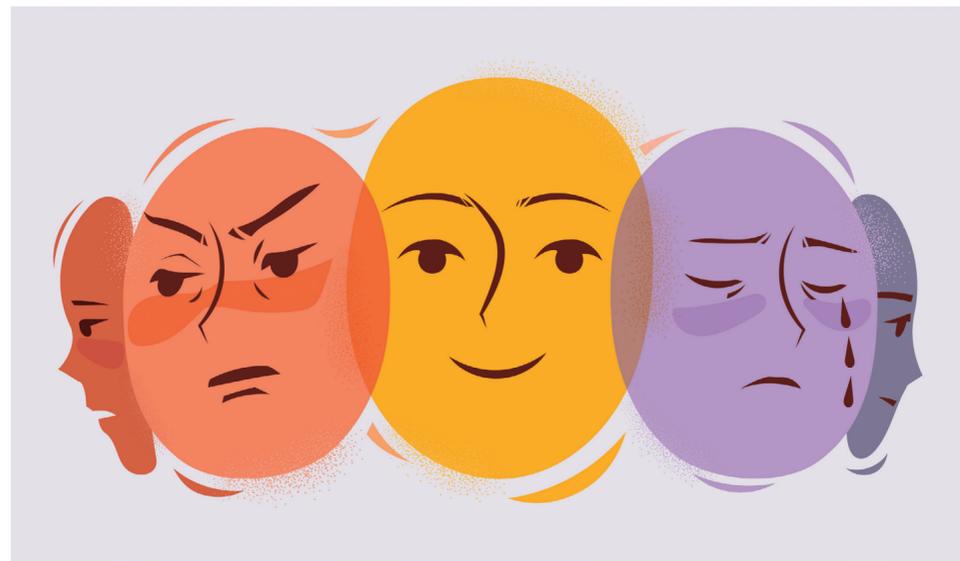
I talked to my doctor, and was put on medication. I felt like a complete misfit, and never told anyone about it. Given my tragic backstory, I was just another depressed teen to a lot of people. They were right, but also wrong.

Somehow, though, I made it through the year and was excited to come to Fanshawe for Broadcast Journalism.

When I first walked these halls at the dawn of the millennium, I had no idea that my crazy mood swings and boom-bust party habits were signs of bipolar disorder. It cost me a lot over the next few years – jobs, relationships, and even my diploma.

An extended stay on the psych ward and barrage of medications later, I was properly diagnosed. Turns out those anti-depressants were triggering mania and the subsequent substance abuse was triggering depression.

The cycle remained relatively unbroken for some time.



CREDIT: WOOCAT
Up, down, up, down, sometimes up and down at the same time. Being bipolar, the reality is the cycle will never stop.

Do you see the theme here? Up, down, up, down, sometimes up and down at the same time. Being bipolar, the reality is the cycle will never stop.

So what to do? Recognize. Adapt. Deal with it. Move on.

Nobody likes to hear "deal with it" as advice. I certainly didn't. However, the world won't stop for us just because we're bipolar. The goal is to make our absences from it shorter and shorter.

In this day and age (god, I sound old saying that), the good news is people are open to talking about their mental health. Even better, people are way, way more open to listening.

Society as a whole has moved on from "don't ask, don't tell," to genuine concern for one another's wellbeing. Believe me, this was not the case 20 years ago. Mental illness was weakness. It was a red flag for employers. It only happened to crazy people, and was only spoken of in hushed tones.

Bullshit. If you start to slide, talk to someone. In fact, talk to your close friends and family now, before things start to go wrong. They can help

you. I can tell you there are times when my partner notices I am slipping before I do. When that happens, we talk about it and I get ahead of the cycle.

Just remember not to be offended when someone you love notices your behaviour is out of the ordinary. It's the most helpful thing a person can do. The rest is up to us.

Now I'm at the point where I can say, "Yes, I'm depressed right now. But...it will pass. I can ride this out."

Or, "I can feel mania coming on. Maybe I'll stay home and out of harm's way instead of heading downtown to meet friends at the club or taking on extra work at school."

These days, my psychiatric visits are awesome. My appointments are mostly small talk because I've had nothing serious to report for years now.

I still get manic and I still get depressed. But now I recognize it early and adapt my behaviour accordingly so that it doesn't get out of hand.

If you are a young, bipolar student reading this, start keeping track of your mood swings. Keep track of your behaviour during

depressions, manias and normal times. See what is harmful and what is helpful.

Don't beat yourself up if you make mistakes. Own them, apologize if necessary, and move on.

The next time you spiral one way or the other, you can see it coming and try to slow down because you've been there before and lived to tell the tale.

Of course, you'll mess up. I have many, many times. Still do time and again. But, the consequences will be minimal, if any.

Each of us is all allowed to be depressed. We're allowed to be manic.

The goal, however, is not to be.

Know yourself. Understand that slip-ups are only temporary. Use mistakes as learning opportunities and when you feel yourself going under, take a step back.

I'm never going to be "normal," and neither are you. But I know myself better now, and love who I am.

It's going to take a while, but trust me – you'll get there.

Stability may seem boring, but it's also extremely liberating.

London needs to be better for pedestrians



Ben Harrietha (they/them)
INTERROBANG

I do not own a car.

This is a conscious decision on my part, as they're expensive. I can't afford the insurance on a nice vehicle and I can't afford the potential repair costs a junker would come with. On top of the cost of the vehicle itself, I'm under the age of 25, unmarried, and while I identify as a non-binary person, my license still has that big "M" on it. Insurance companies look at me and say, "Woe! \$450 a month for car insurance be upon ye!" (Not an exact quote but you get the picture). For the past three years, I've commuted through London as a pedestrian, taking the bus, skateboarding, or walking. It had its good and bad moments. I love walking downtown during the summer, the vibes there are immaculate. On the other hand, winter as a pedestrian sucks; no one will

argue that. With that experience, I say this in earnest: this city needs to do better by its pedestrians.

London is only walkable if you live in a few select neighbourhoods, such as Wortley, Downtown, or Cherryhill. Certain other areas are "walkable," in the sense you can physically walk to the closest grocery store, but it won't be pleasant. And the other neighbourhoods? Good luck.

For example, I used to live in Argyle. A major road in that section of town is Clarke Rd., which has four lanes total with a speed limit of 60 km/h. In order to get to my previous job, I would have to walk five minutes past the workplace in order to cross the road at the closest intersection.

It was also a 30-minute walk to the nearest grocery store. Again, the issue of having unsafe or no bike lanes at all is prevalent here as well.

The dangers of being a pedestrian are also something that weighs on my mind. Too many times have I had close calls while riding my skateboard down a non-separated bike line. Too many times have I had the

right of way while crossing the road, yet nearly been hit by a driver not paying attention on multiple occasions. Some would have been just bumps, but one instance had a large SUV nearly flatten me, due to the driver being on her phone.

Earlier in September, Fanshawe student Jibin Benoy was struck and killed by a driver while biking home from work.

The 29-year-old was an international student from India, planning on bringing his wife to Canada to start a life here. This is just the latest in a string of similar stories. Something needs to be done.

How many times can we see the headline "Pedestrian struck and killed" before we realize that this city has a problem? How many lives can be lost before action is taken to protect the pedestrians of this city? How many close calls can I have?

I'm not asking for London to ban vehicles, or to make driving in this city harder than it already is. I just want to know that when I leave my house to walk to work, it's not going to be the last time I do.



CREDIT: BEN HARRIETHA
Make sure to pay attention to pedestrians while driving. We don't have two tonnes of metal to keep us safe.

Religious faith and mental health



Michael Veenema
RELIGION

People who think about the relationship between religious faith and mental health point out that if someone believes in a punitive or angry God, he or she will be more likely to develop anxieties or become an angry person. Or, someone who believes in a far away God might become prone to detaching themselves from the real world as their interest in heavenly things and a future after-life grows. They could become a little out of touch with ordinary thinking, and ordinary people. For those who feel no attraction to a God, these potential negatives about religious faith are enough to scare them away from any consideration of faith or the spiritual.

However, the relationship between faith and mental health is much more complex, and I would say, hopeful. This is affirmed in a number of studies and in many articles. See for example a short article, *God Help Us? How Religion is Good (And Bad) For Mental Health*, in Live Science Newsletter.

For the rest of this column, I will be focusing on the impact of Christian faith on mental health. I leave it to others who have a non-Christian approach to life to describe how their world view or faith makes a difference to mental health.

And also, before I continue: I don't regard it very useful to lump all "religions" into one basket. Secularism, materialism, Marxism, feminism, socialism, atheism (ironically), and any number of other "isms" tend to be held with religious conviction. In addition, the differences between what are usually called "religions" are often downplayed. In my experience, even though different "religious" world views and ways of life address similar questions, the differences between them are substantial, and not able to be reconciled.

What then of the relationship between Christian faith and mental health? I myself grew up in a small Christian denomination

called the Christian Reformed Church. It was brought to Canada by the waves of Protestant Dutch immigrants who came to this country after World War II.

Early on I learned that the Christian faith is more than faith. It is also community. And it is a way of life. Here then are some of the ways that the faith, the community, and its way of life have positively impacted my own life.

For one thing, as I was growing up, each Sunday morning I would hear some version of the message that there is one God and it wasn't me. This, I think helps keep a person humble and properly oriented. It would be excellent if this message were more broadly heeded, say for example, by Vladimir Putin, or ego-centric celebrities, our family members, and our own selves. Knowing one's place can keep us from false pride, from anxiety that we have to get things right, and from hostile relations among family members.

I also heard, each week, some version of the message that I must "love my neighbour as I love myself." It is impossible to underestimate the positive impact of this teaching on mental health. It is rooted in the explicit teaching of Jesus Christ, and is echoed elsewhere. Its impact has been great on cultures where historically Christian theologians and philosophers have had a hearing. Doing good for others has a strong effect on a person's sense of identity and purpose. And, of course, it has an immeasurable impact on the people for whom the good is being done, such as those being rescued in the wake of hurricane Ian.

Then there is the transcending of fear. Christians are taught that they have access to the living God by way of prayer. This does not mean that all tragedies are prevented or that Christians don't experience fear. But it does mean that fear is much less a factor in the life of the believer because he or she understands that God may indeed send help, and that even if no help is readily seen, it may well be coming, though hidden for the moment.

One fear alone is worth mentioning: the fear of death – the fear of ultimate annihilation and the non-resolution of most pain and injustice. All people die, including Christians of course. However, at every Christian funeral,



CREDIT: FIZKES

The relationship between faith and mental health is much more complex, and I would say, hopeful.

the mighty words of Jesus Christ concerning death are read. "I am the resurrection and the life. The one who places their trust in me will live, though they die" (I may be paraphrasing a little). These words are backed up by the stories of half a dozen or more (temporary) resurrections in the Jewish and Christian Bibles. They are supported even more strongly by the multiple accounts of the discovery of the empty grave of Jesus and by the even more multiple accounts of his post-death appearances.

The list of Christian-based positive influences on mental health is too long to complete here and would require a book, at least. One more should be mentioned because of its significance. And that is the Christian assurance of the forgiveness of sins. When someone embraces the Christian faith, an awareness

of personal wrongdoing comes with it. Christians, however, are not meant to wallow in self-judgement. Nor are we fated to be imprisoned by the judgementalism that saturates the online world. With Christ, all is forgiven.

A young man in custody once asked me, Chaplain Mike, "Does God forgive people who have committed murder?"

"Yes," I said. God's forgiveness is there for the sincere asking because the price for our sins has already been paid. Perhaps you will write that book or develop a blog to cover the subject of this article. If you do, you may be able to teach us more about the positive impact on a person's mental health of youth group gatherings, adult worship, prayer, church camps, communal singing, the valuing of the creation, and the Christian virtues.

Interrobang Rewind: *Pinkerton* — Weezer



Ben Harrietha
(they/them)
INTERROBANG

As with most bands who became overnight successes, Weezer was not ready for the stress that came with being famous. In 1995, front-man Rivers Cuomo had surgery to lengthen his right leg, which left him using a cane and prescribed heavy painkillers. During lengthy hospital stays, his songwriting would chronicle Cuomo's loneliness and frustration with the lifestyle. This would lead to *Pinkerton*.

The album opens with "Tired of Sex," a song where Cuomo chronicles encounters with groupies, while contemplating if he'll ever find true love. The guitars on the song, and for the rest of the album, are much more distorted and abrasive than *Blue*. Cuomo mumbles the beginning lyrics before letting out an exhausted cry, before asking why can't he make love come true in a voice that sounds on the verge of tears.

The next song, "Getchoo" is not very deep, but is pretty rockin'. The harmonies during the verses are excellent, giving the simple song a little more depth. A short but shredding solo comes after the second chorus, before

wrapping up with a big crescendo. "No Other One" is about a toxic relationship between the narrator and his cheating girlfriend. He lists all the things wrong with her, before claiming that "she's all I got, and I don't want to be alone." The passionate vocals and sad chords paint a picture of someone in denial of the toxicity of their relationship.

"Why Bother?" is a little boring, but has some cool stuff going on, such as the rumbling bass riff. The chorus has some great riffs, with lyrics talking about how the fear of rejection is stopping Cuomo from entering a relationship. It's over quickly, and is at least enjoyable.

"Across the Sea" has aged like milk. It talks about a real experience of Cuomo's, where he received a fan letter during a period of intense depression and fell "in love" with the fan. Not even commenting on the musical content of the song, the lyrics just creep me out. I get it, the album is supposed to be raw and confessional, but lines about how he sniffs the envelope she sent, followed by wondering how the fan touches herself give me the shivers. Ugh.

"The Good Life" is a palette cleanser for me. It's a fun song that talks about how Cuomo can't wait to get back to the "good life" of partying, making love, and touring with his band. With an iconic opening riff and insanely catchy chorus that you just can't help singing along

to, this song is the highlight of the album in my opinion. "El Scorcho" is the follow-up, a song about the difficulties of dating. Again, another iconic riff is played, showcasing Weezer's talent at making catchy tunes. The chorus is another great sing-along one, where the narrator says he and the girl he's been talking about would make a great pair.

"Pink Triangle" is a song I'm deeply conflicted about. On the one hand, it's an incredibly well-made song, with catchy riffs and another great Weezer chorus. On the other, it has lyrics like "everyone's a little queer, can't she be a little straight?" I understand that the song is trying to portray the emotions that go along with finding out a romantic partner is gay, but it can give off a sort of "nice guy" vibe.

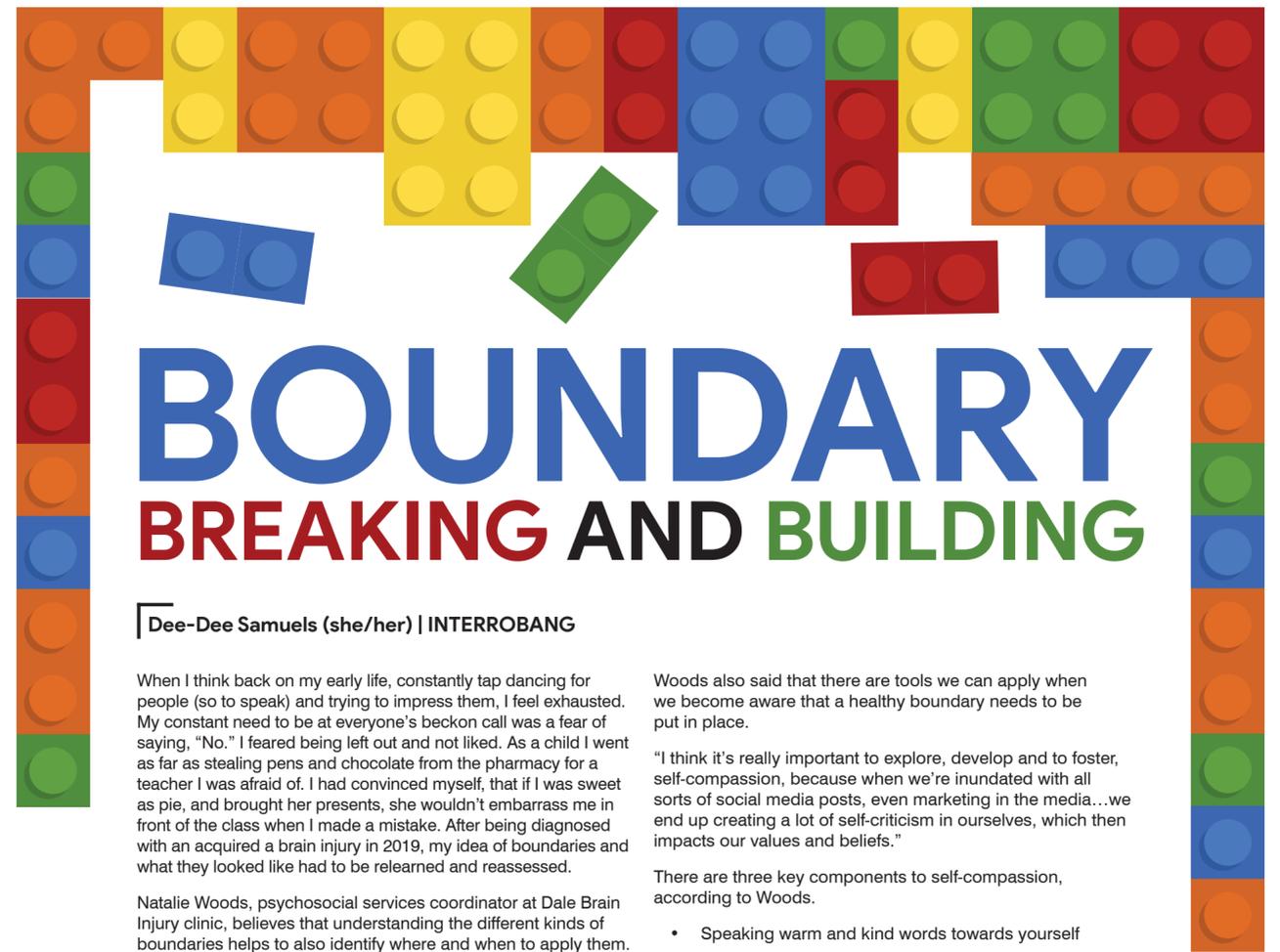
"Falling for You" is probably my favourite song off the album. Even while writing this, I was singing along to it. It's a sweet song about falling in love with someone. Especially after an album of self-loathing and believing he'd never find love again, Cuomo finding someone he can settle down with is a nice bit of catharsis. The closer, "Butterfly," is a gorgeous acoustic ballad. The song is sung from the point of view of the main character of the play the album is inspired by, *Madame Butterfly*. It's a really sincere song where Cuomo spills his heart to the listener, even if lines like "if I'm a dog then you're a bitch" irk me.



CREDIT: GEFEN RECORDS/ UNIVERSAL MUSIC GROUP

Pinkerton is Weezer's second album, and although some of it hasn't aged well, it's still worth a listen.

Back in high school, this album was one I'd listen to once a day. This has been the first time I listened to it all the way through since I was around 14 or 15. Do I still think it's as good? No, some of the songs have aged poorly and I no longer mesh with the entire vibe of the album as well. But it's still a great and sincere album that's worth a listen through, despite how difficult it may be.



Dee-Dee Samuels (she/her) | INTERROBANG

When I think back on my early life, constantly tap dancing for people (so to speak) and trying to impress them, I feel exhausted. My constant need to be at everyone's beckon call was a fear of saying, "No." I feared being left out and not liked. As a child I went as far as stealing pens and chocolate from the pharmacy for a teacher I was afraid of. I had convinced myself, that if I was sweet as pie, and brought her presents, she wouldn't embarrass me in front of the class when I made a mistake. After being diagnosed with an acquired brain injury in 2019, my idea of boundaries and what they looked like had to be relearned and reassessed.

Natalie Woods, psychosocial services coordinator at Dale Brain Injury clinic, believes that understanding the different kinds of boundaries helps to also identify where and when to apply them.

"There's unhealthy boundaries, rigid boundaries, porous boundaries and healthy boundaries," Woods explained. "Rigid boundaries are those that are black and white: 'I need to keep myself safe at all costs,' 'I will never ask for help,' 'I'm going to do everything on my own,' 'I can't show emotion to other people because then will think that I'm weak.' Porous boundaries are things like oversharing, doesn't say no to anybody, says yes to everything, over involved with people's problems. Healthy boundaries are things like: can communicate needs, accepting when other people say no."

Woods added that "most people have a mix of these different boundary types." Meaning, someone might set healthy boundaries at work but in romantic relationships, might accept disrespect out of fear of rejection.

You teach people how to treat you. I heard that on *Oprah* once, and it stuck with me. What was I teaching people about my boundaries?

According to positivepsychology.com, the definition of a healthy boundary is: a limit or space between you and another person; a clear place where you begin and the other person ends.

Woods said that a person's life and their sense of self-worth can be drastically improved by taking time to understand boundaries, and where they need to be applied.

"You need to be able to identify boundaries that you're willing to establish with another person, or with an employer or with social media," Woods continued. "It all begins with noticing how your mood, and your actions, and how you feel about yourself are impacted."

Today we live in a social media seduced society which feeds on blurred boundaries. According to Woods, it's our "feelings" that determine where and when it's time to set some boundaries.

"You might feel tired, anxious in your body about an interaction. You may start to have physiological responses that you associate with feelings like anxiety, fluttering in your stomach, headaches or body tension."

Woods also said that there are tools we can apply when we become aware that a healthy boundary needs to be put in place.

"I think it's really important to explore, develop and to foster, self-compassion, because when we're inundated with all sorts of social media posts, even marketing in the media...we end up creating a lot of self-criticism in ourselves, which then impacts our values and beliefs."

There are three key components to self-compassion, according to Woods.

- Speaking warm and kind words towards yourself
- Recognizing that everybody experiences difficult life events, so you're not alone
- Being mindful of opportunities for you to be self-compassionate

Woods explained that taking time to think about what our personal values are will help us understand how to nurture and strengthen them.

"Brainstorm ideas about who you want to be and how you want to view yourself," she said. "If hiking or listening to music is really important to you, but you feel this internal sense of expectations of yourself from others to respond to texts and emails immediately, you're taken out of doing those things that you really enjoy. You might want to take a look at establishing some boundaries around your own use of social media, emails and communicating through these types of media."

Developing a healthy self-identity is not easy. There really are a lot of moving parts. Woods advocated that students use the people and resources available to them to take the pressure off.

"It can come from a trustworthy person in your life, it could be a counsellor or a pastor. This stuff is kind of abstract and it's really hard when you're young and just beginning to explore the 'me' you want to be now and in the future. It's really nice and helpful to have somebody else to bounce ideas off of."

Think of it this way: when you leave your home, you lock your door. You would never leave your car unlocked. If you saw a friend or family member going through your phone or your backpack, most of us would have something to say about it. We react in this way because it's easy to identify the need to protect physical, inanimate items in our life like money or cars. Imagine if we protected our emotions and feelings the way we protect our bank cards, student cards or iPhones? Imagine what society would look and feel like if we all treated ourselves like a high valued possession?



HAVE AN OPINION? SUBMIT YOUR STORY!
Letters to the Editor: fsuleters@fanshawec.ca

TRAUMA IN NEWSROOMS: IS THERE ENOUGH SUPPORT?

Kate Otterbein (she/her) | INTERROBANG

As a journalist, a conversation that has been coming up a lot more recently within the newsrooms I work in is mental health. Being in such a demanding field, where you are constantly seeing or hearing about heavy topics, it can be hard to separate yourself from it. But, in the past, this hasn't been a topic of conversation for journalists and it's one that has to happen.

Trauma and post-traumatic stress disorder (PTSD) can come from anywhere. But, it isn't seen that way. The number one example people often think of is a soldier coming home from war. They obviously have seen some very scary, traumatizing things. But, according to Shirley Porter, a registered psychotherapist, counsellor, and coordinator of counselling services at Fanshawe College, other things can trigger that from a secondary perspective. This is something Porter explored in an article she wrote on the topic.

"I guess I hadn't realized how many occupations were exposed to secondary trauma before I was writing it," Porter said. "There are a lot of people who could be exposed to trauma and not realize it and then not recognize the symptoms."

Porter has done a class in the past for the paramedic program at Fanshawe. This class turned into a whole mandatory course on critical incident stress, since these students will see very serious and potentially traumatizing things every single day on the job.

"One of the things that I would give the students was a list of potential symptoms to watch for, and that their loved ones could watch for in them. Usually, when it happens to us, we don't realize it. It's the people around us who recognize it first."

Porter said when speaking about journalism specifically, this kind of thing would be beneficial in newsrooms.

In 2021, the tragic hate-motivated crime against the Afzaal family happened in London. I was on morning newscasts that morning. I

woke up after going to bed before it even happened, to a text on my phone from my mother. She asked if I had heard about the family that was hit by a car. From there, it all continued to grow. Each hour there was new information found in the investigation. By the time I was done my shift, around noon, we had found out the police were suspecting it was a hate crime. At first, it just seemed like another day on the job. Something that I just had to deal with. But it wasn't. As the days went on where all of us on the summer team at Fanshawe's 106.9 The X were reporting on new information, the heavier it got. For all of us. It was so close to home and happened quite literally up the road from where all of us worked, and for some, lived. The fact that this happened so close was... unimaginable.

Even though it was so hard, our professors, Jim van Horne and Gina Lorentz were right there next to us, guiding us through this uncharted territory. At this point, we only had one year of journalism training under our belts. We were working with our professors, who said this was the hardest thing they had ever had to deal with in their *lifetime* as journalists. It might be a long-winded story, but they provided us with everything we needed to get through that terrible time. We had a safe space to talk about our feelings and what we were going through. If at any time we needed them, they were always ready and there for us, just a Zoom call away.

After everything we went through that summer, I can't imagine what it would have been like for the journalists who didn't have that. Especially those who are Muslim and then felt at risk of being the victim of a hate crime. There needs to be more conversations about this and I'm happy there is progress starting to be made.

"PTSD that goes untreated can last for years, decades, a lifetime, and it's very painful," Porter said. "Not only to the person who experiences it but to loved ones because they see a person hurting and having struggles

functioning in different areas of their lives. It doesn't go away on its own. There are therapies that have been shown to be effective in releasing trauma and allowing a person to not be triggered on a regular basis."

Porter said some people can relive that traumatic experience 100 times in a day, whether it be flashbacks, hearing sounds, or feeling a physical sensation. It would be hard for any person to function under that sort of stress and restraint. But, it's not anybody's fault if that happens.

"I think education is important, that people know what they're looking for, what could happen. It's not about character flaws or weaknesses. It's just like if you trip, you could sprain your ankle. It's a thing that happens in the brain and it's nobody's fault. It's when the brain and the nervous systems are overwhelmed."

Porter recommended for journalists and anybody else with a potentially traumatizing and heavy job for that matter, to get the help you need if this sort of thing happens. There are ways you can receive help and conversations you can have with your peers and colleagues to make sure everybody stays safe.

"You don't have to suffer unnecessarily with this. There are things we can do to effectively treat it and the sooner you get help with it, the less suffering you have to go through."

Remember, the more we talk about this in newsrooms, the better off everybody will be. It never hurts to check in with your colleagues every now and then.

If you or somebody you know are struggling, you can contact Fanshawe's Counselling and Accessibility Services at 519-452-4282 or at counselling@fanshawec.ca. Externally, the Canadian Mental Health Association Middlesex has a mental health crisis line at 519-433-2023 or 1-866-933-2023. More information can be found at cmhamiddlesex.ca/get-help.

HAVING A CONVESATION: MY GROUP THERAPY EXPERIENCE

Johan George (he/him) | INTERROBANG

So many things went wrong when I decided to go to university. Near the end of high school, I was balancing academic classes, with two to three extracurriculars at a time and sometimes working a part-time job. Far too much for a 17-year old. In addition, I was doing the Extended French program, and I was doing some upper level music courses as a "break" from everything else because I thought it would take my mind off the other mentally exhausting courses.

In the evenings, I committed my time to the Air Cadet program achieving the rank of Warrant Officer 2nd Class which was a lot of work; I was the cadet in charge of delivering the training curriculum to the squadron, organizing a hierarchy of instructors, maintaining training standards, creating and delivering resources and more. In addition to that, I was the drum major of my marching band, and both roles took a lot of time during the week to prepare and perform well at.

In the midst of all this, I hardly even thought about what I wanted to do after school. I thought I just wanted to do something I was good at and with some decent job prospects, so I chose to do Computer Science.

Fast-forward a semester and the last thing I wanted to do was be in front of a computer screen.

The pandemic had just hit at this point and university took a toll on me mentally and physically. I'd already been working above my limits for a year and here I was plunging myself headfirst into another high-effort commitment to balance. Not to mention I had a lot of friction with friends and family due to the expectations I had and the high degree of stress I was putting myself through.

Needless to say, after my mind and body failed me during university I tried to "slow down" and try web design, thinking that I just had to study something while I figured out what to do with my mood and energy. I quit the web design program after just a month and at that point I felt like I had no choice but to do something about my mental health.

Through a number of phone calls with my parents, hospital staff, and the local Canadian Mental Health Association (CMHA) I found myself in the outpatient wing of the Oakville Hospital for a program that might suit my needs. It was a little further than my closest hospital at the time but had less traffic there at the time and the people I spoke to recommended the hospital because the personnel were better trained for my specific situation.

That mental health group program was my first and it was an immensely influential experience.

I was encouraged to explore my situation, my thoughts, my feelings, and the circumstances around them. I discovered better coping mechanisms and explored different parts of my personality and needs with a group of people exploring themselves too.

We would all come in once a day for two weeks in a classroom-like setting and learn something new about mental health from trained therapists. There would be topics explored under mostly three strands, Dialectical Behavioral Therapy (DBT), Cognitive Behavioural Therapy (CBT) and Mindfulness. Every weekend we would plan something for self-care and after the weekend, we would review our weekend and set individual goals for the week.

There were classes on creative expression as a form of stress management, tools for productivity, and discussions on relationships.

We had conversations amongst the group members and the therapists related to each of the classes, how we might be able to use what we learned and I would occasionally hear some personal stories from the therapists or other members. The therapists always facilitated the conversations we had but most of us usually got the chance to speak and it was relieving to not be forced to speak if we didn't feel up to it.

What made this experience so different from anything I had experienced before was that at home I'd never been privy to such an environment. Even when I went to the hospital for a nervous breakdown a nurse told me I should be grateful for all that I had accomplished, that I should have stayed in my Computer Science program, that so many people never get the opportunity to study and earn what I may have earned if I completed that program.

It was unfair. It wasn't even a conversation. It was similar to conversations I would have with my parents years prior and those were never usually conversations. A conversation takes place when both parties can express their thoughts and opinions and there's back and forth. These types of "conversations" were more like lectures to me.

It's so easy to tell someone when they're down what they have to do to get better or that they're really lucky to have what they have or be in the position that they're in and that they should be grateful for everything. However, that ignores the issue nine times out of 10 and eliminates the conversation.

I think it's difficult for parents and kids from different generations to communicate when someone's depressed or someone's anxious because of the types of experiences we've had growing up and the way we deal with those things tends to be vastly different.

Social dynamics, job expectations, and familial obligations have changed over time in our society and what life was like back then isn't quite the same now and vice versa.

I tried to shoulder so much burden on myself as the youngest son in an Indian family because my parents are old, my brother is much more independent than me, and I was considered the academic one. It was implied but not explicitly expressed that I'd be taking care of my parents when I grew older and I'd shoulder many familial responsibilities expected of the golden boy in the family.

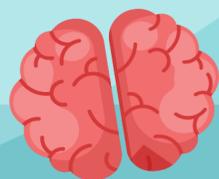
My interests and lifestyle were not more important than the greater good of the family and our family's status. This is a common pitfall in many Indian households. My choices sometimes felt like they were not mine to make.

Eventually I asserted my independence and my parents reluctantly respected that.

There's still so much work for me to do with my mental health and life situation day in and day out, but I wouldn't have discovered I felt these expectations or felt the need to assert my independence from these hidden expectations if I had not gone through the group program that I did and talked about it.

I'm planning to study music in the fall now but I hope that this a cautionary tale that it's important to have these conversations before your life snowballs out of your control.





TWO SIDES TO “GOOD” MENTAL HEALTH

Zoë Alexandra King (she/her) | Interrobang

It can be so easy for individuals to seek “good” mental health. However, this can have different meanings depending on if a person struggles with a diagnosis or if a person struggles without a diagnosis and experiences the occasional dark day. In both situations, there are strategies that individuals can use to increase a healthy mindset. Be that as it may, these strategies can sometimes look different to suit the needs of the individual. This feature is intended to remind and inform readers of the different strategies one can use to build a healthier mindset and highlight that what might work for one person will not always work for another.

Registered Psychotherapist and Social Worker, Shirley Porter said good mental health can be defined as functioning, and feeling good about functioning.

“It doesn’t mean we won’t have bad days or sad days, but it means that we are getting through it and we’re not doing things that are hurting ourselves or others intentionally or unintentionally because we aren’t coping well,” Porter said.

Porter discussed that an individual with a diagnosis can use strategies that a person without a diagnosis might also use. What might differ is that an individual with a diagnosis is more likely to have medical support and therapy to help maintain a healthy mindset.

“When people have a diagnosis, what we are always striving for is to manage it,” she said.

It is important to note, that if mind strategies aren’t enough to cope with mental health challenges, seeking medical support or counselling services can be the next step to achieving “good” mental health.

Porter also shared some of the strategies she usually recommends to students to maintain a healthy mindset. The first strategy that she mentioned was to directly address the problem, if that is possible. She expressed that it is important to speak with people who will be supportive or bring clarity to the situation and not to confide in someone who will use your situation against you and create an abusive environment. The second strategy she mentioned is to maintain mindfulness. Porter said that when the mind wanders, it is important to bring ourselves back to the present moment.

“If I see someone in my office and they are spiraling, I’m going to ask them to take a breath, as focusing on our breathing can get us back in our bodies, and reset,” Porter said.

She indicated that using our senses such as sight, sound, taste, touch, and smell, can help bring the mind back into the present moment. A third strategy that relates to maintaining mindfulness is “to ask ourselves what is being asked of me in this moment?” Porter said that taking one step at a time can help the mind from becoming overwhelmed. Another strategy that Porter discussed is making a list or a “tool kit” for people to look back at when feeling overwhelmed and seeing what strategies have worked in the past to change their mindset.

Kathleen Cothran, a 23-year-old resident of the Caribbean, shared some of the coping strategies she uses to manage her generalized anxiety and depression as well as obsessive compulsive disorder (OCD).

“Being present, grounding myself in moments of uncertainty, and when I feel like I’m kind of spiraling into an anxious state, I try to ground myself and tell myself that everything is going to be okay. Yes, bad things do happen but I’m living in the now, and right now everything is okay,” Cothran said. “Just because I have an anxious thought, doesn’t mean it’s going to happen.”

Cothran expressed the importance of finding what makes you feel happy.

“It can be reading a book that you love or putting in work for eight hours and feeling accomplished after,” she said. Cothran acknowledged that for her, staying busy and being productive throughout the day are both keys to giving her a sense of accomplishment.

“What I want to share with someone who is facing similar problems is: speak out. You can’t do it alone, no one can handle it alone, and you need a support system, even if it isn’t family,” Cothran said.

She added that having someone to vent to, who you can be your most authentic self with, is also important.

“Seek help, seek support, and try to help yourself the best you can. Small gradual steps are a big thing; don’t overwhelm yourself, just take it day by day.”

She shared that finding strategies to make you feel better in anxious situations, doesn’t always need to be therapy.

“It could just be watching videos on how to ground yourself or meditation,” she said.

Cothran said that although family members and friends may think suggesting different strategies can help, it can also be extremely overwhelming to a person who is already struggling. She suggested that friends and

family who want to be there for loved ones who are struggling with mental challenges, should remember to be an “open ear.”

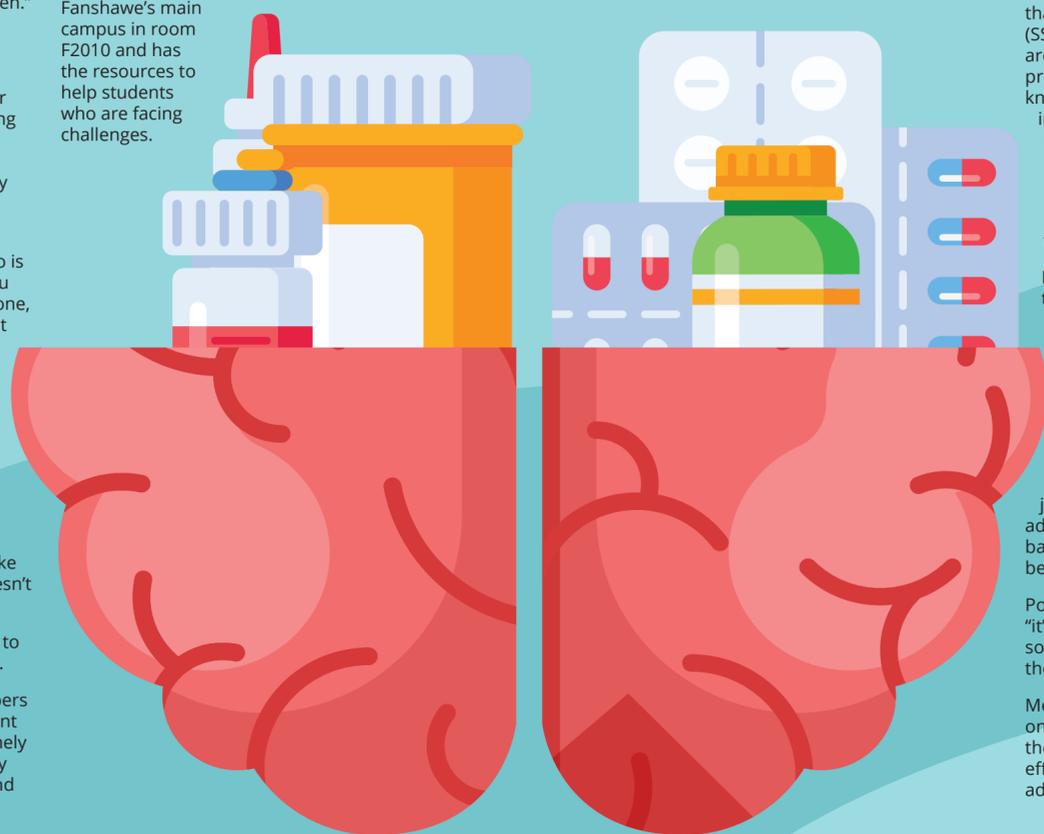
“Family just needs to be patient and judgement free,” Cothran said.

Cothran believes there is still a stigma with men sharing that they are struggling with mental health. She said that men also have struggles and that it should be acknowledged more by society.

“Statements such as, ‘a man has to be strong, a man has to be okay.’ No, everyone struggles,” Cothran said.

For Cothran, it is important for people to be mindful of another person’s mental state, no matter the gender.

To conclude, it is the belief of both Porter and Cothran that seeking support in trying times is beneficial to a person who experiences dark days, whether diagnosed or not. Porter reminded students that there are people to reach out to for help. Counselling and Accessibility Services is located on Fanshawe’s main campus in room F2010 and has the resources to help students who are facing challenges.



THE STIGMA OF MEDICAL TREATMENT OF PSYCHOLOGICAL DISORDERS

Adam Mantha (he/him) | Interrobang

According to a large-scale meta-analysis of 192 epidemiological studies, the vast majority of persons who will be afflicted with a psychological disorder, for example anxiety or depression, will have an onset of symptoms between the ages of 17 and 25. Given this age range, available medical treatment options for psychological disorders and awareness of the unwarranted stigma associated with them are an important topic for many post-secondary students.

There is a prominent view that psychological disorders are not physical afflictions and that they exist ‘all in the mind.’ On this view, ‘the mind’ is seen as an amorphous, and often mysterious, entity that makes up who one is as a person. As a result, medications that affect the mind are mistakenly perceived as unsafe and damaging to the core of who we are.

Those who hold this view believe things like depression and anxiety can be remedied solely by taking control of one’s own actions, thoughts, and emotions. They advocate, as the sole remedy for these afflictions, self-driven improvement such as attention to

diet, mindfulness, exercise, and positive thinking—those who cannot heal this way are considered weak.

“My clients often feel like it’s a character flaw or they’re not strong enough and that’s certainly not the case,” said Shirley Porter, Counsellor, Registered Psychotherapist, and Coordinator for Counselling Services at Fanshawe College. “These are often the strongest people I know, considering the level of symptomology they’re dealing with and how debilitating it can be.”

The ‘it’s all in the mind’ or ‘mind over matter’ views overlook that functions of the mind are inextricably linked with neurochemical interactions within the brain, and that the brain is a physical organ.

Most do not question the efficacy or safety of using prescribed pharmaceuticals for treatment of issues with organs such as the skin, heart, or pancreas, with the same skepticism, rigor, and sometimes incredulity, that accompanies questions about the efficacy and safety of medications for the brain.

The fact of the matter is treatment options that include serotonin reuptake inhibitors (SSRIs), mood stabilizers, and neuroleptics are in fact efficacious, and when taken properly, are safe. Even someone who knows this to be true may still have an intense aversion to medication being included in the treatment of their own or their loved ones’ psychological disorder.

This aversion is the result of the stigma associated with medications that act on the brain.

Porter said she commonly encounters three misconceptions about these medications. They are: that a person prescribed medication will lose an important part of who they are, become addicted to the medications they are prescribed, or be labeled as ‘crazy.’

These medications, when correctly administered and used in conjunction with appropriate therapy, do not jeopardize who a person is—they simply address the abnormal neurochemical barriers that get in the way of a person being who they are.

Porter noted that what people fear is that, “it’s going to make them into a zombie or somebody different and that’s not usually the case.”

Medications are gradually introduced to one’s system. Initial dosages are lower than the desired dosage to ensure minimal side-effects and to identify any that occur so that adjustments can be made.

Although it might take time to find the right medication due to adverse effects of others, when a patient’s response to medications is undesirable, Porter’s advice is to talk with their doctor to see if an adjustment in dosage or even a change in the specific medication prescribed will help.

The belief that one who takes these medications will be addicted is not accurate. Although abruptly stopping the medications in question can have negative effects, stopping these medications can be done safely and without these effects.

Just as the introduction of these medications is gradual, so too is the correct process of stopping them. Just because problems can arise when medications are stopped abruptly, it is not correct that this makes them addictive and that taking these medications makes one an addict.

For example, consider pills taken to regulate someone’s blood pressure. Although they are taken regularly and can cause harm if not taken, this does not make the medication addictive nor the patient an addict.

Perhaps the most prevalent of the misconceptions about psychological medications is that by taking them you are genuinely ‘crazy.’ The term ‘crazy’ can be used in many ways, but when it is used to describe a person, it means, by definition, that they are deranged (mad or insane).

The notion that someone is crazy is a generalization that belies black-and-white thinking about personal identity. The term does not track the truth of the human experience.

Consider that during a lifetime we experience and influence good moments, bad moments, and all kinds of moments in between. We participate in each moment in a multifaceted way. Different parts of who we are come out in different ways at different moments.

To be crazy is absolute, unchanging, and permanent. The only way the term applies to anyone is in a way that applies to all of us. Just as medication can improve the lives of those with an infection, heart disease, arthritis, or any other treatable condition, so too can medications for the brain improve the lives of those living with psychological disorders.



LIFE GOES ON:

Why explaining the war in **UKRAINE** is tiring, but necessary

Svitlana Stryhun (she/her) | INTERROBANG

The last few years have been difficult for people around the world. This year seems like a culmination of all bad things that happened during this period. But nobody had a worse experience than Ukrainians. Today they are fighting for their lives and trying to save their home even though they know their lives could end anytime.

Meanwhile, news of the atrocities taking place in Ukraine appear all over the world, every day. From Canada, we can only imagine how hard it can be to live through this. But there are a lot of people who have fled Ukraine since the war began to save their lives and the lives of their family members. Ukrainians who are trying to adjust to different countries around the world or even stay there for a long time receive a lot of questions concerning the situation back home. It seems like a normal thing, as it's not always possible to understand a real situation from the news, and especially because people from Ukraine can share a new perspective to the overall picture. But going through this personally, I learned that constantly educating people on my home country's status can not only bring up negative emotions, but harm you mentally as well.

During the first days and even months of war, it was important to make the world see that the conflict is real and Russia is acting as a terrorist state. Hospitals were burnt, children

were killed, hundreds of civilians buried in one mass grave. The world recognized it as a genocide of Ukrainian people. For me, this didn't feel distant at all but rather extremely personal.

Right after the beginning of the full scale war, I appeared on many different news platforms sharing the horrifying events happening in my country. At that time, I didn't really think it was real; in my head, it was just a nightmare and couldn't be true, even though I shared the pictures of destroyed buildings and burnt military equipment taken by my friends and family. But the situation was getting worse and I finally understood that when I go back to my home country, nothing will be as it was.

Once I realized that, every person reported dead and every bomb thrown on the country of my childhood, left a huge wound in my heart. All the plans to go back for vacations, to see my family, were ruined. And with Russians throwing bombs on civilian areas, I started doubting if I would ever even see my family again.

As I started getting tired, the world got tired as well. But through the desperation and fear, I realized – if I stop protecting my country rather than my feelings, I lose both as a result.

Every time I see Canadians who show interest in knowing the reality about the occupant war led by Russia, I immediately

explain to them what is happening. It is always better to tell the truth than let people wonder and create different versions. It is my destiny as a journalist. But there are also people who can't keep their emotions inside and grow depressed being far from home. It doesn't mean that the war hits us differently or someone is more worried. It only means that it influences us differently.

Now it's more difficult to accept that a lot of young people have left the country, and some of them will never return. For me, it means that I won't be able to see some friends ever again. Almost all my good friends have left for good to Europe or North America and I can't judge them. But it's especially hard to accept the fact that your reality is ruined. Your favourite childhood places don't exist anymore. Some of the people with whom you spent all your time last year will never be able to talk to you in person again.

This war not only destroyed our economy and our lifestyle, but it also took our normal life forever. There are difficulties when explaining to Westerners what happens in Ukraine, especially when some tend to deny any sort of Russian aggression. But it is essential to show and explain that the Russian federation is an aggressor that won't hesitate to take of all of Europe if Ukraine doesn't get the help it needs to protect itself and the whole continent.

Fanshawe staff, students share how to manage anxiety



Emma Butler (she/her) INTERROBANG

Most students have dealt with mental health issues before, and one that is very common is anxiety. There are many ways that anxiety can affect people's lives and health. Anxiety essentially means you are under perpetual stress, which can cause many issues with your health. It can have a toll on your digestive system, cause neurological and cardiovascular problems, and many more illnesses. It can also play a toll on your quality of life, relationships and addiction problems.

According to the National Institute of Mental Health (NIMH), generalized anxiety disorder (GAD) usually involves a persistent feeling of anxiety or dread, which usually interferes with daily life. People living with GAD experience frequent anxiety for months if not years. Some symptoms of this disorder include feeling restless, being easily fatigued, having difficulty concentrating, headaches, muscle aches, stomach aches, difficulty controlling feelings of worry, and sleep problems. There are different types of anxiety disorders, one being GAD, another is social anxiety disorder, and separation anxiety disorder. Within those other disorders there are many different types of symptoms that go with them.

Jeff Buchanan has been a clinical counsellor for over a decade and has been with Fanshawe for just over

two years. He explained how finding the right treatment is the best thing someone can do.

"There are many types of coping skills and counselling modalities that can be helpful," Buchanan said. "It can be dependent on what the individual finds most useful. However, learning how to calm the body and challenge the anxious thoughts are universally helpful regardless of how you manage these skills."

Ethan Justus is a Fanshawe student who has struggled with mental health and anxiety. He shared his story of how he found what works for him.

"Growing up, being a closeted gay man, it was really hard," Justus said. "I was always so confused with what I wanted and what was portrayed to me to be the 'right' way to live life. My anxiety developed because I was hiding a true part of myself, and getting judged and ridiculed for any feminine thing I did. My mom took me to Woodstock to an outreach program where I could just have a therapy session with a psychologist at no charge. She diagnosed me with [GAD] and was able to get me on some medication. It has only been up from there."

Outreach can help many people deal with anxiety and other mental health problems that they may face.

Another Fanshawe student, Gibson Szafran, uses a helpline called Reach Out to manage their anxiety.

"Without Reach Out, I don't know what I'd be doing. They have been a major support, absolutely amazing, every single time. Friends aren't trained to help you when you are in



CREDIT: EMMA BUTLER

Ethan Justus is one of many students who deal with anxiety, but he has found what works for him to improve his overall life.

the swirling, black hole of an anxiety attack. Reach Out is the single best (metaphorical) lifeline I have had in my life," said Szafran.

Szafran said they also use the five senses grounding techniques to cope with anxiety, box breathing, mantras, playing instruments, physical activity and music.

"It's very good to have varied and

different coping methods so when some don't work you have the different ones that possibly can. And it's good to have something that can completely occupy your mind," Szafran said.

Both Justus and Szafran have one thing in common and that is to talk about your anxiety and to reach out to others. Many people struggle with

some sort of anxiety, or will at some point in their lifetime.

"I recommend people focus on a balanced lifestyle where self-care is a focus and to encourage people to seek counselling or family doctor if they feel their anxiety is becoming unmanageable," Buchanan said.

Reach Out can be contacted at 519-433-2023.

Fanshawe security taking steps to help on-campus mental health crises



Gerard Creces (he/him) INTERROBANG

Mental health crises can hit anywhere and any time. For students, facing the stresses of juggling homework, class schedules and being away from home for the first time can all contribute to poor mental health. However, should they experience a crisis while at school, calling Fanshawe College Security could make a world of difference at a time when every second counts.

Mike Lukic is a special constable with Fanshawe College Security and a facilitator on the school's mental health first aid team.

This is Lukic's 12th September working at Fanshawe College. As such, he's responded to several calls over the years throughout campus and residences. He said the number of calls security receives for mental health crises has increased substantially over the past decade.

Part of that may be due to the de-stigmatization of mental health in general over the past several years. Another large factor, Lukic said, could be social media. People

talk now, and can reach out anywhere, any time as opposed to a decade ago.

"In 2011, mental health was there, but it wasn't necessarily talked about like it is now," he said. "It's more acceptable to a certain degree to be more open about mental health."

Still, the increase in mental health-related calls to Fanshawe College Security means more students are seeking help when in distress. Thankfully, the security team has a number of ways to help.

In extreme instances where someone is experiencing a mental health crisis, security can take them into custody and bring them to a hospital for proper care. It is not the same as arresting someone, Lukic explained. Rather, it's getting the person in crisis out of harm's way and into a place that can treat them.

Something that exists at Fanshawe that few people experiencing a mental health crisis receive in the general public is follow-up care.

Fanshawe has a dedicated counsellor to help students in crisis return to school, refer them to services that are available, and do what they can to ensure the student succeeds.

"We're here to focus on student success," said Lukic. "We have a vested interest to see those students

do well. If they're in crisis, we want to help. We want to help them get back here so they can study and succeed and get out there and represent Fanshawe."

Early intervention is key to avoiding a mental health crisis. As part of the mental health first aid team, Lukic's role is to educate others at the college to spot and assist students who may be in need.

The goal of the mental health first aid team isn't to diagnose and treat, he said, it's to ensure that staff can recognize students in distress and intervene early to see if they need help.

"It's not about identifying disorders," he said. "It's about seeing somebody that may need some help and utilize the skills you learn and the knowledge you have about the services we have and direct them to that."

"The more people we have and the more courses we have, the better the college is because of it."

The residence team is another crucial piece of the mental health response team. They have their own team and internal services for students in distress, but together with security and counselling, the safety net for students in crisis is wide and willing to help.

"You're in a good place if you're at Fanshawe," he said.



CREDIT: GERARD CRECES

Special Constable Mike Lukic with Fanshawe College Security said education and openness to talk about mental health are key to helping students in distress get the help they need.

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- Volunteer Opportunities

www.cmhatv.ca



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services

Workers in the trades slowly breaking silence on mental health



Gerard Creces (he/him)
INTERROBANG

Working in the trades has long been associated with toughness, masculinity, stoicism, and working as long as the job requires.

But trades work is also fraught with challenges and vulnerabilities, both mental and physical.

Addiction, depression, injury, family stresses – people working in the trades often have to carry these burdens silently or face the stigma of not being strong or tough enough for the job.

It's a stereotype that is ultimately hurtful when it comes to the dialogue on mental health.

For too long, workers in the trades have been reluctant to reach out and seek help. It's a long-standing stigma that, thankfully, is growing weaker by the day.

Rob Murison is the Program Coordinator for the Carpentry Renovation and Building Renovation Technology programs at Fanshawe College.

He said construction trades have long held onto a "performance at all cost" mentality, which creates strain on workers' mental health and makes them reluctant to open up about it.

"I think that's been a big part of the industry," Murison said. "People putting that pressure on themselves and people in management positions putting that on other people."

However, he added, that is changing.

For students entering the trades, he said one of the most important aspects

to managing your mental health is to seek help, and talk to a professional.

On the job site, he said, sharing what you are comfortable with your employer can ease any tensions caused by misunderstanding. A depressed or disconnected employee, for instance, could be misconstrued as disinterested in the job while in reality, they are experiencing routine symptoms of mental illness.

That doesn't mean the worker has to give all their intimate details, just enough to foster understanding between them and their employer.

"An employer can't discriminate because of that," Murison said. "And any employer that does – you don't want to work for them."

The Interrobang reached out to workers in the skilled trades for their perspectives on mental health in the workplace. Morale and mistreatment were two recurring themes. Note that in cases where an individual could face potential reprisal, only first name and last initial have been provided.

Jeff S. works in HVAC. Part of the strain being faced by himself and coworkers is due to a toxic work culture, and constant pressure from management to work faster and harder in light of fewer workers to get the job done.

"Some employers are brutal and mean to their people," he said. "Get it done, regardless." And if something goes wrong because you are rushing? That's your fault, obviously."

Low wages also have a toxic effect on the entire job site, he explained. Poor pay makes it hard to retain qualified people, leading to a revolving door of unskilled applicants and, ultimately, more work for the highly skilled tradespeople who



CREDIT: GERARD CRECES

Addiction, depression, injury, family stresses – people working in the trades often have to carry these burdens silently or face the stigma of not being strong or tough enough for the job.

have to pick up the slack. It leads to burnout, and burnout leads to absences, which put more strain on workers and the cycle repeats.

Steve A. is an electrician in London with a similar experience. He said during his apprenticeship it was common to be hired by a company for a long-term job only to be laid off after its completion and have to find work elsewhere before any benefits kick in.

It was a culture that put constant stress on workers hoping for job security.

"[There was] a real pervasive sense that the owners were using you to get rich while you struggled to pay the bills," he said.

The stress of the work led him to branch out to technical work in the entertainment industry, which he noted still has its stresses but is a labour of love.

The pandemic also contributed to the strain on workers' mental health. Work stoppages and layoffs wreaked havoc on many construction workers relying on hourly wages.

Now, companies are starting to incorporate mental health into their policy and procedure documents. Wages have increased. New hires are more attuned to the need for openness about mental health. The shift may be slow, but it is happening.

Murison said from his work with students, he can see attitudes changing about mental health, and a new wave of workers not afraid to talk about it.

That's good news for an industry long-associated with 'toughing it out.'

Grand Theatre exec pens inspiring new novel



Zoë Alexandra King (she/her)
INTERROBANG

Throughout the COVID-19 pandemic, there was an influx of individuals who felt the need for self-discovery and creativity. Dennis Garnhum, Artistic Director of the Grand Theatre in London, Ont. was one of the many people who searched for a sense of creativity during this time. Garnhum found himself hiking solo along the Camino de Santiago, documenting his thoughts throughout, creating

his very first memoir and travelogue, *Toward Beauty: Reigniting a Creative Life on the Camino de Santiago*.

"I walked the Camino because I was really struggling with the pain of leading a creative life and not being able to have the theatre here open at the Grand and do what I'm used to doing," Garnhum said. "I went to Spain to kind of re-centre myself."

Garnhum said that the hike consisted of 830km, which took him 32 days to complete.

"I would walk all day and think all day and then I'd go and record the thoughts," Garnhum said. "Every night I would write down

my thoughts. So that's when I realized, after a few days, this would be a great way to record my journey."

Garnhum shared that whilst the Camino is meant to be travelled "on your own," there are people from all around the world who are also taking part in the pilgrimage.

"You aren't alone, but you are on your own," Garnhum said.

Sometimes young college students can be so easily consumed by the day-to-day madness of everyday life. Garnhum reminded the students of Fanshawe to hold on to the feeling of invisibility and go after any elaborate dreams.

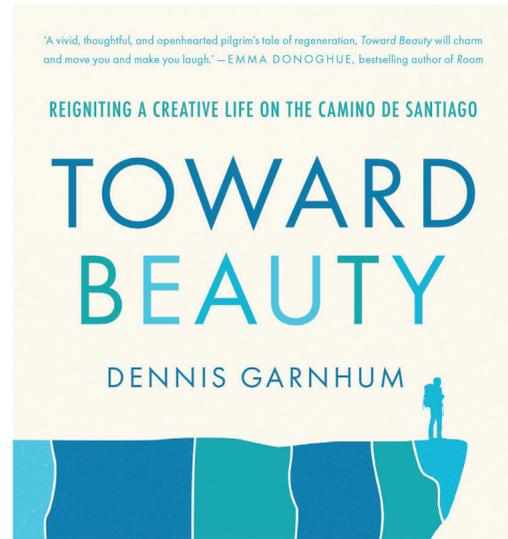
"I wrote this as a 53-year-old man and a big part of my story is to remember what it was like to be 20 and what it was like to believe that you could do anything, and everything was possible," Garnhum said.

Toward Beauty: Reigniting a Creative Life on the Camino de Santiago can have multiple impacts on readers, according to Garnhum; one being inspiration to hike the Camino, and another being reflecting upon life and creativity.

Garnhum admitted he was surprised by his writing a full novel for the first time.

"It was always a dream of mine, maybe one day to write a book. I think we all or many of us have that notion but the fact that I did it still surprises me that I completed the task," Garnhum said.

This book screams inspiration and



CREDIT: COMPASS PRESS

Garnhum's journey through the Camino de Santiago makes for a thoughtful tale that students will no doubt find inspiring.

creativity. Reading this book can encourage college students to take the leap and follow their dreams no matter how big and scary they may be. If Garnhum could embrace his journey through the Camino and allow so much joy and happiness to

flow through his life, why shouldn't you do the same?

Toward Beauty: Reigniting a Creative Life on the Camino de Santiago is available for pre-order on Amazon, and will be widely available for purchase on Oct. 11.

A pharmacy for the community of Fanshawe located in the Wellness Centre.

For hours of operation, please visit www.fsu.ca/pharmacy

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J1000

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Overcoming lack of motivation



Kate Otterbein (she/her)
INTERROBANG

I don't know about you, but I have been feeling so incredibly burnt out lately. Something tells me I'm not the only one. It gets old to hear every day, but yes. Everything is now "normal" after a two-year pandemic and the sheer amount of people out and about now can be so overwhelming. Not to mention going from being a hermit on a computer all day to now going to classes and jobs in person. It can be a lot. That's a long-winded way to say I'm tired. Really tired. But, that's OK.

If you are feeling this way and are struggling to find motivation, I've done some research that will hopefully help both of us out.

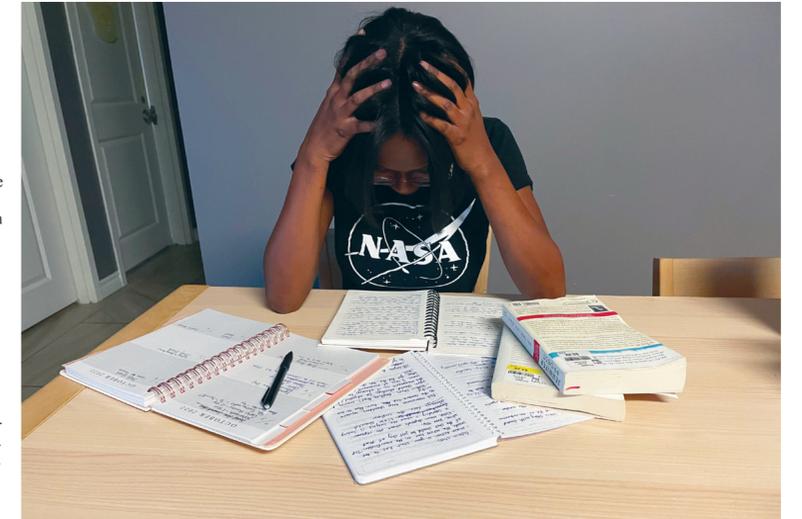
According to mentalhealth.org.uk, there's a list of things you can do to try and overcome a lack of motivation.

1. Break tasks into manageable chunks: This is always recommended when you have a lot on the go. It is such a great idea, but some people who tend to overwork themselves struggle to do this. But, if you break tasks up into one task a day leading up to your deadlines, it gives

you a bit of a break and will hopefully prevent complete burnout and not wanting to do anything.

2. Write down each positive thing you experience throughout the day: It doesn't even have to be every single positive thing. It can be one thing that made you happy; as simple as, "I saw a groundhog today on campus." Yes, that is a real-life example of my personal positives lately! Find those little gems in your day that make you smile. It can help to make an overall hectic and crazy day seem a little more manageable.

3. Give yourself credit for the small things you do: This! This is a crucial step in overcoming a lack of motivation. Some days, especially if you struggle with mental health issues like depression or anxiety, showering can be a lot of work and a great feat. It doesn't matter what others think, big or small: you did that. You got out of bed, you showered, you brushed your teeth, you had breakfast, whatever it might be. Celebrate that and give yourself the credit you deserve. Most of all, be gentle and kind to yourself. You're doing your best.



CREDIT: KATE OTTERBEIN

Now that classes are in person, it can be overwhelming running all over and then coming home to more responsibilities.

4. Have some 'me time': Read a book, watch some Netflix, or go for a walk. Whatever it is that makes you happy and enjoy yourself, prioritize that. Especially as you continue to stay busy, that time is crucial to stay motivated. These are just suggestions. You

don't have to follow them, but from personal experience, they do help to get back into the groove of things. If there's one thing you take away, it's to be kind to yourself. All you can do is your best. If you need help, there is help around the college within the Counselling and Accessibility team, your peers, or professors. Don't feel

guilty if you need to put your mental health first.

Counselling and Accessibility can be reached at 519-452-4282 or counselling@fanshawec.ca. If you're having a crisis, you can contact The Support Line offered by the Canadian Mental Health Association for London and Middlesex at 519-433-2023.

SUSTAINABILITY TODAY

Mohamed Ahmed Shariff (he/him)

High time mental health is made a priority

The key to a healthy life is not only physical well-being; mental well-being is also crucial and equally important. Mental health is affected by a variety of factors but is often overlooked. The elephant in the room is rarely addressed. There are many reasons behind this willful ignorance: stigma; access to mental health care; fear of discrimination; socio-economic and political factors; mental health awareness; lack of services and more.

Believe it or not, mental health conditions are very common. According to the World Mental Health Report (2022), about one in eight people have a mental health condition and one in every six cases of years-lived-with-disability is of a mental disorder. Anxiety and depression are the most common mental health conditions. The Comprehensive Mental Health Action Plan report states that "depression alone accounts for 4.3 per cent of the global burden of disease and is among the largest single causes of disability worldwide (11 per cent of all years-lived-with-disability), particularly for

women." — the numbers call for action and this is one reason why mental health is outlined in the Sustainable Development Goals.

Mental health infrastructure, resources and workforce are also underfunded, especially in low-income countries, compounding the issue, with great economic and social costs. It is estimated that between 2011 and 2030, the impact of mental disorders in terms of economic output will amount to \$16.3 (USD) trillion. The Global Mental Health Atlas (2020) reports that annual median government expenditure per capita on mental health was just \$ 7.49 (USD) and the government expenditure on mental health was just 2.1 per cent of the overall health expenditure. Although high income countries like Canada have better mental-health infrastructure, the scenario in low-income countries is appalling. Countries are bogged with issues from lack of absence of mental health services to availability of psychotropic drugs. According to the Comprehensive Mental Health Action Plan, in low and middle-income countries, 76 per cent to 85 per

Mental health and SDGs

Mental health is linked all 17 Sustainable Development Goals (SDGs). Here is a list of few SDGs and how they are linked to Mental Health:

SDG

1. No poverty
2. Zero Hunger
3. Good health
4. Quality education
5. Gender equality
6. Clean water,
7. Clean energy
8. Decent work

Links with mental health

Mental health conditions are linked to poverty
Food insecurity raises risk of mental health conditions
Mental health is integral part of good health
Those with mental health conditions have barriers accessing education
Risk from inequity and gender-based violence
Socio-economic deprivations and poor access to facilities create life stressors
Work practices and environments are determinants of mental health
Discrimination causes psychological stress
Climate change and environmental change cause human suffering and can undermine mental health

Source: World Mental Health report

CREDIT: FANSHAWE SUSTAINABILITY

According to the World Mental Health Report (2022), about one in eight people have a mental health condition and one in every six cases of years-lived-with-disability is of a mental disorder.

cent of those with severe mental disorders receive no treatment and "only 36 per cent of people in low-income countries are covered by mental health legislation," the figure for high-income countries is 92 per cent.

One of the determining factors in accessing the service is the workforce. In 2020, globally, the median number of mental health workers per 100,000 population was 13, an improvement from nine in 2017 — this number needs to be higher, and shows disparity across the globe: "The median number of mental-health workers was 40 times higher in the European Region (44.8 mental health workers per 100,000 population) than in the African Region (1.6.)"

The pandemic played a large role in affecting mental health. Mental Health Commission of Canada's Lockdown Life Headstrong Youth Survey says that "48 per cent of respondents reported feeling isolated or lonely" and 17 per cent didn't know where to look for help.

The issue of mental health is universal; around the globe there have been efforts to deal with it in the form of promotion and prevention strategies, tackling socio-economic factors and treatment and recovery methods. We must keep in mind that mental health conditions can occur in anyone, anywhere and at any time. If left untreated, they can have wider consequences.

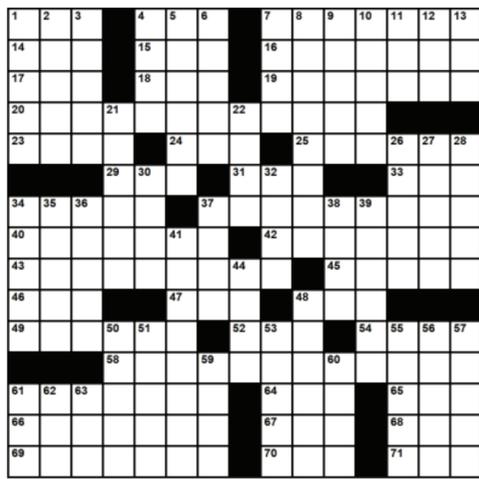
We need to develop empathy to understand the issue and be aware about the resources. The Dalai Lama has said that "the purpose of our lives is to be happy," and to achieve that we need a sustainable world, and that world can only be manifested if we all are healthy — both physically and mentally.

- Resources at Fanshawe:**
- fsu.ca/mental-health
 - Counselling services: counselling@fanshawec.ca
- Days to look forward to:**
- Oct. 13: International Day for Natural Disaster Reduction
 - Oct. 14: International E-waste Day
 - Oct. 21: SDGs Lab

CROSSWORD

ACROSS

1. "Poison Arrow" band
4. Slugger's stats
7. Try for a pin
14. Good deed preceders
15. Be that as it may
16. Calm, peaceful
17. Losing sch. in the second Sugar Bowl (Abbr.)
18. Possibly will
19. Iran-contra figure
20. Cuba or Puerto Rico, e.g.
23. Capital of Azerbaijan
24. Time being, for short
25. Capital of the Astara District of Azerbaijan
29. Eastern "way"
31. A.T.M. requirement
33. Auction action
34. Harold of "Ghostbusters"
37. Capital of the Netherlands
40. Title ship in a 1997 Spielberg movie
42. With "Waldorf," a famous hotel
43. Capital of San Marino
45. Like a parental lecture
46. Bard's contraction
47. Canadian military rank (Abbr.)
48. "Case of the Ex" singer, 2000
49. Capital of Turkey
52. Medbury and healthPro are examples
54. New Mexico art community
58. Device seen on many car roofs
61. Big name in TV talk
64. 1990's Indian P.M.
65. Gangster's gun
66. The Dalai Lama, for one
67. Hospital area (Abbr.)
68. Falsehood
69. Seafood delicacy
70. Spanish guitarist Fernando
71. European language



DOWN

1. Impromptu
2. ___ nova (Brazilian dance)
3. Make airtight
4. Sacred song
5. Entertain, as children at a library
6. "Funny Girl" composer Jule
7. Sharpen
8. Points from which light emanates
9. "___ World" (old segment on "Sesame Street")
10. Fragrance
11. Jewel box
12. Spanish article
13. Compass direction
21. Psychologist's study
22. Alarm clock toggle
26. Agassi of tennis
27. Asphyxiation cause
28. Campaign creator
30. "The Thin Man" canine
32. Golfer Aoki
34. Member of a Jamaican religion
35. With all one's might
36. Capital of Belarus
37. Took ___ (went swimming)
38. Online craft store
39. Spin
41. Rustic
44. Inoperative
48. Capital of Monaco
50. Dizzy
51. Moved quickly toward
53. Capital of France
55. Fish
56. Broadcasting
57. Fills
59. "The Last Days of Pompeii" heroine
60. Go sightseeing
61. "Now ___ theater near you!"
62. Barbecue offering
63. U.S. Federal money lender (Abbr.)

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			20	13																					

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WORD SEARCH



MENTAL HEALTH AWARENESS

Yoga	Mindfulness	Withdrawal	Isolation
Focus	Respect	Depression	Hobbies
Therapy	Grief	Balance	Sleep
Coping	Set Goals	Routine	Relaxing
Violence	Exercise	Anxiety	

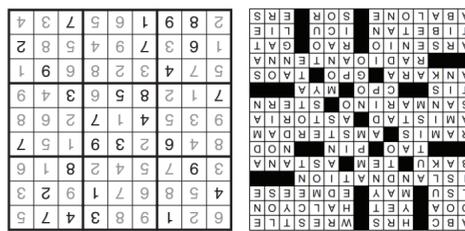
SUDOKU

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4				1		2		
	9				8			
		6		3	9			7
			4	7				
7			8	5		3		
		4					9	
	6	7						2
	8	9	1		7			

Puzzle rating: Very Hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

PUZZLE SOLUTIONS

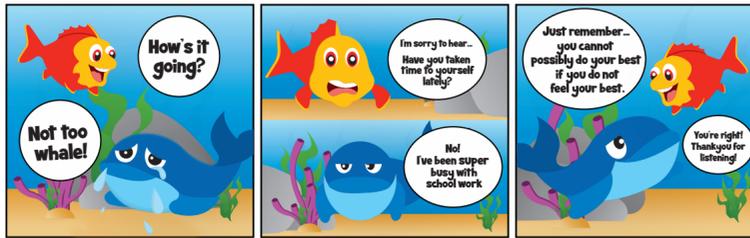


"If there is no struggle, there is no progress." — Frederick Douglass

Butt sweat n Tears by Andres Silva



Remember to take a Break



By Briana Brissett

Freshman Fifteen



By Alan Dungo

NOT NEUROTYPICAL

Always be willing to seek help if it gets too much to bear.



By Christopher Miszczak © 2022



Horoscopes



Aries

Relax over long weekend. Live in the moment and don't take life too seriously. Stay in tune with the universe and what matters to you most. Update your image and spend time with someone you love. Touch base with people you find mentally stimulating and you'll discover a project that excites you. Speak up and share your vision, and the response you receive will be exciting. You can celebrate, but don't go overboard. Romance is on the rise. Keep an open mind, but don't let anyone coerce you into something that isn't a good fit for you.

Libra

Take better care of your home, family and mental health. Too much of anything will turn into overkill that can work against you. Put your energy into research and discovering how best to use your talents to get ahead. You're in the groove on and should put your best foot forward. Socialize, participate, listen and observe, and you will make informative connections regarding something you want to pursue. Do things secretly if you want to stop someone from taking advantage of you. Stick close to home, keep your plans to yourself and finish what you start.

Taurus

Stop waffling over matters that require action. Be the one to stand up and make a difference. Change what isn't working for you while you have a chance over the long weekend. Take a practical approach to life and walk away from anger and negativity. Don't stop believing in yourself or your ability to bring about change. Speak passionately and be willing to follow through with your plans. A kind gesture will far exceed any suggestion you make. Be creative, use your imagination and give whatever you do a unique twist.

Scorpio

Stretch your time between school and home. Fulfilling your obligations will put your mind at ease and help you keep complaints to a minimum. Don't put limitations on yourself or others. Balance and integrity will make a difference in the outcome. Time is money, taking care of any promises you make will determine how well you do and the rewards you receive. Stick to a budget; if you use your ingenuity, you'll find a way to get what you want for a price you can afford. Make plans to have fun. Look for something to do that's entertaining and cost-efficient.

Gemini

Take the extended break to concentrate on education and figuring out what you want to do with the rest of your life. Don't let what other people say or do bother you. Do what's best for you, and don't look back. Take care of your responsibilities. Go beyond the call of duty to emphasize your specialties, dedication and overall value. Entertain those you want to have fun with, and you'll become a rising star. Indulgence will lead to trouble if you spend beyond your means. Know when to say no and do so without making a fuss. A kind word will make a complaint sound less offensive.

Sagittarius

Don't disregard a situation that irks you. Someone listening will share what you say, leaving you in a compromising position. Go about your routine and focus on inner growth and presenting yourself professionally. Reach out to someone who shares your interests, and you'll get answers to questions that determine the path you'll pursue. A short trip or adventure to oversee possibilities will spark your imagination. Don't decide too quickly; time is on your side, and a better deal will come. Be careful what you say. Sharing personal information will put you in a vulnerable position. Choose your words wisely.

Cancer

Reinvent yourself after Thanksgiving. Commit to what makes you happy and feels like a good fit and follow through. Make changes at home but get the OK from anyone affected by the alterations you put in motion. Delve into something that interests you and you'll discover something about your past or your ancestry that offers insight into something you want to pursue. Don't move out of desperation; make a change based on your needs and how much of a difference you can make. You'll make headway if you feed off what others do and improve as you proceed. Focus on health and fitness.

Capricorn

Look at every angle before you make a move or sign up for something new. Consider changing how you handle your responsibilities based on lifestyle. Be careful how much you take on or promise to do. Don't let anyone take advantage of you. Protect against anyone trying to get you to take on something you don't want to do or feel is detrimental to getting ahead. Think before you act. Look for a new and exciting way to use your talents to get ahead.

Leo

Refuse to let money problems bring you down. Consider what will brighten your mood and get you up and running at full speed. A pick-me-up will promote excellent stability. Live, love and laugh. You'll have a handle on projects that require research. Getting immersed in something that makes a difference or improves your surroundings or community will raise your profile and other people's awareness regarding something that matters to you. Before proceeding, take a moment to go over what's important to you. Nurture a meaningful relationship.

Aquarius

Put more time and effort into health and how you present yourself to others. Don't feel you have to overspend to impress others. Invest in yourself, your skills and your attributes. Do whatever it takes to be at your very best. Revisit pending problems and you'll discover something you didn't notice in the past. Make a couple of adjustments. Commit to someone you care about, and your offer will be well received. Romance is on the rise. Sharing too much about your finances, and health will work against you. Verify information before you make a commitment.

Virgo

It's up to you to change. Don't wait around for someone to make the first move. Size up your situation and implement whatever change is necessary. It's time to reinvent how you deal with people who use others. Put everything you can into working toward a goal. A physical response that gets the work done will fetch the most praise. Talk is cheap, so start doing and stop talking. Put work, money and getting ahead first and foremost. You'll gravitate toward the unusual, but before you give in to temptation or what others want you to do, question the validity and the outcome.

Pisces

Let your imagination run wild. Share your thoughts with someone with similar concerns, desires or long-term plans. Debates will lead to solutions and a better understanding of what's possible. Fix up your digs and plan to entertain. Kick back with friends, the talks you have will offer insight into your relationship with others and encourage you to nurture upbeat and advantageous connections. Distance yourself from people looking for an argument and align with those who offer positive feedback. Share your feelings with someone you love and trust to give you good advice.

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Falcons' shortstop Jenna McLean sets new OCAA record



Ben Harrietha (they/them)
INTERROBANG

On Sept. 11, Fanshawe Falcon's shortstop Jenna McLean set a new Ontario Colleges Athletic Association (OCAA) women's softball record for most runs batted in (RBI) in a single game, with eight. This breaks the previous record of seven, held by Kayla Gammie (Durham, 2014), Sarah Seirfried (Durham, 2016), and Haley Pearce (St. Clair, 2017).

McLean, who is in her second year of the four-year collaborative nursing program, said she didn't feel particularly "on fire" going into the game against Lambton.

"I had no clue, honestly," she said. "That game for me was actually really good. I hit an out-of-the-park

home run that day for the first time of the season. So, I was more just focused on that, I was so happy and proud of myself."

McLean added that she had no idea she'd even broken a record until after the game.

"My coaches actually came up to me afterwards, when we were driving home on the bus and told me I had broken a record. And at first I thought it was just a Fanshawe record and then saw, on the OCAA website that I had broken a provincial record. So it was just really surreal."

McLean helped propel the Falcons to a 15-3 victory over Lambton, going four-for-four at the plate, with three runs, two doubles, and a three-run walk off home run.

After some time to gather her thoughts on the record, the shortstop said she still feels ecstatic about the entire experience, stating she never thought she'd put her name out

there like that playing softball for her college.

"Looking back on it now, it's still a huge accomplishment for me. And I'm so proud of myself. My teammates always talk about it on the bench. And they're always encouraging me like, 'Oh, this girl broke a record.'"

As for if she has any other record in her sight now that she's gotten a taste for it, McLean said that while she likes the idea of another record under her belt, she needs to focus on other things right now.

"I haven't done a lot of research, to be honest, on this, on other records I could get. My batting average isn't too high right now, so that's all I'm kind of worried about."

McLean is also third in the league when it comes to total RBIs with 18. At the time of writing, the Falcons have gone 10-4 this season, with their last three games being two 6-0 losses against the undefeated St.



CREDIT: FANSHAWE ATHLETICS

The second-year nursing student went four-for-four at the plate during her record setting game against Lambton.

Clair Saints, and a 16-1 victory over the Sheridan Bruins.

Fanshawe will also host the

OCAA Provincial Softball Championship on Alumni Field from Oct. 20-22.

Reality TV bites, but it feels so good



Dee-Dee Samuels (she/her)
INTERROBANG

I'm feeling bad, my body hurts and I'm stressing to no end about how behind I am getting in school. COVID is real and I am trapped in its merciless grip; I find myself incapable of making rational decisions. There seems to be only one thing that alleviates this discomfort, a new experience for me. I, in my dilapidated state, have stumbled upon a program: *Love is Blind*, a reality TV series where people who want to be loved for who they are, rather than what they look like, date without ever seeing the other person. It's awful and trashy. It's so bad and I watched the whole series in one sitting.

Suddenly, everything is calm and the COVID calamity is anesthetized. I feel comforted and disgusted in myself all at the same time. Next is *The Ultimatum*. I'm hanging onto Nick and Vanessa Lachey's every word like it's manna from heaven. Then it was *90 Day Fiancé*, and *Is It Cake?* I heard COVID can leave you with taste disorders; but needing to watch an episode of *The Kar-crashians* was not on the list of symptoms I Googled.

What is it about this mind-numbing, plotless cacophony of human beings exposing their craziness, flaws, and neediness to the nation that I find so cathartic? Has it actually made me feel better about my own life? Kim Kardashian's hyperbolic reaction to being thrown into the ocean and losing both her \$75,000 earring (and her sanity) has given me a reason to get up in the morning.

Meg Howald, a professor at Fanshawe College, who teaches creative writing and a course called Reality TV: Changing Cultures addressed this salacious appetite for this form of entertainment.

"It's addictive (so say scientists), because bingeing releases dopamine (a neurotransmitter) which increases our pleasure levels (like any addiction)," Howald said. "These are what psychologists say about watching reality TV style programming: people are less lonely; people get addicted to other people's humiliation; addiction to the drama; addiction to the pleasure it brings."

Reality TV in today's world is a part of our cultural fabric. There is no turning back. It's no wonder why it has also crept into our college's curriculum. Howald believes it is an important topic to discuss and one which can offer up some telling insights about our human nature.

"I started teaching the course when I was on three reality episodes a while back: *Style by Jury* and *Untold Stories of the ER*... I designed the course so that students could create a culminating project involving a look-book proposal for an original reality TV show. They always come up with 'addictive content.'"

Reality TV is fun, but like anything that has an addictive nature, I am fully aware that I have to be mindful of my behaviour. Especially as I crawl into bed at 2 a.m., after "just one more episode."

Howald also shed some light on the dark side of reality TV:

- People encounter sleep disturbances and insomnia
- People are opting for poor diets (high on snack foods) and therefore complain of fatigue
- A more sedentary lifestyle is creating medical risks for developing heart disease, blood clots, social withdrawal, depression, and cognitive decline

According to Howald, the bottom line that applies to everything in achieving healthy lifestyles is balance.

Fall 2022 seasonal anime preview



Johan George (he/him)
INTERROBANG

Fall 2022 is a stacked season for anime, with a whopping 50 shows to watch this season and a combination of several high-profile original manga getting adaptations and popular shows getting additional seasons. Here are some top picks to watch out for.

1. Chainsaw Man

This is probably the most anticipated entry on this list. *Chainsaw Man* by manga author, Tatsuki Fujimoto follows the story of a man who forms a contract with a demon and gains the ability to transform parts of his body into chainsaws.

The season is poised to adapt the Doggy Crisis Arc and introduce a new furry member of the family.

4. Mob Psycho 100 Season 3

If you're a fan of *Mob Psycho 100*, there is much to love about season three coming this October. Originating as a webcomic by ONE (pseudonym), *Mob Psycho* is about Shigeo "Mob" Kageyama, a middle schooler who has psychic powers who is exploited by a con artist claiming to be a psychic for money by sending him to exorcise dangerous evil spirits. However, Mob has vast psychic potential and if his emotions run berserk, a cataclysmic event could occur and is implied to be, in fact, inevitable. Fans were hyped on Twitter as the studio leaked that one episode had 20,000 hand drawn frames for one of the fight scenes.

5. *Mobile Suit Gundam: Iron Blooded Orphans Special Edition*

Giant robots, badass fight scenes and political intrigue may as well sum up the popularity of the *Gundam* series. This season follows Suletta Mercury, a girl from Mercury who transfers to a tech school, run by a corporate group which dominates the mobile suit industry. Many corporations have entered space and built a huge economic system but this pure girl is ready 'with a scarlet light burning in her pure heart,' as described in the synopsis. If you're



CREDIT: SHUEISHA INC.

Chainsaw Man by manga author, Tatsuki Fujimoto follows the story of a man who forms a contract with a demon and gains the ability to transform parts of his body into chainsaws.

interested in more of the *Gundam* and the setting of this series you could follow the Universal Century Timeline. Thankfully, for beginners to the *Gundam* series, this show's story is self-contained, so it might be a good entry point to the series.

6. *Urusei Yatsura (2022)*

A remake of a 1981 anime by manga author Rumiko Takahashi (creator of *InuYasha*), *Urusei Yatsura* was the anime that popularized many comedy romance tropes in anime including the idea of a Tsundere. Many also credit it with the introduction of waifu culture. The story of *Urusei Yatsura* follows a man named Ataru with really bad luck and a horribly salacious attitude. When Earth is threatened by a fleet of alien invaders known as the Oni, he is selected as humanity's representative for a duel — a game of tag — against one of the Oni, specifically their leader's daughter Lum. When he defeats her in a game of tag, a series of misunderstandings leads to Ataru being forced to wed Lum who moves in with him and his girlfriend, Shinobu. Now he must balance his crumbling relationship with Shinobu while keeping Lum happy, all the while he flirts with every woman he meets.

October is an incredibly hyped and diverse season so there's probably something for anyone to jump on board. You can find most of these shows airing on Crunchyroll with a few on Disney+. Happy watching!

SPORTS NIGHT

Oct. 12 - Toronto vs Montreal
Oct. 13 - Toronto vs Washington
Oct. 17 - Toronto vs Arizona
Oct. 20 - Toronto vs Dallas

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