



## I PARTICIPATE, I INFLUENCE



Do you have a personal experience with your mental health? Do you want to make a difference? Share your experience to improve care and services in Gaspésie, the Îles-de-la-Madeleine and throughout Quebec.

An initiative  
supported by



**Join ReprésenTACTION**  
[representactiongaspesie@drsmgim.org](mailto:representactiongaspesie@drsmgim.org)

**1 800 463-6192**

ReprésenACTION Gaspésie-Les îles is an initiative aimed at deploying the collective voice by recruiting, training and accompanying people who have personal experience with mental health care so that they can contribute to improving services and respecting rights.

## What is the citizen's collective word?

The collective word is a citizen's word, but this articulates to the "We" rather than "I". The people involved sit on consensus-building and decision-making committees, or on mental health-related working groups.

**WE NEED YOU! WE WANT TO  
HEAR FROM YOU!**

As an expert in your own experience, and by listening to the people around you, you can help improve mental health care and services.



To find out more about  
ReprésenACTION,  
visit our Website  
**[droitsetrecours.org](http://droitsetrecours.org)**