



### **Short Professional Biography:**

Shantha Rachel George is a nurse practitioner in Edmonton, Alberta, Canada. She has been a nurse practitioner since 2008. She has been working with patients with Multiple Sclerosis since 1995, first as a nursing student, then registered nurse & finally as a nurse practitioner. She became the MS practitioner for Edmonton Community Neurology in 2017. She supports 2500 patients with MS.

### **Brief Description of Your Project:**

MS patients seen at the Edmonton Community Neurology do not have access to government funded mental health support services, psychology, and social work. Patients have difficulty finding and retaining family doctors. Access to mental health via primary care is difficult. In recent years there has been an increase in stress and mental health issues among patients, leading to higher use of substances like marijuana, mushrooms, cigarettes, vaping and alcohol. This has impacted employment, family relations and compliance to treatment.

An event called “Fight Back Living Well with Multiple Sclerosis” will be organized to focus on lifestyle management for mental health.

Patients would learn tips to manage anxiety & depression including breathing techniques, drumming, and yoga. I am hoping 75 people will attend.

If patients feel they require additional mental health support, funding will be allocated to pay for private social work or psychologist assistance.