



Terry strives to increase access to mental wellness while reducing stigma

When the call went out for new members to join the Addiction & Mental Health Provincial Advisory Council (AMH PAC), Terry O’Riordan knew he had something special to offer, beyond his willingness to help.

“I’ve benefited from Alberta Health Services (AHS) care,” he says, “and I wanted to support Addictions and Mental Health work in the province because I had such a positive experience.

“I also recognized that I have the personal capacity to represent those patients who may have struggled to access these important services.”

Terry says he’s passionate about making life better for his community.

“I’m excited by learning new things and expanding my understanding of how I can contribute to making the world a better place.”

In his view, the Council’s value lies in the many ways it can positively influence policy and practice in AHS.

“By providing our lived experiences and asking questions of staff, I believe Council influences the AHS community by building a better system for Addiction and Mental Health clients in the province,” he adds. “By working together, the Council’s accomplishments are also AHS’ accomplishments.”

Terry says he feels hope, and takes pride, in how well he and his fellow PAC members work with AHS leadership. “I see firsthand how the advice we bring to the table as a Council is accepted as both valuable and value-adding.

“We’re active partners in healthcare. As advisors, we can add perspectives and understanding to have a positive influence on our healthcare system.”

In his free time, Terry loves to read, especially historical accounts. “I’m currently spending a lot of my free time reading and thinking about the 1935 Alberta election and its aftermath, which I admit is kind of an odd thing to be doing.”



Terry O’Riordan is motivated by his positive lived experience as an AHS patient to step-up and support addictions and mental health across Alberta.

For more information on the Addiction and Mental Health Provincial Advisory Council, visit ahs.ca/advisorycouncils, or email pac.amh@ahs.ca.