

# ADVOCACY

Navigating through the mental health system can be a daunting experience. The Advocacy program assists any person with a mental health service need.

Through the Advocacy program, people receive information on community resources and assistance with developing actions or steps to address their issues and improve their situation, while promoting their skills for advocating for themselves.



**Canadian Mental  
Health Association**  
Calgary  
*Mental health for all*

## Individual support may include:

- helping to navigate the mental health system
- assisting people in overcoming complex challenges
- identifying opportunities while ensuring the protection of human rights

## Common topics addressed include:

- health care
- finances
- completing paperwork
- filing complaints
- residential tenancy issues
- *Alberta Mental Health Act*

The Advocate also works on systemic and policy issues for improved service delivery by maintaining working relationships with community and provincial organizations.



**Canadian Mental Health Association (CMHA) – Calgary Region** was established in 1955 and is an independent branch of Canada's most established national mental health organization. CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery. CMHA – Calgary Region builds awareness and provides education, advocacy and support for individuals and families living with mental health disorders, a loss by suicide or addiction.

We provide over 15 community-based support programs like supportive and independent living, homeless outreach, recreation, suicide bereavement support and peer support programs for families and individuals. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.

### **Our Vision – Mental Health for All**

## FOR MORE INFORMATION

[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)  
[facebook.com/cmhacalgaryregion](https://facebook.com/cmhacalgaryregion)  
[twitter.com/CMHACalgary](https://twitter.com/CMHACalgary)



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