

ABOUT CMHA – CALGARY

Canadian Mental Health Association (CMHA) – Calgary Region is part of Canada’s most established national mental health organizations, the Canadian Mental Health Association. CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness and addiction.

CMHA – Calgary Region builds awareness and provides education, advocacy and support for individuals and families living with mental illness, addiction, or a loss by suicide. We provide over 15 community-based support programs, including supportive and independent living, homeless outreach, aboriginal outreach, 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.

One in five people experience a mental disorder in their lifetime and most of us know someone who has faced a mental health challenge or concern. CMHA – Calgary Region strives to improve public understanding of mental health issues at home, in the community and in the workplace through community education, advocacy, influencing policy and mental health awareness initiatives.

Reaching 25,000 people directly each year, CMHA – Calgary Region is a not-for-profit, charitable organization. Established in 1955, we are an independent branch of the Canadian Mental Health Association (est. 1918), one of Canada’s oldest national voluntary organizations.

cmha.calgary.ab.ca
facebook.com/cmhacalgaryregion
twitter.com/CMHACalgary
400, 105 12 Avenue SE
Calgary, AB T2G 1A1
Canadian Mental
Health Association
Calgary
Mental health for all

Phone: 403 297 1700
Fax: 403 270 3066
info@cmha.calgary.ab.ca

FOR MORE INFORMATION

OUR VISION
Mentally healthy people in a healthy society.

OUR MISSION
A leader in reducing the impact of mental disorders and addiction in promoting mental health, wellness and recovery through community-based services.

OUR VALUES – R.E.S.P.E.C.T.
Recovery: We will use recovery-oriented practices in our work with clients.
Empowerment: We will empower our clients to be healthy and independent.
Self-Awareness: We will take the time to assess how we individually contribute to quality client care and a psychologically safe workplace.
Partnership: We will look to grow our programs and services using a partnership model.
Excellence: We will look at new work practices and models of care that support creating a culture of excellence in client services.
Client Focused: In every decision or action we will ask how this effort will serve our clients.
Teamwork: We will further develop and support healthy teams that contribute to a healthy organizational culture.



Programs and Services

Canadian Mental Health Association
– Calgary Region



WHY IS MENTAL HEALTH IMPORTANT?

In any given year, at least one in five people in Canada experiences a mental health problem or illness, with a cost to the economy of more than \$50 billion. Mental illness does not discriminate based on age, gender, religion or race. Mental illness can be triggered by stress or a traumatic life experience, and sometimes it develops for no apparent reason at all.

If you have a brain, you can have a mental disorder.

OUR PROGRAMS

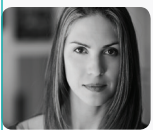
Our programs are easily categorized into four distinct areas; housing, outreach, peer support and education. We call this our HOPE model of service-delivery. It is client-centric and aimed at creating efficiencies in service that create better outcomes for our clients.



ADVOCACY helps individuals by providing assistance ranging from help in overcoming complex challenges, to identifying opportunities in training and employment, to finding housing and mental health and addiction support.



COMMUNITY HELPERS is a peer selected training initiative available in schools, workplaces and community groups for people who demonstrate a “natural” tendency to help others. This program aims to enhance an individual’s supportive skills while emphasising the importance of self-care.



CONTINUING CONNECTIONS assists individuals residing in long-term care and who have complex care needs to participate in therapeutic recreation activities and outings.



EDUCATION offers presentations focused on Stress Management, Mental Illness and Suicide Awareness to junior and senior high schools, post-secondary institutions as well as community organizations and corporations in Calgary and surrounding area, reaching more than 25,000 individuals.



FAMILY SUPPORT offers family members of individuals with a mental health disorder one-on-one, couple or family counselling as well as indirect service as they navigate the complex experience.



INDEPENDENT LIVING provides referrals to community agencies, government and health services that help promote mental health awareness and wellness, enhance quality of life, to connect clients to community and help them manage their lives independently.



LEISURE AND RECREATION creates opportunities for individuals enrolled in other CMHA – Calgary programs to participate in this program which specifically works to help enhance self-esteem, build confidence and promote recovery through participation in social and recreational activities.



LIVING LIFE TO THE FULL introduces the principles of five areas of CBT to teach participants how to deal with their feelings and learn skills that help them tackle life’s problems.



PEER OPTIONS offers individuals experiencing a mental health disorder support where they are able to build healthy friendships, develop peer support networks and transition to the community. Many graduates give back by offering inspiration, understanding and mentorship as volunteers.



POST-DISCHARGE TRANSITION helps individuals leaving hospital and not able to meet the criteria for living in other supported housing programs, by providing of stabilization in a community integrated setting.



SENIORS uses a health promotion and wellness approach to help individuals and vulnerable seniors who reside in the community in maintaining their independence to continue successfully living in their community.



STREET OUTREACH AND STABILIZATION helps to link hard-to-reach homeless individuals to essential community services through referrals to supports such as psychiatric and medical treatment, income support, and housing referrals.



SUICIDE BEREAVEMENT supports individuals who have experienced a loss by suicide through one-on-one counselling and indirect service, as well as organizing and hosting the annual Survivors of Suicide Loss Day



SUPPORTIVE LIVING provides individuals with severe and / or persistent mental illness and unable to live on their own in the community with housing and a comprehensive range of support services.