

FAMILY SUPPORT

When someone we care about is experiencing a mental health challenge, it can be an overwhelming and complex experience. The Family Support program offers services to family and friends (18+) who are concerned about an adult in their life who is dealing with a mental health disorder.



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

The program offers:

- one-on-one and family counselling
- drop-in peer support group
- Capable Carers skill building educational group
- telephone/email support and referrals



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 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
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