

## POST DISCHARGE TRANSITION PROGRAM

The Post Discharge Transition program provides individuals with a mental health disorder who are transitioning from the hospital with an alternative level of supported housing when they have not been able to meet the criteria for living in other supported housing.



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

The program aims to transition clients within six months to a suitable housing accommodation within the community while assisting them to gain the highest possible level of independent living skills.

Clients live in the community while linking to community supports and resources and developing their living skills. Through referrals from staff and through the partnership with Alberta Health Services (access to nurse and psychiatrist), clients are provided seamless access to services from hospital through to stable community living.

*Note: Referrals for this program come directly from the in-patient units at hospitals.*



**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)  
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