

# EQUIPPED - IMPACT REPORT

Thank you for choosing to promote resiliency and mentally healthy communities through your support of Canadian Mental Health Association - Calgary Region's (CMHA Calgary) EQUIPPED Initiative.

This program provides mental health training and tools for young adults through a self-guided, online platform. It builds on the basic concepts taught in YouthSMART (Youth Supporting Mental Health and Resiliency Together), but expands knowledge for a slightly older audience of emerging adults ages 16 to 24. These educational courses will help to equip a young person with foundational mental health concepts and the skills necessary to practice self-care. Your act of generosity, combined with support from community and corporate partners, enabled our services to reach hundreds of young adults this year and contributes to establishing accessible mental health resources and education within our community.



Total Current Learners\*



Total Overall Registrants



Total Website Visitors  
(+519 from 2022-23)



Total Workbook Downloads  
(+50 from 2022-23)

\*An EQUIPPED learner can have multiple registrations

## Course Completions



Mental Health Awareness: 137  
(+92 from 2022-23)



Skills for Being There: 34  
(Launched May 2023)



Stress Management and Healthy Coping: 106  
(+41 from 2022-23)



Mental Health Matter: A2SLGBTQ+ Course: 81  
(Launched May 2023)



87% of participants found the course to be 'very valuable' or 'extremely valuable'



90% of participants found that the course enhanced their ability to address mental health concerns in themselves and in others



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Participating in the EQUIPPED Initiative transformed my approach to mental health. Struggling with anxiety and stress, I found the self-guided courses to be a lifeline, offering practical strategies and a deeper understanding of my mental health. This newfound knowledge empowered me to take proactive steps in my self-care journey, resulting in improved well-being and resilience.

– EQUIPPED student



## EVERYONE HAS MENTAL HEALTH

EQUIPPED offers mental health courses and resources for young adults.

Your contributions, along with support from all partners, can enable our team to empower each individual served by this program to advance in their mental health and substance use knowledge or recovery journey.

We are deeply grateful that you chose to support our vision of Mental Health For All.

## Stay Connected



[www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)



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