

SCHOOL OF PEER SUPPORT - 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) School of Peer Support. This program provides training and mentorship to individuals who have personal experiences or have supported loved ones with mental health and/or addiction concerns.

Peer support is emotional and practical support between two people who share a common experience, such as a mental health challenge or illness. Your act of generosity allowed our program to empower individuals to utilize their lived experiences with mental health and/or addiction issues to support the community and make a difference.




This past year, we had **240 total applicants**
(An increase of over 50 applicants year-over-year)

2023



Initial intake for the current year range was **64 students** similar to the previous year

2023 - 2024



Our Welcome Centre, which employs graduates from our School of Peer Support, served a total of **1,653 total total individuals (non-unique)**.



SCHOOL OF PEER SUPPORT - IMPACT REPORT

“

One of our participants, who had struggled with isolation and depression, found solace in our Peer Support program. Through shared experiences and the empathetic support of peers, they regained their confidence and built lasting relationships that have become a crucial part of their recovery journey.

– Adapted from an individual who accessed Peer Support Services



Each year, our School of Peer Support students celebrate with a graduation ceremony to acknowledge their accomplishments and training.

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 recovery journey and assist others.

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

Stay Connected



www.cmha.calgary.ab.ca



403-297-1700



info@cmha.calgary.ab.ca



Sign up for our e-newsletter!

<https://secure.cmha.calgary.ab.ca/join-our-newsletter>



@CMHACalgaryRegion



@CMHACalgary



@CMHACalgary



@Canadian Mental Health Association - Calgary Region