Canadian Mental Health Association
Calgary
*Mental health for all*



# Independent Living Support

The Independent Living Support program emphasizes empowering individuals to improve their quality of life and productivity in community settings. The program offers skill development services for people with severe and/or persistent mental illness.

## Goals Can Help To:

- Promote mental health awareness and wellness.
- Enhance quality of life.
- Connect to the community.
- Manage life independently.

## Individual Goals Include:

- Home and money management.
- Coping and stress management.
- Volunteer/work pursuits.
- Leisure/recreation opportunities.
- Education programs and support groups.
- Housing information and referrals.
- Connection to community resources.

All referrals for the ILS program are done through Alberta Health Services' mental health clinics.

Alberta Health Services

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