Canadian Mental Health Association
Calgary
Mental health for all



Peer Support

Discover the Power of Peer Support

Connect with someone who truly understands your journey. CMHA Calgary's Peer Support Services provide a safe and supportive environment where you can share, heal, and grow.

Why Peer Support?

Empathy from Experience: Talk with trained Peer Support Workers who have navigated similar mental health or substance use challenges.

Safe and Confidential: Share your story in a judgment-free space.

Flexible Access: Choose phone, email, virtual, or in-person appointments that suit your schedule.
Get Started Today

Phone: Call us at 403-297-1402 (11 am – 4 pm, Monday to Friday).

Email: Reach out at peer@cmha.calgary.ab.ca.
Appointments: Book online for virtual or in-person sessions.

Want to learn more? Simply scan the QR code to explore our Peer Support Services and take the first step toward your recovery journey.

You are not alone. Let's walk this journey together.

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