Canadian Mental Health Association
Calgary
Mental health for all



Programs & Services

Peer Support

Our Peer Support service provides the opportunity for anyone —individual, family member, or professional—to make a connection and speak with someone with lived experiences of a mental health or substance use concern.

School of Peer Support

Use your lived experience to support the community and make a difference through 83 hours of training and 50 hours of unpaid practicum. Individuals must apply and undergo an interview process before being accepted into the program.

Recovery College

Our Recovery College focuses on helping people develop their own resourcefulness to support themselves or their loved one's recovery journey from a mental health or substance use concern. We offer short-term courses and discussion groups.

Community Navigator

The Community Navigator is free to access and provides comprehensive information and guidance on the wide range of services at CMHA Calgary and within the community that are available to support you and your unique needs.

Community Education

CMHA Calgary offers a range of virtual or in-person mental health education sessions for adult community groups, workplaces, and organizations. Topics include mental health awareness, stress management and healthy coping, suicide prevention, and more.

SCAN ME

Canadian Mental Health Association – Calgary Region
#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

cmha.calgary.ab.ca 403.297.1700

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YouthSMART

We offer a popular menu of mental health learning sessions and engagement opportunities for all Calgary and area schools, youth groups, and sports leagues serving youth aged 12 - 24. Sessions are age-appropriate, interactive, and flexible.

KidSMART

This downloadable mental health toolkit for teachers and community leaders supports those aged 8 - 12. It includes lesson plans and activities on topics including stress management and healthy coping, mental health awareness, and skills for being there.

EQUIPPED

Mental health training and tools for young adults through a self-guided online platform for those aged 16 - 24. Aims to equip young people with foundational mental health concepts and skills necessary to practice self-care.

Post-Discharge Transition Program

Designed to provide supported housing to individuals diagnosed with severe and persistent mental health conditions coming from the Inpatient Psychiatry Units within the Calgary Zone to support their mental health recovery journey. The focus is on the development of independent living skills while preparing to transition into other housing.

Supportive Living & Independent Living Programs

Our Supportive Living and Independent Living programs provide individualized support for adults with severe and persistent mental health conditions, helping them build skills for greater independence, structure, and wellness. Referrals are made through Alberta Health Services' Housing, Outreach, Support, Treatment & Transition Team, and services are offered in collaboration with Horizon Housing Society and select long-term care facilities. These programs foster hope, confidence, and community engagement for a fulfilling, recovery-oriented life.