Canadian Mental Health Association
Calgary
Mental health for all

PEER SUPPORT

Strengthening Connection and Belonging

Peer Support connects individuals with trained supporters who have lived experience with mental health or substance use challenges. Through shared understanding, people build hope, confidence, practical skills, and meaningful connections that support recovery and well-being.



THIS YEAR'S IMPACT

2,386
people reached through Peer Support.

THIS INCLUDED:

351
unique clients supported, along with many more people who accessed support anonymously.

A STORY OF IMPACT

Where connection begins

When **Angela** first began visiting CMHA Calgary's Welcome Centre, she kept mostly to herself. For weeks, she sat apart, avoided conversation, and chose not to join activities.

Stepping into a new space can feel overwhelming, especially when someone is navigating mental health challenges. CMHA Calgary's peer support approach meets people where they are, without pressure or judgment.

Over time, with support from a peer worker who offered one-on-one connection, Angela began to open up. Her circle of trust grew. She started connecting with more staff and allowing herself to be seen and heard.

Then, she joined others in a group painting activity. What may have looked like a simple creative activity was actually a meaningful step toward **belonging, healing, and hope.**



"When people feel seen and supported, they can begin to believe in themselves again.

WHY IT MATTERS

Peer Support helps people feel less alone. It creates space for understanding, shared experience, and connection without judgment.

With continued support, CMHA Calgary can help more people find a place where they feel welcomed, supported, and connected.

Hope. | Connection. | Recovery. | Belonging. | *You are not alone.*