Canadian Mental Health Association
Calgary
Mental health for all

COMMUNITY NAVIGATOR

Strengthening Access to Support



The Community Navigator offers free support to help people find and access CMHA Calgary programs and community resources tailored to their unique needs and goals.

For many people, finding the right support can feel overwhelming. The Community Navigator helps reduce barriers by connecting people to information, resources, referrals, and next steps.

THIS YEAR'S IMPACT

690

people connected to vital supports through accessible outreach and system navigation.

WHY IT MATTERS

Mental health support is most effective when people can actually find and access it. The Community Navigator helps people **understand their options**, identify what fits their needs, and **take the next step toward support.**

This work strengthens access across Calgary by helping people move **from uncertainty to connection.**

With continued support, CMHA Calgary can ensure more people are connected to the right resources at the right time.

No one should have to navigate mental health support alone.

The Community Navigator is here to help people find their path to support, resources, and a stronger tomorrow.