

CMHA Services Include:

- ◆ Community Outreach
- ◆ Life Skills
- ◆ Support Services
- ◆ Bounce Back
- ◆ Heartbeat Support Group
- ◆ Living Life To The Full
- ◆ Peer Support
- ◆ Employment
- ◆ Housing
- ◆ Community Education & Workshops
- ◆ Recreation

Canadian Mental Health Association

1152 3rd Avenue
Prince George, BC
V2L 3E5

Phone: 250-564-8644

Fax: 250-564-6155

Email:

reception@cmhapg.ca

Peer Support Program



Canadian Mental
Health Association
Prince George
Mental health for all

Peer Support Community Navigator

Tel 250-564-8644 Ext 205

Cell 250-649-8910

Email edlui@cmhapg.ca

Fax 250-564-6155

Peer Support

Offers support to individuals impacted by mental illness who require help in resolving issues or concerns they may have in dealing with areas of their daily lives such as: income assistance applications and appeals, government and agency forms and requirements, tenancy issues, making appointments, finding information, financial matters, or connecting to services. This is by no means an exhaustive list, as we attempt to assist individuals with all their needs as best we can, either directly or through referral. This is an open referral service, with anyone welcome to make appointments and inquiries to (250) 564-8644 extension 205 or email edlui@cmhappg.ca

What is the role of the peer support worker?

Through empowerment, self-determination and non-judgmental listening,

The peer support worker will help with:

- ◆ person-centered goal setting
- ◆ problem solving
- ◆ assessing crisis-risk
- ◆ offering referrals to community supports
- ◆ mentoring and emotional support

Keeping In Touch

is a telephone service offered by Peer Workers. This is a weekly social call to connect individuals who would like to receive a friendly phone call to keep in touch and find out what is happening in the community. Currently accepting referrals from: Psychiatrists, Physicians, Clinicians and Service Providers.

Positively Peers Volunteer

This program involves peers meeting with patients on the psychiatric floor of the hospital. They meet weekly and have friendly conversations and discuss what opportunities there are in the community.

For more information please contact your local branch.

