

## WHY MEET WITH A PEER SUPPORT WORKER?

- They empathize with the struggle and emotional pain that may accompany a mental illness and share their thoughts and insights on the path to recovery.
- They provide support to clients through all program areas that CMHA offers such as advocacy, housing resources, suicide prevention, coping strategies, support groups etc.
- They can help bridge the gap between the client and the services that they need from CMHA, community mental health services and other agencies

### DID YOU KNOW?

! **- One in five Canadians will experience a mental health problem in any given year.**

**- Mental health problems affect people of all ages, educational backgrounds and income levels.**

Made possible with funding from the Government of Prince Edward Island.

Our Peer Support Team is here to assist you on your road to recovery.

### Contact Us

**Charlottetown Office:**  
902-628-3666  
203 Fitzroy Street,  
Charlottetown, PE  
C1A 1S5

**Montague Office:**  
902-838-2489  
572 Main Street  
Montague, PE  
C0A 1R0

**Alberton Office:**  
902-214-2344  
1 College Street,  
Alberton, PE  
C0B 1B0

**Summerside Office:**  
902-436-7399  
61 Duke Street  
Summerside, PE  
C1N 3R0

[www.pei.cmha.ca](http://www.pei.cmha.ca)

or

check out

*CMHA Still Here*  
**Mental Health  
Support Group page  
on Facebook**

## PEER SUPPORT PROGRAM



**Canadian Mental  
Health Association**  
Prince Edward Island

[www.pei.cmha.ca](http://www.pei.cmha.ca)

## What is Peer Support?

Peer support is the process of disclosing personal lived experience and recovery history to provide support, guidance, and inspire hope for others experiencing similar situations with their mental health.

### Services We Provide:

- hosting peer support groups
- one-on-one support
- accompanying clients to appointments

### GOALS OF PEER SUPPORT

- Inspiring hope, mental wellness, and self-determination
- Empowering peers through personal disclosure, and encouraging self-help
- Providing guidance through one-on-one and group talk
- Identifying needs, and facilitating community resources
- Advocating for accessibility to mental health services
- Promoting mental health for all Islanders

## CMHA “STILL HERE” PEER SUPPORT GROUP

**The Peer support group is intended to be a safe, open environment to support each other in coping with mental health challenges. For more information contact our office numbers located on the back of this brochure.**

**All are welcome.**

### Group Times and Locations

**Charlottetown Office - Monday 11:30-1  
Wednesday Evening 6-7:30**

**Montague Office- Thursday 11:30-1**

**Summerside Office - Tuesday 10:30-12**

**Alberton Office - Wednesday 10:30-12**

"Recovery is the personal process that people living with mental illness go through in gaining control, meaning & purpose in their lives. Recovery involves different things for different people. For some, recovery means the complete absence of the symptoms of mental illness. For others, recovery means living a full life in the community while learning to live with ongoing symptoms."

- CMHA Toronto



"The Canadian Mental Health Association (CMHA) believes strongly in peer support because research shows us that when you make a connection with someone with lived experience of mental health and/or addiction, you are more likely to engage with community, see a decrease in symptoms, move through the recovery journey, develop skills and access crisis supports less often." - CMHA Calgary



**"Peer Support is a core contributor to the recovery process." - Mental Health Commission of Canada**