

Our Support for the Community



87,000
calls and texts to 211



23,000
calls to crisis lines



700
people in family support programs



146
households in supported,
affordable housing



2,300
participants in education
and training courses



Join Our Movement and Support Mental Health for All



**Canadian Mental
Health Association**
Edmonton
Mental health for all

Canadian Mental Health Association Edmonton

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VISION

Stronger Communities.
Smarter Systems.
Simpler Journeys.



MISSION

To ensure that all people
experience good mental
health and well-being.

Impact 2021-22



**Canadian Mental
Health Association**
Edmonton
Mental health for all



“ I AM THANKFUL THAT SOMEONE PICKED UP THE LINE. IT WAS A BIG HELP TO ME AT THE TIME. THE DISTRESS LINE GAVE ME MORE HOPE TO LIVE. I FELT LIKE YOU GAVE ME SOME TIME TO FIND MYSELF. ”

Our strategic plan identifies four service domains:

“ BEING A PART OF RECOVERY COLLEGE HAS CHANGED MY LIFE. ”

1 EDUCATION AND TRAINING

Increase the competence and confidence of people to effectively respond to mental health challenges for themselves and others.



2,361

participants in all education and training sessions

- **916** Recovery College participants
- **902** ASIST participants
- **453** Mental Health First Aid participants
- **60** Living Life to the Full participants



76

Recovery College courses throughout the year

2 MENTAL HEALTH SUPPORT

Provide a range of supports to help people manage mental health crises and foster resiliency and empowerment on their recovery journeys.



19,000

calls to the Distress Line



1,800

calls to the Rural Distress Line and **1,400** to the Seniors Abuse Helpline



250

calls to Brite Line in its first 10 months



393

Caregiver Connections group participants



312

people received suicide bereavement support

“ THE UNDERSTANDING, EMPATHY, SHARING, AND LEARNING THAT I GAINED FROM THE CAREGIVER CONNECTIONS GROUP GAVE ME TOOLS AND CONFIDENCE AND SOME PEACE THAT I WAS LEARNING MORE AND MORE ABLE TO CARE IN A HEALTHY WAY FOR BOTH OUR LOVED ONE AND ME. ”

3 WAYFINDING

Create opportunities and find pathways for people with mental health challenges to address social determinants that underlie good mental health and well-being.

“ 211 HAS SAVED MY LIFE MANY TIMES, AND IF YOU WEREN'T THERE FOR ME OVER THE PAST 4 YEARS I MAY NOT HAVE MADE IT. ”



87,000

calls, texts, and chats to 211



More than **800**

clients supported through enhanced advocacy services

4 COLLECTIVE ACTION

Empower communities, sector partners, government, and people with lived experience to mobilize and work together for better systems of care.



More than **200**

volunteers supported different CMHA Edmonton programs and initiatives



CMHA Edmonton merged with Prosper Place to offer enhanced support for peer community members and their families