



Self Help & Peer Support

What is Self Help & Peer Support?

Self Help & Peer Support services are offered by people and for people who have experienced a mental health and/or substance use health challenge. Our vision is hope and support for recovery through the shared lived/living experience.

Our services are based on the values and principles of recovery. *We believe recovery is possible!*

Services offered at the sites include, but are not limited to:

- Self Help Recovery Centres
- One-to-One Peer Support for individuals attending at least one group
- Leadership and Mentoring
- Peer Support Groups
- Entrepreneurship Support
- Community Outreach
- Spark of Brilliance

There is no formal intake process for our services. Contact one of our sites for more information or visit our website.

Recovery - What is it?

Recovery is the belief in a person's ability to improve their quality of life and that there is hope for the future. It is about meeting and accepting people where they are at and accepting the pace at which they will move forward. These are our Recovery Values:

- **Hope** - recovery cannot occur without hope.
- **Empowerment** - providing individuals with opportunities to exercise control and power with respect to their own lives.
- **Self Determination** - individuals will make their own decisions about their life and continue to be in control of those decisions.
- **Working to Eliminate Prejudice and Discrimination** towards people with mental health and/or addiction issues.
- **Meaningful Choice** - all individuals are entitled to the dignity of risk that is inherent in making choices.

Peer Support - What is it?

"Peer support is a supportive relationship between people who have a lived experience in common" (Mental Health Commission of Canada, 2013). Peer supporters have experienced a mental health and/or substance use challenge and intentionally share parts of their lived experience and recovery journey in their role as a volunteer or staff person.

Through sharing lived experiences an authentic, empathetic relationship is created between the peer supporter and the person supported, providing connection and nurturing the hope necessary for recovery.



SELF HELP &
PEER SUPPORT

Contact Information & Site Locations

To learn more about Self Help & Peer Support, you can call our administrative office at **(519) 570 4595** or reach out to any of our site locations below.

You can also visit our website:

<https://cmhaww.ca/services/self-help-peer-support/>

Cambridge

9 Wellington Street
Cambridge ON N1R 3Y4
P: (519) 623 6024
TF: 1 (844) 264 2993

Guelph

80 Waterloo Ave.,
Guelph ON N1H 0A1
P: (519) 763 4014
TF: 1 (844) 264 2993

Kitchener

67 King St. E.
Kitchener ON N2G 2K4
P: (519) 570 4595
TF: 1 (844) 264 2993

Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies, visit:

www.cmhaww.ca/privacy



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Recovery Centres

Self Help recovery centres provide a recovery-focused atmosphere that allows for learning, personal growth, coping and self-care strategies that enable one to experience life beyond a mental health and/or addiction challenge. They provide the tools, materials and resources to assist individuals, in a self-help manner, to identify and develop strategies for taking on active roles in their own personal growth. They also provide recovery groups where individuals are given the opportunity to learn personal development skills from curriculum developed with the lived/living experience perspective (see our website for monthly calendars).

Resource Centres

The Self Help & Peer Support Resource Centres provide:

- Peer Support Groups
- Support to develop a new self-help group
- Community and self-help resources
- Facilitation skills training and/or group development skills.
- Leadership and Mentoring

Entrepreneurship

The Entrepreneurship Facilitator provides support to individuals who are experiencing mental health and/or addiction challenges with an opportunity to explore and develop self-employment and business ideas in a supportive peer setting. Using a self-help approach, all aspects of business support can be explored.

Community Outreach

The Community Liaison Facilitator is responsible for connecting people who experience mental health and/or addiction challenges who may not be connected to the formal mental health system or to Self Help & Peer Support services by offering recovery-focused peer groups or initial one-to-one peer support in accessing services.

Spark of Brilliance

Spark of Brilliance is a peer-driven initiative that assists, through expressive arts, those with mental health and/or addiction challenges and the allies who support them. This service seeks to uncover and spark the creative spirit.

Hope and support for recovery through
shared lived/living experience.

"It's one of the most beautiful compensations in life that no man can sincerely try to help another, without helping himself."

- Ralph Waldo Emerson