

WHAT IS THE PEER NAVIGATOR PROGRAM?

The Kelty Dennehy Mental Health Resource Centre has Peer Navigators who are here to assist you in navigating a complex mental health system, and support you on your journey to wellness.



WHO ARE PEER NAVIGATORS?

Peer Navigators are trained individuals who have personal experience with mental illness. This puts them in a unique position to offer you support as you work on your recovery.

Peer Navigators provide one-to-one, free, confidential assistance to help you understand your mental illness, in order to improve the quality of your life. Peer Navigators promote empowerment and self-determination through non-judgmental listening and person-centred goal setting.

WHAT CAN A PEER NAVIGATOR DO FOR YOU?

Peer Navigators can help you find your bearings in a mental health system that can often be overwhelming. When you connect with a Peer Navigator, they will meet with you and identify the resources you need to move forward in your personal wellness. Peer Navigators provide support as you work to improve the quality of your life.

A Peer Navigator can help you with:

- Finding relevant community programs and services
- Navigating mental health systems
- Assisting with social integration
- Accessing community resources
- Finding coping strategies
- Goal setting

Peer Navigation is available in English and Farsi.



HOW DO I CONNECT WITH A PEER NAVIGATOR?

If you would like to request support from a Peer Navigator for yourself or someone you care about, please contact us to schedule an appointment. You will meet with a Peer Navigator and together you will assess what you need and make a navigation plan. Our Peer Navigator program is free of charge.



To connect with our Peer Navigator, call 604-984-5000 ext. 5190 or e-mail kelty.peernavigator@cmha.bc.ca.

To find us in person, come by the Kelty Dennehy Mental Health Resource Centre on the ground floor of the HOpe Centre (located at 1337 St. Andrews Ave at 13th St., North Vancouver). We look forward to connecting with you!

ABOUT THE KELTY DENNEHY MENTAL HEALTH RESOURCE CENTRE

The Kelty Dennehy Mental Health Resource Centre provides mental health information, community resources and support to those affected by mental health challenges, their family and friends, and the community at large.



Kelty Dennehy Mental Health Resource Centre

Your Community Mental Health Hub



Opening Hours:

Monday - Thursday 10am - 5:30pm
Friday 7am - 2:30pm

604-984-5000 ext. 5190
kelty.peernavigator@cmha.bc.ca
hello@hopementalhealth.ca
www.hopementalhealth.ca

HOpe Centre, ground floor
1337 St Andrews Ave (at 13th)
North Vancouver, BC
Coast Salish Territories
V7L 0B8

The Kelty Dennehy Mental Health Resource Centre is operated by the Canadian Mental Health Association (North and West Vancouver Branch), and is located on the unceded traditional territory of the Squamish and Tsleil-Waututh Nations.

Looking for Support Navigating the Mental Health System?



PEER NAVIGATOR PROGRAM



Kelty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

WHAT ELSE DO WE OFFER?

- **Lending Library** with books on wide range of mental health issues.
- Links to **community mental health resources** in North and West Vancouver and beyond.
- Community **events and workshops** supporting you on your journey to mental wellness, and working to decrease the stigma of mental health.
- **Online web portal** of community-based mental health resources at www.hopementalhealth.ca.