



Self Help Advocacy Assistance

What are Self Help & Peer Support services?

Self Help & Peer Support services are offered by people and for people who have experienced a mental health and/or addiction issue. Our vision is hope and support for recovery through the shared lived experience. *We believe recovery is possible!*

Self Help and Advocacy

Advocacy Assistance services are for those experiencing a mental health and/or addiction issue and their families. Advocacy is about supporting a cause and addressing injustice. It's about getting what you want. The Advocacy Coordinator is a resource to help you in this process.

The Coordinator assists individuals and their families who are experiencing difficulties in the areas of:

- human rights
- employment
- child custody
- housing
- income supports (ODSP, OW, CPP(D))
- hospital/doctor, and more

We offer information, practical support through appeal processes and referral to appropriate experts. Education sessions on effective advocacy are also provided to community groups. We do not advocate on behalf of individuals but rather support the individual to self advocate.

System Change

Self Help & Peer Support works to improve mental health and addictions services in our area by working with both service providers and government to develop new services and strengthen existing ones.

How You Can Help

Contact the Advocacy Coordinator with your ideas of how to improve mental health and addictions services in our area. You are also invited to:

- Attend education sessions to develop your advocacy skills;
- Learn to help others at our sites; and
- Sit on community boards and committees.

"It's hard to imagine a better person to help you navigate a complex system than someone who has done it before."

- Member of SH&PS

"I learned a long time ago that the wisest thing I can do is be on my own side, be an advocate for myself and others like me."

- Maya Angelou



SELF HELP &
PEER SUPPORT

How do I access advocacy assistance?

To learn more about this service, contact our Advocacy Coordinator at: **1-844-264-2993 x 2353**

You can also visit our website: www.cmhawsselfhelp.ca

Self Help & Peer Support Locations

Cambridge

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

Guelph

207-147 Wyndham Street N.
Guelph ON N1H 4E9
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

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www.cmhaws.ca/privacy



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington