



Canadian Mental
Health Association
Mental health for all



Kilty Dennehy
Mental Health Resource Centre
HOpe for Mental Health

Connect with a Peer Navigator

- * A Peer Navigator is someone you can talk to about the challenges you're facing - big or small.
- * A Peer Navigator can offer a listening ear, as well as information and resources.
- * A Peer Navigator has lived experience with mental health challenges, and can connect with you about your experiences and offer guidance on your journey.
- * It's free to connect with a Peer Navigator. There is no formal intake process or eligibility criteria.
- * A Peer Navigator can talk with you within a week of reaching out to us. They can connect with you over the phone, email, or Zoom. You can connect with Peer Navigator once or ongoing.

Connect today!
604-353-8235
kiltyhope@cmha.bc.ca

Please note - a Peer Navigator is NOT a therapist or counsellor, a medical professional, or a crisis line.

If your situation is urgent and you need to speak to someone right away about your mental health please visit your nearest emergency room, or call the BC Mental Health Support Line: 310-6789
