

CHAT WITH SOMEONE WHO UNDERSTANDS.

TALK TO A PEER NAVIGATOR



Free, Private & Confidential Support

PEER NAVIGATORS ARE PEOPLE, WITH LIVED EXPERIENCE OF MENTAL HEALTH CHALLENGES, WHO UNDERSTAND WHAT IT'S LIKE TO NAVIGATE THE MENTAL HEALTH SYSTEM.

PEER NAVIGATORS CAN:

- Talk through your needs
- Help find information about mental health services and supports available in the Edmonton area
- Support you in making your own health and wellness plan

For more information or to book a one on one, please visit:
www.wellnessnetworkedmonton.com/peer-navigators-2
call/text 780-699-3253 or email
wellnessnetwork@e4calberta.org



wellness
NETWORK