

CMHA IN ALBERTA – A BACKGROUNDER

The Canadian Mental Health Association is a nationwide charitable organization that promotes mental health and supports the resiliency and recovery of people experiencing mental illness. Founded in 1918, CMHA is one of the oldest voluntary organizations in Canada. It has been active in Alberta most of that time but was legally incorporated in 1955.

In Alberta, it has eight regional offices, a suicide prevention centre and a provincial office, as well as one branch office. Each office is staffed and has its own volunteer board of directors, responsible for governance of the organization.

Its focus in Alberta is on: Outreach services, education, housing, mental health promotion, advocacy and suicide prevention. CMHA offers a wide variety of programs in support of those living with mental illness and their friends and families, as well as for the enlightenment of the general public and healthcare professionals.

Detailed information on the operations of CMHA in Alberta can be found at www.cmha.ab.ca . Additional information can be found at www.mymentalhealth.ca , which was created as part of a current CMHA campaign to reduce the stigma surrounding mental illness and to promote knowledge and awareness of mental health and mental illness.

CMHA offices and contact numbers are as follows:

CMHA OPERATION	Phone No.
Alberta Division (Edmonton)	780-482-6576
North West Region (Grande Prairie)	780-814-2349
Wood Buffalo Region (Fort McMurray)	780-743-1053
Edmonton Region	780-414-6300
Central Region (Red Deer)	403-342-2266
East Central Region (Camrose)	780-672-2570
Calgary Region	403-297-1700
South Region (Lethbridge)	403-329-4775
South East Region (Medicine Hat)	403-504-1811
Centre for Suicide Prevention (Calgary)	403-245-3900
Pincher Creek Branch	403-627-2726