

JOIN OUR TEAM

Are you a mental health survivor looking for a way to connect with others and give back to the community? Do you have time to spend helping others?

We have volunteer opportunities available for individuals with varying levels of experience and involvement.

As part of CONNECT, you can:

- Engage with peers, of all ages in the London community who share your mental illness and recovery experiences.
- Facilitate socials and recovery groups.
- Organize educational workshops or assist with outreach initiatives.

By volunteering with CONNECT, you will also have the opportunity to earn formal certification for peer support as well as training in WRAP® - Wellness Recovery Action Planning.



To apply, please visit our website to download our volunteer application. Once completed, send us the form along with your resume to message@connectformh.ca

You may also contact our Community Engagement Director at 519-679-4040.

"1 in 5 people, like me, have a mental health problem. Many more have a problem with that."

- Stephen Fry

Whether you are seeking assistance from a trained peer supporter or are simply looking for a space to connect with like-minded people, we would love to have you join us. Recovery is possible. You are not alone.

CONNECT for Mental Health Inc.
Unit 202, 536 Queens Ave.
London, ON N6B 1Y8

CONNECT WITH US!

 message@connectformh.ca

 [@connectformh](https://twitter.com/connectformh)

 CONNECT for Mental Health

Visit our website for more information on our organization and how to get involved.
www.connectformh.ca



A NOT-FOR-PROFIT PEER SUPPORT ORGANIZATION



www.connectformh.ca



ABOUT US

CONNECT for Mental Health Inc. is a not-for-profit peer support organization run by and for individuals who have been affected by mental illness.

OUR VISION

Our aim is to promote sustainable systems of support in the community where individuals with mental health challenges are empowered to command their own journey of recovery.

OUR MISSION

CONNECT's mission is three-fold:

- To **support** individuals affected by mental health challenges.
- To **educate** a wide audience on relevant mental health topics.
- To **provide** outreach to the community in order to help decrease stigma and promote early intervention of mental health disorders.

YOUR RECOVERY

Everyone has a personal definition of recovery.

Ultimately, recovery involves a deeply unique process of transforming one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a fulfilling, hopeful and contributing life in spite of limitations caused by illness.

By facilitating the personal development of new meanings and purposes in your life, we can help you grow beyond the catastrophic effects of mental illness.

OUR SERVICES

SUPPORT

CONNECT members support each other and residents of the community by engaging in activities that foster and maintain wellness.

Socials

Creativity and wellness socials provide the perfect group setting in which to unwind and connect and gain emotional support from individuals who understand your experience.

Workshops and Groups

WRAP® (Wellness Recovery Action Planning), is a peer led program offering individualized recovery strategies designed to maintain mental well-being.

PEER ZONE workshops are peer-led workshops for people who experience mental distress and/or addiction.

PEARS (Psychological Education, Awareness and Reduction of Stigma) is a peer led program for youth ages 13 - 17. Students are given the tools to support themselves and each other through group activities that focus on addressing personal mental health and applying wellness strategies.

Contact us if you are interested in starting a group at your school.

EDUCATION

CONNECT partners with organizations and community leaders to educate the public on topics concerning mental health advocacy and recovery, as well as facilitates networks designed to connect individuals with supportive resources.

Check our website for a list of upcoming events or contact us to request a workshop in your area.

OUTREACH

Trained CONNECT facilitators provide outreach to students, professionals and other community members, openly sharing stories of their personal experience with mental health distress and recovery.

We promote the ongoing discussion of mental well-being, advocate for the reduction of stigma, and encourage individuals affected by mental distress to seek support early.

RECOVERY IS POSSIBLE.
YOU ARE NOT ALONE.

