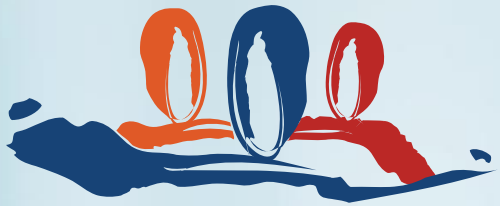




CHANNAL

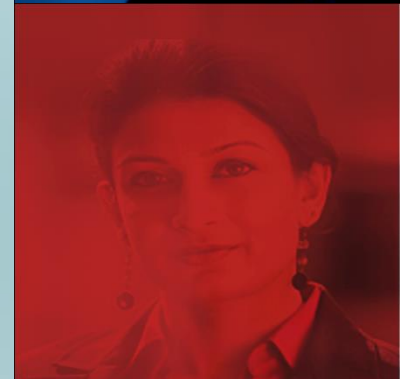
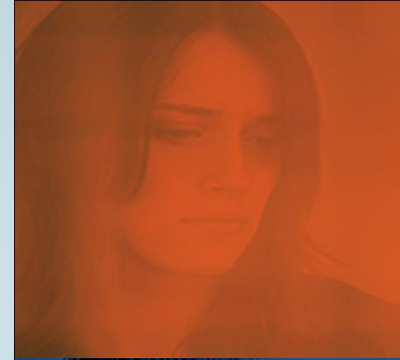


Recovery - with Respect, without Judgment

CHANNAL

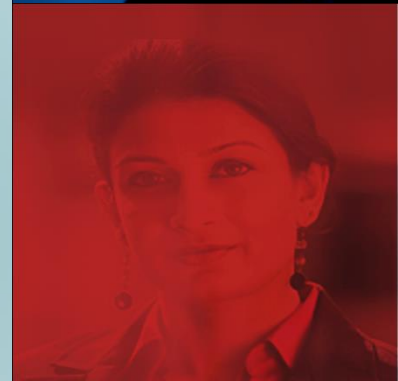
All About CHANNAL

- Founded in 1989 as a program of the Canadian Mental Health Association
- Became independent in 2006
- CHANNAL's Provincial office is in St. John's with regional offices in St. John's, Grand Falls-Windsor and Stephenville
- CHANNAL currently has over 400 members, an 8 person Board of Directors, 7 fulltime staff, and a number of volunteers throughout the province



Who We Are

- Only provincial organization run strictly for and by individuals living with mental health issues
- Provide Peer Support, Public Education, Policy Consultation
- Advocate for and bring awareness to issues that need public attention
- Educate and advocate to eliminate stigma and NIMBY
- Consult with government on policy issues that directly impact our peers, providing the unique perspective of individuals living with mental health issues



What We Offer

- **Peer Support**

- In Person Peer Support Groups
- In Person One on One Peer Support
- E Peer Support
- Wellness Workshops
- Critical Incident Stress Debriefing
- Support In Establishing Peer Support Groups

- **Public Education**

- Access to Resources
- Ongoing Community Information Presentations
- Delivery of Professional Trainings:
 - *Today and Tomorrow Too*
 - *Mental Health First Aid*
 - *The Recovery Approach*

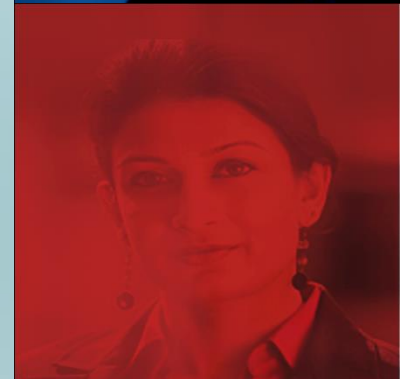
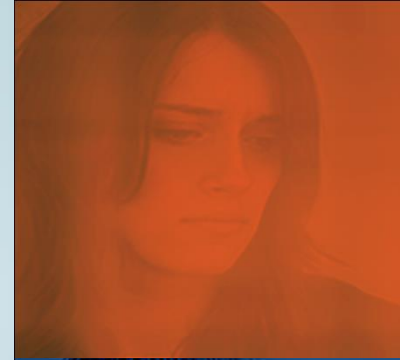
- **Policy Consultation**

- Partnerships
- Committee representation



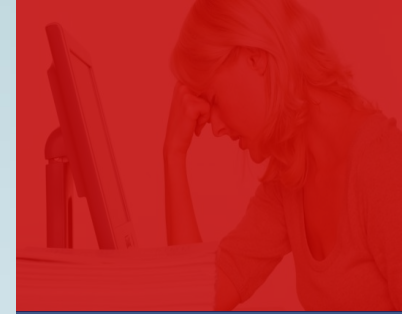
How to Access Our Services

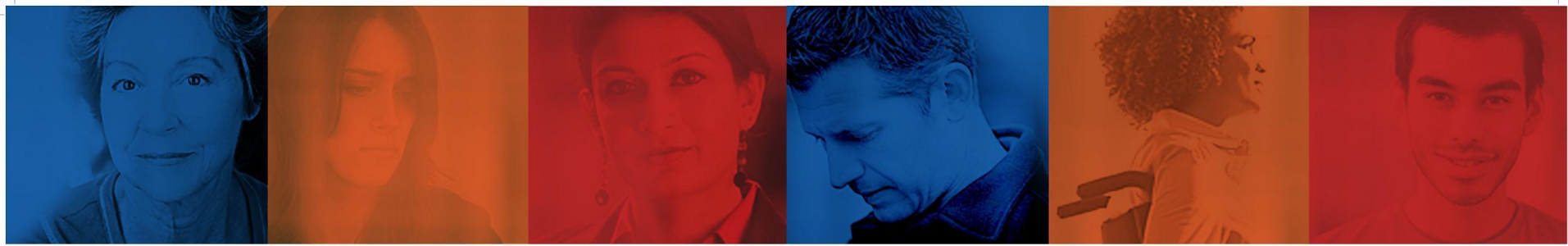
- Any individual who self-identifies as living with a mental health issue can access our peer support services
- Any individuals / organization seeking to improve their mental health literacy or provide additional wellness support within their organization / group can access our public education services
- Individuals can simply contact our regional or provincial office or check our website: www.channal.ca for information on when services are available



How We Move Forward

- The Recovery Approach
- The Voice of Lived Experience
- Peer Support
- A Peer-Run 'Warm' Line
- Specific Gaps
 - Family
 - Labrador





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www.channal.ca

Thank You!!

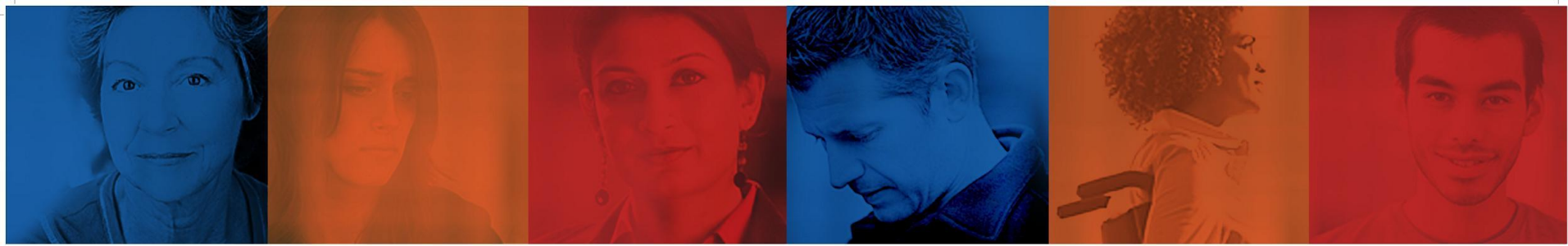
Questions/Comments?

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Understanding Changes Everything
Video Vignette from Premier's
Summit on Health Care