



Where We Are

● Montreal
pcsm-cpmh.org

Contact

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About the Community Perspective in Mental Health (CPMH) Project

CPMH proposed activities in groups to focus on building skills and providing tools to better manage the participants' mental health symptoms. This initiative complimented their Community Support Program and allowed participants to have additional weekly support where they could safely explore their vulnerabilities and build self-confidence. Physical activities were also used as part of the therapeutic process when working with young adults and the community.



Providing young people with supports such as space to vent and create, active listening, empathy, accessibility, and availability allowed for a break in feelings of isolation.



Promising Practice

Given the long waiting lists of institutions, the development of support groups was essential to meet the immediate needs of young adults. The group approach broke down the loneliness and isolation of young people when receiving a mental health diagnosis; it allowed them to see that they were not alone. As well, CPMH's psychosocial counsellors were multidisciplinary and brought different perspectives to the needs and difficulties experienced by their clientele.



Key Success Factors

- Diverse means of expression for young adults
- Providing opportunities for social connections