

# DONNA SWITZER



**Name:** Donna

**Areas served:** Calgary and Surrounding areas

**Languages spoken:** English

**Can support in:** Family/Parenting, Domestic Violence, ADHD, PTSD, Mental Health

**Availability:** Monday – Friday typically after 5:00 pm  
Crisis support weekend and evenings

**Contact info:** dswitzer.sunshine@gmail.com |  
403-606-7570

## **General description:**

Hi, I have life/lived experiences in Mental Health, I have struggled with Mental Health and found ways to manage them. I am caring and compassionate person. I am an outdoors, very independent person a great listener and advocate.

## **What inspired you to become an RMHD?**

I found this interesting as I have lived experiences in Mental Health and found ways to manage the struggles as well as listening to friends and family with their struggles.

## **What values impact you as an RMHD?**

Compassionate, advocacy support and listening

## **If you could change one thing about the mental health system, what would it be?**

Reduce waiting lists, stigma, Mental Health addiction, better understanding

## **What are some other interesting things about you?**

Outdoors, gardening, plants, camping, very independent, farm girl at heart.