



Korrigan Templeton

(They/Them/Fae/Faer)

Name: Korrigan Templeton (they/them/fae/faer)

Areas Served: Calgary, SE/Central

Can Support In: Coping strategies, resource connection, and general support and advocacy.

Languages Spoken: English Availability: Days, evenings, *most* weekends

Limits/Restrictions: I don't drive so have to meet places that are easily accessed by public transit. I have some mobility issues which I can work around.

Contact Info: kor.templeton@gmail.com | 1-403-708-6313 (Text Only)

General Description:

Korrigan is a Radical Mental Health Doula. Their intersections are disabled, neurodivergent, gender non-conforming, and queer. They have an extensive background in volunteering for various non-profit organizations. They thrive in volunteer work that is involving peer support for mental health challenges and domestic violence. They have been heavily involved in the mental health system as a patient for the past 8 years, they recognize the barriers and injustices that many mental health patients must battle, and they want to help lessen those situations. They love the holistic approach that doula's take and want to bring that level of care and compassion into the mental health world to help support clients and their families/loved ones.

What inspired you to become an RMHD?

I am very passionate about mental health, and I know how the current medical system has failed me on a very personal level. I want to help support people so they can gain the tools and confidence to advocate for themselves so that less people fall through the cracks.

What values impact you as a RMHD?

Some of the values that impact me as a RMHD are: compassion, advocacy, comforting, resourceful, and willingness.

If you could change anything about the mental health system, what would it be?

I wish it looked at patients as people instead of their illnesses, there are so many biases within the mental health system, and it has often led to harmful care. I would also add more mental health professionals of different backgrounds and levels so that they weren't stretched as thin therefore being able to give better quality care to those who access their systems.

What are some other interesting things about you?

I have 4 ferrets, 2 of which are fosters! They are very spoiled! I am passionate about leather care and leather restoration. I really enjoy talking and learning about body modification. I am also very passionate about teaching and sharing the knowledge and resources I have with others.