

# Support \* Comfort \* Educate \* Advocate



## In the field...

Our second cohort, consisting of 15 trained Radical Mental Health Doulas is currently in the field working with upwards of 25 clients until the end of November 2024.

Initial interviews with the doulas demonstrate the breadth and depth of support being offered from navigating the transit system, applying for benefits, and promoting fresh air and exercise.



The Radical Mental Health Doula (RMHD) Project is an ongoing study within the Cumming School of Medicine's (CSM) Department of Community Health Sciences. Participating doulas apply client-centred and continuous care, but what's radical is they expand on the traditional support and care model with a lens that is inclusive and advocates for underserved and marginalized groups of people. The project is an effort to uphold the rights and dignities of people undergoing mental health challenges to address existing gaps in support.

The program is currently working within the parameters of the research project however the response from the community suggests a significant need for this role in our communities.



## Cohort 1

Our first group of trained doulas continues to support the program by mentoring those in the field, developing social media strategies to promote the program, creating awareness in the community, and showcasing their efforts during discussion panels, testimonials and much more. Their dedication is key to the expansion of this program and we are proud of not only what they do, but who they are.



We currently have space in the program for 8-10 clients - if you are interested or know someone who would benefit from a Radical Mental Health Doula approach, please contact us at [RMHD@ucalgary.ca](mailto:RMHD@ucalgary.ca)

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**Program at-a-glance**

- 100 + training hours completed
- 35 RMH Doulas trained
- 60+ clients supported
- 1200+ hours mental health support provided



## Cohort #3 is underway!

We are grateful to be working with five Community Rehabilitation & Disability Studies students for the next six months while they complete their course practicum. Not only will the students receive training to become a Radical Mental Health Doula, they will also be working with us to examine the project and its impact in the community. Given the newness of the role and the awareness around the doula approach itself, it is not only important that we understand how the doulas have experienced work in the field, it will also be fascinating to appreciate the varied stories and life experience of those accessing the services. The students will be with us until the end of the winter semester.

To hear more about the program and to hear from some of the doulas from cohort 1, consider the [UCALGARY NEWS article here:](#)

“What’s a Radical Mental Health Doula? Glad you asked...”

## In the community:



**@rmhdofficial** What a lovely afternoon we Radical Mental Health Doulas had at the Sunalta Community Association Farmer's Market! Thank you, @sunaltayyc for hosting @rmhdofficial and helping us connect with our beautiful community! See you again on September 7th 🌱🌿

#rmhd #rmhdofficial #radicalmentalhealthdoula #radicaldoula #mentalhealthdoula #multidisciplinarydoula #multidisciplinary #supportcomforteducateadvocate #mentalhealthsupport #emotionalcomfort #psychoeducation #socialadvocacy #healthcareadvocacy #intersectionality #intersectionalfeminism #antiracism #anticlassism #antibleist #antihomophobia #transinclusive #socialjustice #diversitymatters #ucalgary #uofc #mentalhealthdoula #multidisciplinarydoulaassociation #multidisciplinary #interdisciplinary #mentalhealth #mentalwellness #intersectionalfeminism #intersectionality #socialjustice #radicaldoula

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