

The logo for Radical Mental Health Doulas is a green square containing a small green leaf icon at the top. Below the icon, the text "RADICAL MENTAL HEALTH DOULAS" is written in white, uppercase letters. At the bottom of the square, the words "SUPPORT COMFORT EDUCATE ADVOCATE" are written in a smaller, white, uppercase font.

RADICAL MENTAL HEALTH DOULAS

SUPPORT COMFORT
EDUCATE ADVOCATE

Research Purpose

People experiencing mental health crises are often caught in a system that focuses on symptom eradication but fails to address their specific needs. This project examines the development and implementation of a grassroots community-based mental health service in the form of a **Radical Mental Health Doula (RMHD)**, with goal to provide support in a way that upholds people's rights and dignities and advocates for their needs and wishes to be heard.

What is a Radical Mental Health Doula?

Doulas have traditionally supported women during childbirth. Today, the doula role has broadened and professionalized into other areas including postpartum, geriatric, bereavement, disability and end of life. Doulas focus on continuity of care and value relationship-building, allowing them to support clients based on their unique experiences, identities, preferences and needs. Combining the strengths of individualized care with elements of peer support, RMHDs extend the doula model of care to a mental health context by providing **support, comfort, education, and advocacy** to people going through mental health challenges.

Why 'Radical'?

Radical doulas expand upon the support and care of mainstream doulas in their attention to diversity and social justice. The radical doula model is antiracist, anticlassist, feminist, 2SLGBTQ+ inclusive, and advocates for underserved and marginalized groups.

Research Methods

This is a community-engaged participatory action research project that involves people with lived experiences of mental health struggles as **co-researchers** from conceptualizing the RMHD framework to developing a training curriculum and piloting the first cohort of RMHDs.

Learn More

Website: <https://cumming.ucalgary.ca/research/radical-mental-health-doula>

Email: rmhd@ucalgary.ca