



RC YVR provided me with the tools to support my self advocacy journey.

Your Voice Matters

Self-advocacy for mental health and/or substance use involves actively managing your care by speaking up about your feelings and symptoms, articulating what you need, ensuring your rights are respected and making informed decisions to support those needs.

Seeking support is a sign of strength, not weakness.

Increase discourse, reduce stigma.

Speak up to be heard.



Scan your mobile device here or search www.recoverycollegeyvr.ca/ to sign up for a Recovery College YVR course/group and learn how to be your best self-advocate for your mental health and/or substance use concerns.



A partnership between CMHA North & West Vancouver (CMHA NWV) & Vancouver Coastal Health (VCH).