



**Canadian Mental  
Health Association**  
Toronto

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To whom it may concern,

I am writing to show my support of Stella's Place, a community mental health centre for young adults.

One of the most special aspects of Stella's Place is the way it has positioned Peer Support front and centre to the diverse range of mental health recovery services offered. As few as 5% of people accessing mental health services know about peer support, and even fewer youth have access to peer support that is meaningful and relevant. In this way, Stella's Place is paving the way for a new generation of mental health service provision.

When Stella's Place was just getting started and developing their peer training program, they reached out to peer support staff at CMHA Toronto who had experience building peer programming and infrastructure. Their approach to learning and collaborating was very impressive, and our partnership continues to grow and flourish with new ideas for peer youth programming on the horizon.

I was honoured to teach a session in both of the peer support trainings Stella's has offered thus far, and was both impressed and inspired by the young adults participating in the trainings. I left on both occasions thinking to myself, these are the leaders of tomorrow! Their level of awareness and insight about mental health was remarkable, and their passion and capacity for action outstanding. Many of these people are already busy at work making our city a more inclusive and accepting place to live.

I look forward to hearing more exciting developments from Stella's Place, and working together as community partners to ensure that peer support is known and accessible to young adults struggling with their mental health.

Sincerely,

Amy Wakelin  
Manager of Peer Initiatives  
CMHA Toronto