



Message from the Chief Public Health Officer of Canada to Participants of the CMHA's Mental Health for All Conference

October 19, 2021

This year's Canadian Mental Health Association (CMHA) Mental Health for All Conference comes at a time when the mental health of Canadians is at the forefront of our minds. The COVID-19 pandemic has affected the mental health of many Canadians, with some populations experiencing disproportionate impacts. The conference and this year's theme – *Deconstructing Normal* - represent a timely opportunity to examine how we think about mental health and wellness, to share experiences, learn from one another, and to identify creative solutions to the challenges that we face.

The pandemic has shone a light on the critical need for promotion and prevention supports, as well as the need to continue to address barriers in accessing mental health care. There has been incredible innovation in the mental health field in response to the pandemic, and I am optimistic that we can continue to work together to build upon our efforts.

I would like to express my sincere thanks to the CMHA and to all conference participants for your ongoing work to support the mental health and wellbeing of Canadians across the country. Many of you have been on the front lines of the pandemic response, and have strived to maintain outreach and support to those who need it most in our communities. I want to acknowledge the tremendous importance of your work during this critical time.

Dr. Theresa Tam
Chief Public Health Officer of Canada