

OUR VISION:

A Canada where mental health is a universal human right

To achieve our vision, we have three streams of work:

Strengthening the Federation

We will work with CMHA Branches, Regions and Divisions to create

A unified, effective and highly regarded CMHA federation

NURTURE
a thriving, productive and healthy internal culture

CONNECT
and support the federation capacity

MODERNIZE
our structure to create effective and cohesive structure and policies

Social Change

We will support the public to create

A society that understands and fosters good mental health

INFLUENCE
norms, beliefs and behaviours via communications and interventions in key settings to create a climate of acceptance

INFORM
the public about mental illness, mental health, and how to take care of them

Systems Change

We will work with federal policy makers to create

A stronger community mental health system in which people in Canada have access to community mental health services

DEVELOP PUBLIC POLICY POSITIONS
to improve the community mental health system (CMHS)

ADVOCATE CHANGE
to key decision makers

To do this we will:

We will undertake this work with a commitment to being inclusive and anti-racist, advancing Indigenous Truth and Reconciliation and including the voices of lived experience of mental illness and mental health issues.

