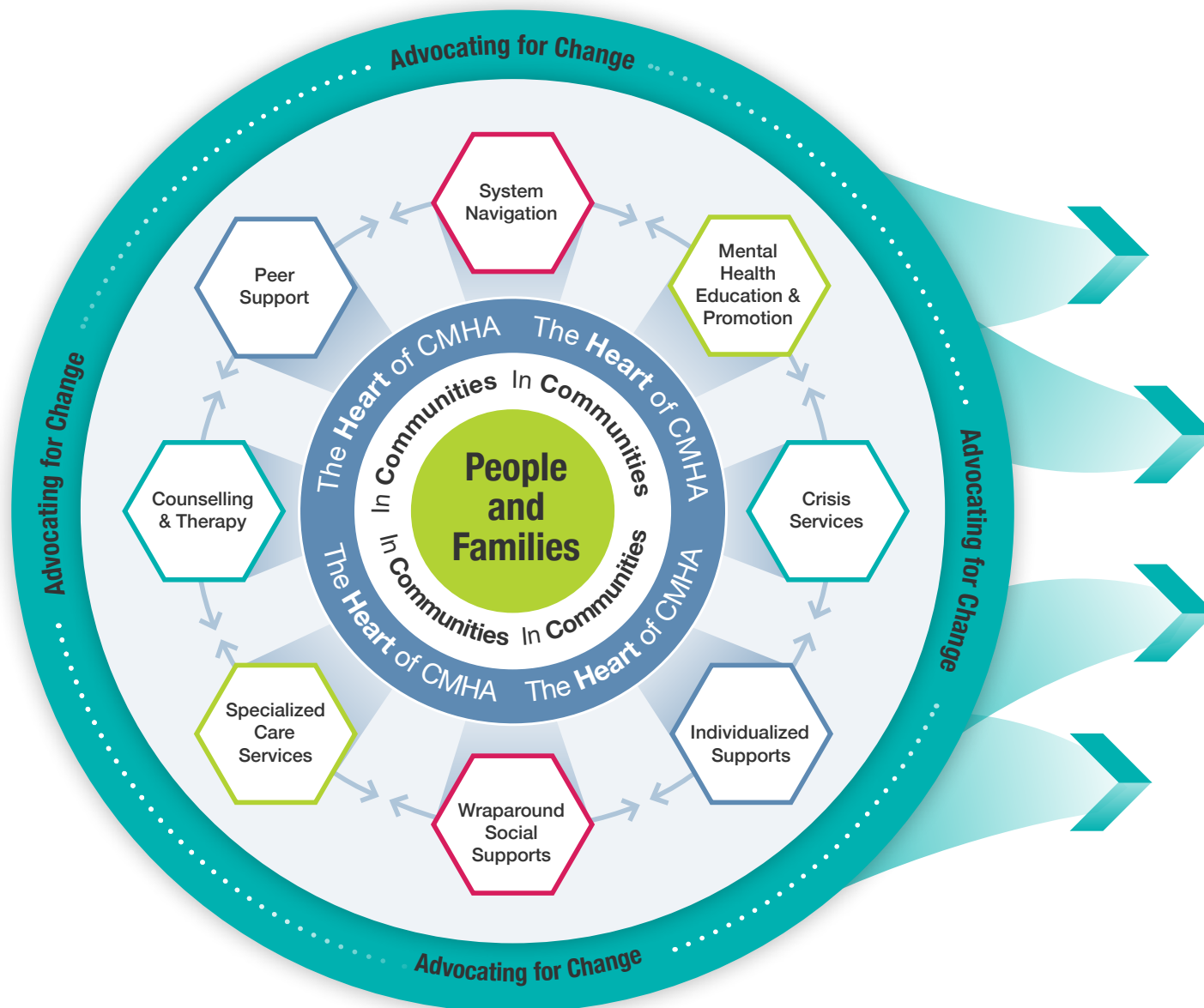


# THE BIG PICTURE: WHAT CMHAs DO

The Canadian Mental Health Association – CMHA – has served Canada for more than a century. It is the only truly national federation of community mental health organizations in Canada. You might have a sense of what a CMHA does. But maybe you're missing the big picture. So here it is:

**The Big Picture: What CMHAs do, a map of the range of services and programs that CMHAs provide.**



## When CMHA delivers, lives transform.

### People have:

- ✓ Positive experiences of mental health services.
- ✓ Insight into their own mental health challenges.
- ✓ Hope and self-confidence and believe in recovery.
- ✓ Improved day-to-day living, interpersonal relationships, and independence.
- ✓ A greater quality of life and mental well-being, and feel empowered
- ✓ Meaningful employment, volunteer work and education
- ✓ Secure and adequate incomes and stable housing

## All people in Canada will receive the care they need.

### People will:

- ✓ Be aware of mental health and substance use health issues in their own communities
- ✓ Have care no matter where they live or how much money they have
- ✓ Seek help when they need it
- ✓ Agree that prioritizing mental health and well-being is essential and requires backing from the public and private sectors.