



**Canadian Mental
Health Association**
Mental health for all

**Association canadienne
pour la santé mentale**
La santé mentale pour tous

VOLUNTEER OPPORTUNITY
Canadian Mental Health Association – National Office
National Board of Directors

About CMHA: Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health network in Canada. Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive. Our vision is a Canada where mental health is a human right. <https://cmha.ca/nationwide-strategic-plan/>

CMHA's National Office serves to support a federation of provincial/territorial Divisions (11 organizations) and local Branches/Regions (69 organizations). In addition, the National Office has a mandate to drive national systems and social change. We are leading a campaign to ensure that Canada has universal mental health care: www.actformentalhealth.ca

Board Mandate: The role of the CMHA National Board is to ensure that the National office embodies its mission, vision and values and achieves its strategic direction. The Board governs with an emphasis on a policy governance approach; strategic leadership, aware of current and future opportunities; decision-making in keeping with its values and based on adequate information; monitoring the effectiveness of Board functioning and of its policies in the key areas of the organization's activities; and maintaining the distinction between Board and President/Lead Executive role.

The position: The National Office of the Canadian Mental Health Association seeks up to four skilled and passionate individuals to serve on the Board of Directors.

Duties & Term: Board members are expected to be active and full participants at meetings, with regular attendance, a commitment to good governance, and a belief in the mission, vision and values of CMHA. Board members are elected by the members for terms of one to three years and may serve for a maximum of six years.

Time Commitment: To fully contribute to the Board, a minimum time commitment of approximately 6-24 hours per month is anticipated. The time commitment includes the following activities:

- Three quarterly virtual Board meetings hosted on Saturdays for 3-4 hours
- Annual in-person Board meeting held in major Canadian city over a weekend
- Active engagement in a minimum of one Board Committee meeting is usually scheduled during the work week lasting from 60-90 minutes every month.



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- Time to review all materials and prepare for upcoming meetings.

Candidate Profile: We are seeking up to 4 individuals with some combination of the following strengths, experiences, mindsets and professional connections:

- Philanthropic skills, abilities, and experience with fund development networks to advance our economic sustainability.
- Indigenous lived experience with traditional cultural knowledge and strong connections to Indigenous communities across Canada to advance our commitment to Truth and Reconciliation.
- Individuals living with a mental health challenge and experience navigating the Mental Health Care System preferably across geographic regions in Canada including cross cultural perspectives to advance our commitment for meaningful engagement and contribution of people with a lived experience.
- Financial credentials as a CPA to support our shared commitment of fiduciary excellence
- Strong personal and professional networks and partnerships across Canada to advance our marketing, communications and impact priorities.
- Individuals with experience in Mental Health & Addiction services/policies.
- Information Technology and Cyber Security Expertise to advance our commitment to maximize technology.
- Previous board experience, fluency in both official languages.
- Legal expertise (e.g., governance, regulatory, or non-profit law).
- Human Resources and/or Labour Relations experience.
- Public Relations and strategic communications expertise.
- Please note that preference will be given to candidates who meet the above criteria AND reside in Quebec, Ontario or one of the Eastern Provinces.

Are you a good fit? If you are interested in applying for the role, please submit a completed nomination form (please download the form using this link: [2026 CMHA National Board Nomination Forms.docx](#)), a cover letter Introducing yourself - sharing why you are interested in joining the board of directors plus PDF of your resume by **May 29, 2026** to nominations@cmha.ca.

Candidates selected for conversational interviews will be contacted in early June.

Our commitment to Diversity, Equity and Inclusion: CMHA is committed to reflecting the diversity of the communities within which we work. As such, we explicitly invite and encourage applications from people with lived experience of a mental illness or substance use health issue,



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persons living with disabilities, members of the Black, Indigenous, and racialized communities, people of all sexual orientations, gender identities and expressions, and others who believe they can contribute to the diversity of our Board. We invite you to self-identify in your cover letter. Please let us know if you require accommodation throughout the application process. To learn more about CMHA, visit: www.cmha.ca