



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Reporting On Achievements

When the Government of Canada created the Mental Health Commission of Canada in 2007, our nation was the only G8 country without a mental health strategy. Since the 2012 release of the MHCC's *Changing Directions, Changing Lives: The Mental Health Strategy for Canada*, our nation has become a respected world leader on mental health issues.

Initiatives

The National Mental Health Strategy



Achievements

The *Mental Health Strategy for Canada* has been a leading priority for the Commission and was successfully completed and released in 2012. The MHCC actively engaged provinces and territories from coast to coast to coast to help encourage implementation of the Strategy's 100+ recommendations, and continuously works with partners and stakeholders across Canada to address the strategic directions. The Strategy has provided Canadians with a lasting blueprint for the change needed to transform the nation's mental health system and improve the mental health and wellbeing of all.

Psychologically Healthy Workplaces



Addressing the estimated \$51+ billion annual loss to Canada's economy posed by mental health problems in the workplace, the MHCC has driven the uptake and implementation of the *National Standard for Psychological Health and Safety in the Workplace*. More than 40 companies of various sizes, across all sectors nationwide, are putting the Standard to work since its launch just 2.5 years ago. Amongst them are Bell Canada, Great West Life, the Government of Nova Scotia, and Toronto East General Hospital, to name just a few.

Mental Health First Aid



Through its Mental Health First Aid (Canada) program, the MHCC has trained 100,000+ Canadians how to respond to mental health crises at home, work, and in their communities. Canada is a global leader in developing adaptations of MHFA specific to Canadian contexts and priorities, such as northern peoples, First Nations and Inuit communities, and seniors.

Addressing Stigma



Encouraging Canadians to talk about mental health is the first step towards addressing the stigma often associated with mental health problems and mental illnesses. The MHCC's Opening Minds program is bringing research-informed anti-stigma activities to 110+ schools, workplaces, health care providers, and the media – and reducing the stigma that can keep Canadians from seeking the help they need.

Real Tools For Policy Change



The MHCC's Knowledge Exchange Centre has created a series of information networks that help mental health professionals share research and best practices across Canada and around the world. As well, the MHCC developed and published a wide range of applied policy resources, including guidelines for seniors care, family caregivers support, continuum of youth services, and police training that are leading to policy change throughout the nation. The MHCC is actively leading the charge in bringing these guidelines to government to support and influence policy change.

Homelessness & Mental Illness



Through its five year At Home/Chez Soi research project, the MHCC demonstrated cost-effective results for the Housing First approach and successfully housed Canadians who had been chronically homeless and living with severe mental illness. More than 30 Canadian communities are now engaged in learning from this initiative and applying Housing First principles to local issues related to homelessness.

The Mental Health Commission of Canada will continue to advance the *Mental Health Strategy for Canada* by building momentum and creating an action plan towards a more transparent and streamlined mental health system. The MHCC, by working collaboratively, will accelerate Canadians' access to innovative mental health approaches and address emerging mental health issues including e-mental health, suicide prevention, criminal justice and first responders, seniors, children and youth, and new Canadians.