

Mental Health Commission of Canada

For over a decade, the Mental Health Commission of Canada has been leading a change in attitudes and behaviours around mental health through knowledge exchange, training, and policy and research.

The MHCC delivers real change by pointing to the right research, leveraging non-traditional partners (think corporate Canada), and developing tools and training that reach people in their communities.

Ask our stakeholders what we do, you'll get 10 different answers. That tells us we're doing things right because we are not one-dimensional. Because of this, the MHCC acts as a trusted partner and advisor to the Government of Canada, provinces and territories, and non-governmental organizations on all matters mental health.

OUR IMPACT ON MENTAL HEALTH

Access to Service and Suicide Prevention



Access to quality mental health services is too often the privilege of a fortunate few. Each year in Canada, over 1.6 million people report an unmet need for mental health care.

We're closing this gap with new projects like e-mental health, which delivers services when and where people need them.



Roots of Hope, our flourishing, community-based suicide prevention project, intends to show how modest investments in local support structures can reduce suicides by up to 20% over two years.

System Transformation



Transforming the mental health system requires getting the right players at the table, engaging people with lived experience, and sharing knowledge across all provinces and territories. We are developing guidelines and tools that teach caregivers and others to advocate for system change, and other supports for person-centred, recovery-oriented care.



Whether it's about training health care providers to spot stigmatizing behaviours, addressing structural stigma, or protecting psychological safety on the job, system transformation is about sweeping change through many small steps.

Substance Use and Mental Health



Through a \$10 million federal investment, the MHCC is studying the effects of cannabis legalization on mental health.



This research will inform policies and service delivery to improve the lives of people experiencing substance use and mental health problems.



By collaborating with partners such as the Canadian Centre on Substance Use and Addiction, we are working towards reducing the stigma surrounding substance use disorders, such as opioid addiction.

Training and Resources



With nearly half a million Canadians already trained, the MHCC continues its mission to ensure that every Canadian is within reach of effective mental health first aid.



Our anti-stigma work includes developing standards on psychological health and safety that encourage supporting those living with mental illness, whether in health care, schools, or the workplace.



The Working Mind is a workplace-focused anti-stigma and resiliency training that gives both employees and leadership a common language to discuss mental health concerns.

Care for Everyone



We believe in achieving better health equity for all Canadians. We can't fully address mental health if we don't look at the social factors that generate advantages for some and greater needs for others.



The MHCC continues to deliver on its mission: to raise awareness of the mental health and wellness needs of Canadians.