

Occupational Mental Health



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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

Mental Health Affects Us All

- One in five Canadians experience a mental health issue in any given year
- Currently more than 6.7 million people are living with a mental health condition in Canada
- More than 28% of people aged 20-29 experience a mental illness in a given year
- 70% of mental health issues emerge by adolescence



The Cost of Mental Health

- The economic cost to Canada is at least \$50 billion per year, which represents 2.8 per cent of Canada's 2011 gross domestic product (GDP)
- Mental health problems and illnesses account for more than \$6 billion in lost productivity costs due to absenteeism, presenteeism and turnover
- Mental health problems and illnesses are rated one of the top three drivers of both short and long-term disability claims by more than 80 per cent of Canadian employers
- In 2010, mental health conditions were responsible for 47 per cent of all approved disability claims in the federal civil service, almost double the percentage of twenty years earlier



About CMHA & our branches



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About CMHA

Our Mission

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

- 105 branches across the country. Each branch provides expertise in the mental health and addictions needs of the community they serve
- Combined, CMHAs across the country serve more than 100,000 Canadians annually



About CMHA

We fulfill our mission by:

- Building capacity
 - Strengthening the capacity of individuals, families, professionals, organizations, and communities to address mental health needs.
- Influencing policy:
 - Influencing the design and implementation of policies and services related to mental health.
- Providing services:
 - Providing services and supports that maintain and improve mental health and community integration, build resilience and support recovery from mental illness.
- Developing resources
 - Building the financial and human resources and partnerships required to address mental health needs.



CMHA Branch Programs & Services

- Housing Supports
- Subsidized Housing
- Court support and Diversion
- Homelessness Outreach
- Counselling & Case Management
- Vocational Supports
- Education and Training Opportunities
- Mental Health First-Aid
- Applied Suicide Intervention Skills Training
- Primary Care Services



CMHA's Workforce Mental Health Collaborative

Provides employers and unions with in-depth training, practical resources and valuable support that can address and improve psychological health and safety in the workplace.

Comprised of:

- Certified Psychological Health and Safety (PH&S) Advisors, led by CMHA National
- Bottom Line Conference, a national, annual event led by CMHA BC
- Mental Health Works, led by CMHA Ontario





mental health™
WORKS



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