Canadian Mental Health Association
Manitoba and Winnipeg

Supports & Services
Here, at home, CMHA Manitoba and Winnipeg, serves the needs of all Manitobans, young and old, through a variety of services and supports. Our mission is to promote the mental health of all people in Manitoba and support the resilience and recovery of individuals experiencing mental illness.

**The services and programs we offer include:**
- service navigation
- recovery services for individuals experiencing mental illness and supports for family members
- community education to reduce stigma and promote treatment-seeking
- capacity-building for employers who wish to promote the development of responsive and supportive workplace environments
- housing and employment supports to help people with mental illness find and keep affordable housing and meaningful work

**Our Commitment to Excellence**
As the longest-serving community-based mental health organization, CMHA is the leader in mental health. To this end, we strive for the highest standards of quality in all that we do, from the services we deliver, to the research we conduct, and everything in between, **CMHA stands for excellence.**

**Our Approach**
At CMHA we believe in a stepped care model for mental health. This includes an interdisciplinary approach that involves peer support workers, recovery coaches, addiction counsellors, social workers, and other mental health professionals. By broadening the capacity of service delivery, as well as the scope of supports and services, a stepped care model reduces wait times for treatment and more effectively triages incoming referrals so that individuals are best matched to the level of care they need, when and where they need it.
Mental Health For All
We all have mental health and it’s essential we take care of it. Just as we commit to healthy eating and exercise to maintain our health, so, too, we can practice everyday strategies to maintain our mental health. We call this mental health promotion.

Research demonstrates mental health promotion as an important, protective factor against mental illness. Practices such as personal reflection, mindfulness meditation, stress reduction and coping strategies, and interpersonal skills development are proven to:

- decrease stress levels
- improve resilience and positive coping strategies
- decrease thoughts of self-harm and suicidal ideation
- decrease stigma

Let’s Tackle Stigma
In any given year, 1 in 5 Canadians will experience mental illness or addictions. By the time Canadians reach 40 years of age, 1 in 2 will have experienced mental illness. And yet, despite these high rates, there is much stigma surrounding mental illness. Research tells us that only 50% of Canadians would tell friends or co-workers that they have a family member with a mental illness, compared to 72% who would discuss a diagnosis of cancer. At CMHA, we work hard to fight stigma because we know it is often stigma that prevents someone from seeking help for a mental health concern. We host a number of community events throughout the year to challenge the stigma that surrounds mental illness, including CMHA’s Mental Health Week in May and Ride Don’t Hide in June. Learn more about how you can join us in our fight against stigma by visiting our website mbwpg.cmha.ca and contacting us today.

Do it Daily!
Mental health promotion is best done as a daily practice. Research tells us frequent and regular practice of these mental health promotion practices is a must. And it’s never too late, or too early, to start. From children to seniors, we all benefit from mental health promotion. To learn more about mental health promotion, visit our website, take a course, or talk to one of our mental health specialists.
The CMHA Service Navigation Hub

As with any health issue, navigating Manitoba’s system of care can be complicated and overwhelming. At CMHA, our specialists are available to help all Manitobans find the best type of care or service to match their need.

Service Navigation Specialists can:
- facilitate connections to recovery-oriented supports and services in the mental health and addictions systems
- administer evidence-based screening and assessment tools
- help individuals to identify and overcome barriers
- facilitate appropriate referrals
- help people to know and exercise their rights
- deliver targeted mental health education
- provide short-term support to individuals on wait lists

Early Intervention Works!

Chances of recovery are greater when mental health supports are received early. All too often, people struggle with a mental health concern on their own, only turning for help once they are in crisis. At CMHA we offer a variety of early intervention supports to meet everyone’s needs, including: mental health workshops such as Mental Health Education for Families, Mindfulness-based Stress Reduction, Yoga for Mental Health, Mind Your Gut nutrition coaching, smoking cessation programs, and more.

Service Navigation Hub
Call the Hub line at 204-775-6442 or email us at hub@chmhawpg.mb.ca

Mental Health in the Workplace

At CMHA, we are committed to helping workplaces become environments where employees’ mental health is protected and promoted. We have the skills and expertise to help employers of any size. Our suite of workplace solutions includes training and education for staff and leaders, training, organizational assessments and tailored consulting services to fit the unique needs of every workplace.

Community Education

At CMHA, we offer courses and workshops on a variety of topics related to mental health, personal growth and overall well-being. Simply put, our community education courses offer something for everyone. New course topics are always being developed and costs range from free-of-charge to a sliding scale, based on affordability.
Individualized Recovery Supports
At CMHA, our individualized support services are guided by a recovery-oriented philosophy that promotes person-centred decision-making, successful community inclusion, and increased quality of life for persons with mental illness and addictions issues. To us, recovery is not the absence of mental illness symptoms, but the development of a meaningful life and purpose, despite a mental illness.

Rehabilitation and Recovery Service
We provide supports to people in a variety of ways. Based on the Boston University Psychiatric Rehabilitation model, our Rehabilitation and Recovery Service offers individualized treatment planning to support the recovery journey. Through a step-by-step process, our Rehabilitation Workers help people to recover or discover meaningful roles in life. Whether it is a social goal, a housing goal, or an employment goal, our Rehabilitation Workers support people to develop wellness plans, gain self-awareness and insight about recovery, learn how to problem solve an issue before a crisis develops, and respond to and manage stress.

Bounce Back
Bounce Back is a skill-building program designed to help people experiencing mild to moderate symptoms of depression, anxiety and/or stress. The Bounce Back program is based on cognitive behavioural therapy (CBT), an evidence-based approach recognized as one of the most effective ways of building well-being and resiliency. Bounce Back offers two forms of help. The first component of Bounce Back is a video which provides practical tips on managing low mood, building confidence, increasing activity, sleeping better, problem solving and healthy living. The second component of Bounce Back is a self-help program through which a Bounce Back Coach provides telephone-delivered guidance. This component of Bounce Back requires a referral from your primary care Provider. To learn more about the Bounce Back program or to watch a preview of the Bounce Back Today video, visit www.bouncebackmb.ca.

Did You Know?
Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group, and an estimated 75% of children with mental problems do not access specialized treatment services. We also know that 70% of mental health problems have their onset during childhood or adolescence. If we could ensure youth receive early intervention for their mental health concerns, it would significantly decrease their likelihood of developing a long-term mental illness. Simply put, early intervention works!
Did You **Know?**

In any given week, at least 500,000 employed Canadians are unable to work due to mental health problems. The cost of a disability leave for a mental illness is about double the cost of a leave due to a physical illness. 79% of long-term disability claims and 75% of short-term disability claims are for mental health. The private sector spends between $180 billion and $300 billion on short-term disability benefits for mental illness and $135 billion for long-term disability. Disability costs for depression are the fastest-growing disability costs for Canadian employers.

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**Peer Support**

The principles of mutual respect, compassion, understanding, and equality are at the core of our peer support approach. CMHA’s Peer Support Workers walk alongside you throughout your recovery journey. Peer support is not about having all the answers, it’s about walking the journey of recovery with someone who understands.

**Wellness Skills Support Service**

CMHA Wellness Facilitators provide support to students and potential students at Adult Learning on Lombard within the educational setting on-site as well as in the community. The service includes pre-enrollment readiness assessment and planning, skills teaching, resource development, wrap-around supports, and mental health promotion strategies.

**Community Housing with Supports**

Community Housing with Supports works with people who have experienced chronic or episodic homelessness to find and keep housing of their choosing in the community.

Our staff use a holistic approach in collaboration with existing health and social service providers. Participants are supported by a team of Rehabilitation Workers, a Housing Coordinator, an Occupational Therapist, and Peer Outreach Workers. The service aids participants to locate housing, establish their household, and maintain their housing with supportive services.

**Employment with Supports**

Employment with Supports is a short-term program that uses a rapid employment approach to support participants looking to join or return to the workforce. Rapid employment involves a short engagement period where a return to work action plan and a resumé are developed followed by an intense job search process. Job retention support is provided once employment has been secured.

We take a team approach and work collaboratively with participants. In-person meetings and job development activities increase understanding of the roles of employees and what is required to meet an employer’s expectations.

To learn more about our programs and services call **204-775-6442** or visit [mbwpg.cmha.ca](http://mbwpg.cmha.ca)
You have rights. As a signatory to the United Nations Convention on the Rights of Persons with Disabilities, the government of Canada, and its provinces and territories, has a duty to honour its commitment to this international treaty. At CMHA, we believe the Convention provides a strong and clear roadmap for moving Canada toward full and inclusive accessibility. Understanding the Convention and the duty of our governments to implement the Convention is key to protecting the mental health of every Canadian. The Convention recognizes that persons with disabilities include those who live with mental illness and, who, because of that illness, may face a variety of barriers that hinder their full participation in society. The Convention recognizes the importance of accessibility concerning the health services needed by persons living with mental illness, including fair and timely access to supports and services and early interventions that minimize and prevent further disabilities. As defined in Article 25 of the Convention the right to health services includes access to early identification and intervention services in order to minimize and prevent further disabilities. We commend Canada’s federal government for partnering with provinces and territories to develop a national plan for a fully accessible Canada, and we call upon all Canadians to stand up for the right to Mental Health.

**Group-based Supports**
At CMHA, we offer a wide range of services and supports, delivered in group settings, including:

**CMHA Learning Centre**
Education is a significant part of recovery. Our Learning Centre provides a variety of health and well-being courses throughout the year. Courses are open to every member of the community, people with lived experience, family members and friends, service providers and those interested in learning about and strengthening their well-being. At the Learning Centre you will be encouraged to create your own learning plan at a pace that works for you.

**Community Building**
CMHA is about community. Through a variety of fun events and activities, we build inclusive communities where everyone — including people with mental illness and their families — are celebrated as valued and contributing members of community. We host Wellness Walks, group social opportunities, the Ride Don’t Hide Community Bike Ride, and more. Join us, all are welcome!

**Youth Mental Health**
Mental health literacy is an evidence-based approach aimed at enhancing mental health knowledge, reducing stigma associated with mental health problems and illnesses, and increasing help-seeking behaviours in young people. Mental health literacy is part of a whole-school approach to mental health promotion and can be delivered in schools or alternative education settings targeting youth 13+. CMHA provides training, materials, trained speakers with lived experience and implementation supports.

In addition to mental health literacy, CMHA delivers Living Life To The Full, an 8-week group program for youth experiencing mild to moderate depression and/or anxiety, and Bounce Back for Youth (the youth version of Bounce Back).

Through a collaborative partnership between CMHA, Youth Employment Services (YES), and Community Financial Counselling Services (CFCS), Futures Forward is designed to help youth transitioning out of child welfare. We help youth by providing them with access to counselling, employment, and budgeting support, as well as navigation support within housing, health, mental health, social, and government systems.