



# CANADIAN MENTAL HEALTH ASSOCIATION

## Manitoba and Winnipeg

### WHO WE ARE

As part of a leading national organization in mental health, the Canadian Mental Health Association, Manitoba and Winnipeg has been an active advocate since its incorporation in 1984 for the development of comprehensive services and support for people recovering from a mental illness. Through innovative services, information, education and social action, CMHA Manitoba and Winnipeg works to promote positive mental health to ensure that people with mental illnesses are full participants in our community.

### MISSION

The Canadian Mental Health Association, a nation-wide charitable organization, exists so that people of Winnipeg are mentally healthy and people experiencing mental illness have support for their resilience and recovery.

### GOALS

- Help people with mental illness become full participants in society.
- Provide the people of Winnipeg with an understanding of the factors involved in being mentally healthy.
- Provide families and caregivers access to the appropriate supports required by themselves and for those they care for.
- Provide decision makers adequate information to make informed decisions regarding mental health and mental illness.

### Contact CMHA Manitoba and Winnipeg

930 Portage Avenue  
 Winnipeg MB R3G 0P8  
 Phone: 204-982-6100  
 Fax: 204-982-6128  
 Email: [office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)

 [www.facebook.com/CMHAWinnipeg](https://www.facebook.com/CMHAWinnipeg)

 [@wpgmentalhealth](https://twitter.com/wpgmentalhealth)

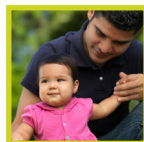


[mbwpg.cmha.ca](http://mbwpg.cmha.ca)



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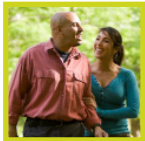
The Canadian Mental Health Association, a nation-wide charitable organization, promotes the **mental health of all** and supports the resilience and recovery of people experiencing mental illness.



## WHAT WE DO

### Finding Help

Providing people with accurate and timely information about services and supports for people experiencing mental health problems is an important part of our work. Some of the information we can provide includes information on services provided by government, the regional health authority and community groups. We publish a *Mental Health Resource Guide* that lists help available in Winnipeg. Through our **Information and Referral Service** we hope to increase knowledge of services and supports for people experiencing problems, their family members or other people in our community who need information.



### Mental Health Education

CMHA Manitoba and Winnipeg is committed to promoting mental health and decreasing stigma surrounding mental illness by providing education to enhance awareness and understanding. Mental health is the foundation for well-being and effective functioning for an individual and for a community.

Through education and training activities such as presentations and workshops, our **Community Education Service** assists services and individuals in understanding mental health and mental illness.

### Know Your Rights

Our **Rights Consultation Service** helps people with a mental illness to know and exercise their rights when they have complaints about services they have received or feel their rights and entitlements have not been upheld. Our Rights Consultant can explain the choices that are open to a person to have problems addressed. The Rights Consultant can also provide information about rights under The Mental Health Act and other laws and can accompany people to hearings that are scheduled as a result of concerns raised.



### Supporting Resilience and Recovery

CMHA Manitoba and Winnipeg assists individuals recovering from a mental illness to achieve goals related to housing, personal relationships, work, leisure and education. Our **Rehabilitation and Recovery Service** provides a step-by-step process that helps people to select a place to live, learn, work or socialize from a broad range of possibilities based on the person's interests, experiences and skills. Housing, work, education and income are key elements of citizenship for everyone.

### Recovery Workshops

**Recovery Workshops** are offered on a range of wellness and health topics. Workshops are targeted to both people that are experiencing a mental illness and to family members and friends. These workshops offer practical information and tools in a group setting that assist people in their recovery.

### Influencing Public Policy

CMHA Manitoba and Winnipeg plays an active role to ensure that public policy supports community participation and integration of people with mental illness, as well as promotes the overall mental health in society. **Influencing public policy** means identifying common barriers and problems shared by a broad range of individuals and groups, and then acting by developing strategies to resolve them.



*CMHA Manitoba and Winnipeg has chosen the daisy as a symbol of hope for mental wellness.*

