



OUR VISION Mentally healthy people in a healthy society.

OUR MISSION To honour and promote the mental health of all Manitobans and to support individuals who experience mental illness and addictions issues to achieve recovery and well-being within healthy and supportive communities.

OUR GOALS

1 PEOPLE EXPERIENCE POSITIVE MENTAL HEALTH ACROSS THE LIFESPAN.

- They benefit from the societal conditions that promote and protect mental health.
- They experience supportive, responsive and inclusive environments.
- They value their mental health as a critical component to their overall health.

2 PEOPLE WITH MENTAL ILLNESS AND ADDICTIONS ISSUES EXPERIENCE HEALTH AND WELL-BEING.

- They enjoy a high quality of life, feel connected to their communities, and participate meaningfully in all aspects of life.
- They have timely access to a full continuum of recovery services, including prevention, early intervention, peer support, treatment and rehabilitation.
- They experience high-quality supports and services wherever they live within the province.
- They have their needs met in a culturally-safe and inclusive manner.
- They benefit from public policies that value their participation and integration.
- They experience societal attitudes that are understanding and supportive.

3 FAMILIES AND CAREGIVERS ENGAGE IN RECOVERY AND WELLNESS.

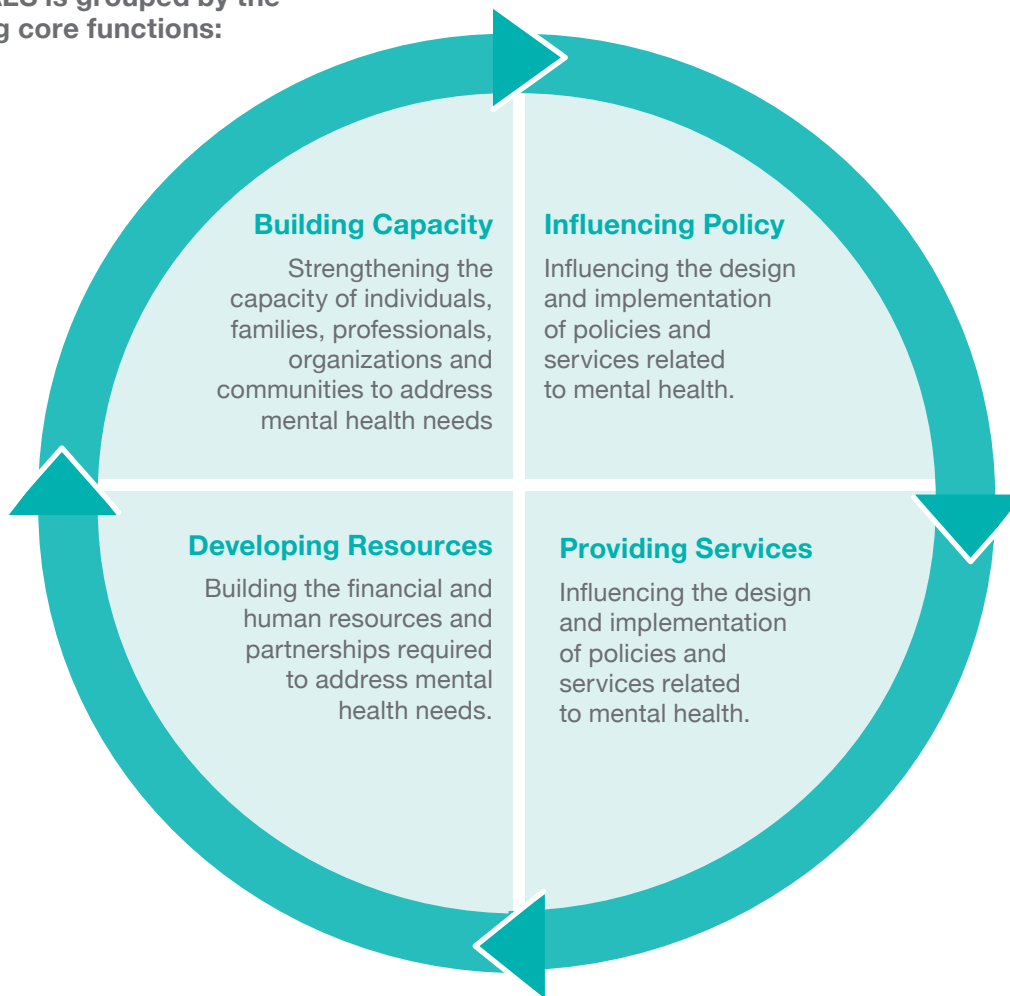
- They have timely access to supports, resources and information.
- They understand how to navigate the mental health and addictions system.
- They have the skills to advocate for themselves and their loved ones.

4 DECISION MAKERS AND ALL LEVELS OF GOVERNMENT SUPPORT MENTAL HEALTH THROUGH EQUITABLE INVESTMENTS AND RESOURCE ALLOCATIONS.

- They understand the business case for population-based investments that promote health and well-being and strengthen protective factors.
- They value and apply the knowledge of community and the wisdom of lived experience to inform decision-making.
- They access and apply research and evidence in decision-making.

CORE FUNCTIONS

The work we do to achieve our GOALS is grouped by the following core functions:



VALUES AND PRINCIPLES

The work we do to achieve our GOALS is guided by the following values and principles:

- Accessible and Inclusive
- Collaborative-based
- Culturally-safe
- Equity-focused
- Evidence-informed
- Partnership-driven
- Recovery-oriented
- Relational and Person-centred
- Strength-based
- Trauma-informed

COMMUNITY ROLE

In the spirit of partnership and cooperation, we support the following communities in their efforts to promote mental wellness, address mental illness and addictions.

- Children and Youth
- Homelessness
- Indigenous People
- LGBTQ
- Newcomers and Refugees
- Persons involved with Corrections
- Persons with Disabilities
- Persons living in Poverty