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:

- 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.

- Developing Resources
  Building the financial and human resources and partnerships required to address mental health needs.

- Providing Services
  Influencing the design and implementation of policies and services related to mental health.

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