

YEAR IN REVIEW

2021–2022

**Supporting better mental health
and substance use outcomes
for all British Columbians**



**Canadian Mental
Health Association**
British Columbia
Mental health for all



2021–2022 HIGHLIGHTS

Program Development & Delivery We help build mental health skills and resilience for individuals through parent support, employment services, youth programs, and wellness programs.

Education & Training We work with community partners and businesses to develop and deliver training, resources, and events on mental health priorities. We provide scholarships and resources for students.

Engagement & Outreach We connect individuals and organizations to resources and information. Our mental health champions raise awareness and funds to support our ongoing work in mental health and substance use.

Policy & Advocacy We identify and respond to Canada's most pressing mental health priorities. We create opportunities for knowledge exchange, research, and collaboration with people with lived and living experience, our local branches, community partners, businesses, and government.

I know somebody out there needs help and it's a good thing to know that there are these kinds of organizations out there that are willing to support students like me, especially in our mental health and well-being.

”

– CMHA BC participant

7,500+

people were referred to learn skills to manage low mood, stress and worry

BounceBack®

5,900+

families were referred to learn skills for tackling anxiety or behaviour challenges together

Confident Parents: Thriving Kids

2,000+

people learned practical skills for coping with stress and boosting mood

Living Life to the Full

7,000+

students participated in workshops and events around mental health

Healthy Minds | Healthy Campuses

1,300+

attended workshops to help improve mental health in their workplace

Workplace Training and Workshops

1,000+

requests supported through our mental health and substance use help desk

Information and Referral

240+

peer employment programs and positions identified and shared

Peer Employment Research

Find out more about all our programs at cmha.bc.ca

This year, we sought to model strength-based advocacy, apply an intersectional lens, and ensure we leveraged the strengths of branches and non-profit partners in the development of our strategic priorities for CMHA BC 2021–2025:



REACH



UPLIFT



ADVANCE

Read the full Annual Report at
www.cmha.bc.ca/annual-report



Charitable Registration No. 88844 1995 RR0001.
CMHA BC has been accredited through Imagine
Canada's National Standards Program.



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CMHA_BC



CMHA BC



CMHABCDIVISION

We respectfully acknowledge x^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish), səliłwətaʔ (Tsleil-Waututh), Lkwungen (Songhees) and Wyomilth (Esquimalt) peoples on whose traditional, unceded lands the CMHA BC offices are located.