

# YEAR IN REVIEW

2022–2023

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



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

# Our Impact

## BounceBack®

5,000+

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



## Peer Assisted Care Teams (PACT)

700+

mental health crisis calls were received and supported by community-led crisis teams



## STRATEGIC PRIORITIES 2021–2025

### Reach



all British Columbians throughout their lifespan to promote mental wellness and provide mental illness and substance use care.

### Uplift



the voices of people with lived and living experiences and organizations to create positive change in community-based systems of care.

### Advance



mental health as a human right that protects and promotes our rights to housing, education, employment, inclusion and health.

## PROGRAM DEVELOPMENT AND DELIVERY

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

## EDUCATION AND 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 AND 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 care.

## INITIATIVES AND 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 CMHA branches, community partners, businesses, and government.



## Visions

198,800+

views of Visions online articles



## Workplace Mental Health

5,000+

individuals were supported through programs and events focused on improving workplace mental health



## Healthy Minds | Healthy Campuses

1,700+

online users learned about promoting mental health and healthier relationships with substance use across BC campuses



## Bed-Based Treatment and Recovery Grants

500+

clients received quality bed-based treatment and recovery services



## Confident Parents: Thriving Kids

5,700+

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



## Here to Help

158,800+

online mental health or substance use screenings taken



Find our programs, services, and resources at [cmha.bc.ca](https://cmha.bc.ca)

Read the full Annual Report at  
[www.cmha.bc.ca/annual-report](http://www.cmha.bc.ca/annual-report)



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



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