

POCKETS OF INNOVATION

Mental health solutions from across Canada

In its report, **The State of Mental Health in Canada 2024**, CMHA has identified ideas and solutions in every province and territory that could be expanded across the country. These innovations—some of which involve CMHA—offer hope for better mental health, addictions and substance use health care.

 **Rural wellness hubs that bring together health and social services:** Yukon

 **A plan to address alcohol harms:** Northwest Territories

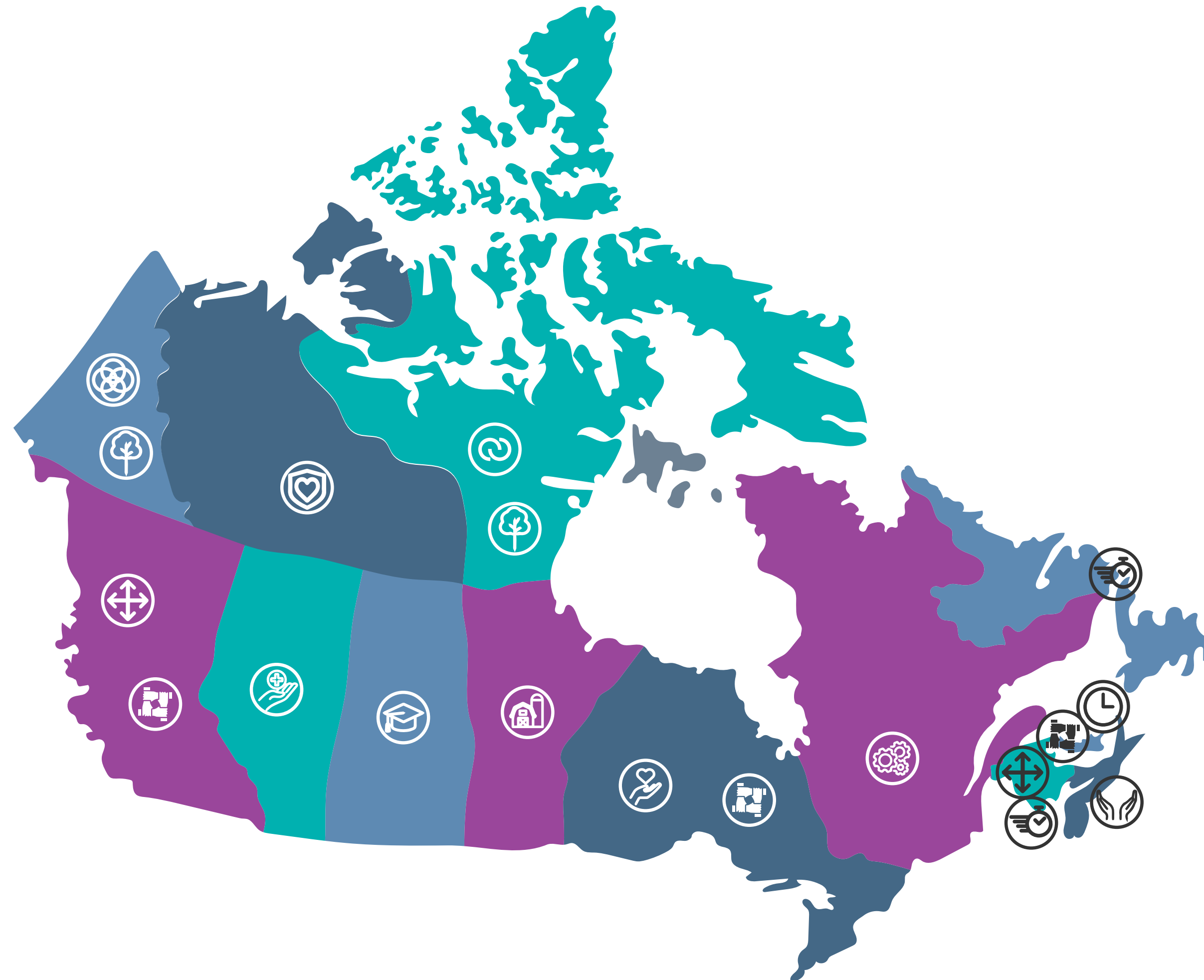
 **Training Inuit paraprofessionals to offer culturally appropriate mental health services:** Nunavut

 **Therapies that emphasize the healing power of nature and connection to the land:** Yukon and Nunavut


 **Youth wellness hubs with a “no wrong door” approach to health care and social services:** BC and New Brunswick


 **Significant investments in addictions treatment:** Alberta


 **Funding the College of Medicine for subspecialty training in child psychiatry:** Saskatchewan




A program to support farmers’ mental health: Manitoba 

Expansion of free, evidence-based psychotherapy services: Ontario 

Mobile crisis teams led by trained mental health professionals, social workers, and peer support workers instead of police: Ontario, BC and PEI 

An up-to-date and strong mental health strategy including community mental health and crisis support services: Québec 

Rapid-access mental health service to address long wait times: Saskatchewan, New Brunswick and Newfoundland and Labrador 

Universal, publicly funded mental health services for all: Nova Scotia 

24/7 emergency department specializing in mental health and addictions: PEI 