



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous

VISION

Mentally healthy people in a healthy society.

The Canadian Mental Health Association of New Brunswick (CMHA) is a provincial, bilingual non-profit organization with staff in 18 locations in our province. As a leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Much of CMHA's work is delivered through the following programs and departments:

Peer Support, Employment Counselling, Community Education, Program Coordinators, Research, Quality Assurance, and Communications.

CMHA Initiatives include:

Working Minds TOGETHER, Engaging Families in Recovery, #GETLOUD, Therapeutic Programs, Art of Friendship, Art of Recovery, Anti-stigma Awareness Initiatives, Wellness Programs, Changing Minds, Living Life to the Full, Applied Suicide Intervention Skills Training (ASIST), Mental Health Works, Kids Have Stress Too!, safeTALK, and 13 core Mental Health presentations.

We support people from all ages and walks of life. We partner with and deliver much of our work through schools, communities, senior complexes, special care homes, daycares, government departments, and private businesses. We rely on grants and subsidies to offer most CMHA programs at a low registration fee or free. CMHA reached over 70,000 people in NB last year through programs, services and awareness events.

5 in 5 people have mental health and CMHA's work is a focus on mental health as well as mental illness, including addictions. Our work is recovery based and celebrates the resiliency of persons with lived experience, while instilling hope for all.

How's your mental health today?