

MENTAL HEALTH LITERACY

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Mental health literacy is about having the knowledge, awareness, and capacity to take care of your own mental health and the mental health of others.



Online Resource

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An online portal will link individual users to suggested training opportunities based on a self-directed assessment. We have developed an inventory of local training options.

Guide Assessment

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We have some capacity to partner with organizations seeking more support, in which case we can help you identify the right training options to suit your needs.

Support Planning

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We can offer implementation support to ensure the success of your staff training. This includes coordination, problem-solving, and ongoing coaching.

Monitor Change

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Referring back to the results of the assessment that informed the training of your organization, we will track ongoing development of your staff's capacity.

WHAT WE CAN OFFER

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Our goal is to increase mental health literacy across Toronto and decrease stigma and discrimination experienced by people accessing services from trained providers. We anticipate that enhancing mental health literacy through capacity building and consistent staff orientation will lead to an increase in positive practices that in turn improve the well-being of service users and the public. This document explains how we think we could help your organization do that.

EIGHT COMPONENTS OF MENTAL HEALTH LITERACY

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- Recognition of mental health challenges
- Knowledge of mental health risk factors and their relationship to the social determinants of health
- Awareness of how trauma and systemic oppression increase vulnerability to mental health challenges
- Knowledge of how to seek mental health information
- Knowledge of how to take care of your own mental health
- Knowledge of services and support available
- Attitudes that promote destigmatization
- Knowledge of how to support and empower others affected by mental health challenges

Note: Our definition of "mental health challenges" includes problematic substance use and other addictions challenges



Supported by the Provincial System Support Program at CAMH. Visit www.camh.ca/pssp to learn more.

