



**Canadian Mental
Health Association**
Regina Branch
Mental health for all

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About Canadian Mental Health Regina (CMHA Regina)

The Canadian Mental Health Association (CMHA) has been a trusted voice and support system for mental health in Canada for over 100 years. Our Regina Branch opened in 1954 to provide a safe space for individuals living with mental health and substance use challenges, a mission we continue today with urgency and compassion.

Located at 1810 Albert Street, CMHA Regina operates a drop-in centre known as the Members' Club, which has over 1,300 registered members. Open Monday to Friday, the centre welcomes 50–60 people daily, over the age of 18. The goal is to provide a safe and supportive community that helps individuals move from isolation to engagement and meaningful participation in life.

We offer three main programming areas, each designed to reduce isolation, build resilience, strengthen and foster community.

Pre-vocational programing - members enjoy social recreational opportunities such as playing pool, cards, crafting, as well as watching and listening to educational, cultural speakers and videos. They can participate in peer-to-peer support groups as well as music and various wellness activities.

Vocational Programming – many of our members want to work but can't work a typical full-time or even part time schedule - some can only work 1 hour a week. Through this program, participants can work flexible hours in our janitorial areas, commercial kitchen, and within odd job opportunities. Here they gain confidence and feel like they are contributing. While working, each is paid a minimum wage. This past year, we served just under 8500 lunch meals. We know that \$100 a day can provide a home-cooked meal for about 40 people.

Community Engagement – This program delivers in-demand presentations and training sessions to elementary and high school students, post-secondary educational institutions as well as workplaces, community agencies and other non -profit areas. Since launching in 2017, it has reached over 55,000 people through initiatives such as Anxiety Survival Kits, mindfulness education, and suicide awareness programs. These sessions help individuals develop coping skills, foster resilience and feel more prepared and confident in helping and responding to others.

Launched just last year, **Powered by YOUth** is a partnership between CMHA Regina and the Child Trauma Research Centre at the University of Regina. This program responds to the growing need for youth mental health support by offering a welcoming and inclusive safe space for young people aged 14-23 to gather, share conversations, navigate life's challenges and hear from inspiring speakers. Monthly gatherings are hosted at the Safe Café operated by the Street Culture Project.

The Community Engagement area remains the only non-core funded programming area at our branch with all operational costs being provided through fundraising dollars.

Learn more at cmharegina.com

About Mental Health in Canada

General statistics

- In any given year, 1 in 5 Canadians experiences a mental illness or addiction problem.
- By the time Canadians reach 40 years of age, 1 in 2 have, or have had, a mental illness-
- 14% of people in Canada will experience major depressive disorder.
- 13.3% of people in Canada will experience general anxiety disorder.
- 3.4% of people in Canada will experience bipolar disorder.
- About 21.6% of Canadians (six million people) will experience a substance use disorder. This includes using alcohol, cannabis and other drugs.
- Eating disorders affect about one million Canadians (between 0.3-1% of the population). They impact women at a rate ten times that of men and have the highest rate of mortality of any mental illness.¹
- The suicide rate among men is three times higher than among women.
- In Canada, suicide rates among Indigenous Peoples are disproportionate. Among First Nations, the rate is three times higher than the non-Indigenous population, and nine times higher among Inuit.

About 4,500 Canadians die by suicide every year in Canada; this is almost 12 suicides each day.

Mental Health in Youth

- About 20% of Canadian youth aged 25 and under experience a mental illness.
- 15-20% of Canadians between the ages of 15-30 have experienced thoughts of suicide.
- Suicide is the second leading cause of death among people aged 15-34.
- Young women (15-24 years old) are more likely than any other demographic to have a mood or anxiety disorder.
- In 2020, almost one quarter (23%) of hospitalizations of people aged 5-24 were for a mental illness.
- Many youth struggle to access mental health care. Among youth needing care, 17% said their needs were only partly met or completely unmet.

Above general stats taken from:

CMHA Fast Facts: <https://cmha.ca/find-info/mental-health/general-info/fast-facts/>

CAMH Mental Health Statistics: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>