



**Canadian Mental
Health Association**
Newfoundland & Labrador
Mental health for all

July 13, 2023

CMHA-NL Comments on the Release of Government NL's *Towards Recovery: Action Plan*

The Canadian Mental Health Association – NL, the province's leader in mental health advocacy and education, welcomes the release of the Province's *Towards Recovery: The Mental Health and Addictions Action Plan for Newfoundland and Labrador*.

CMHA-NL sees advances in promoting mental health, raising awareness, and supporting people living with mental health illness and substance abuse as notable improvements. We acknowledge the commitment of Premier Andrew Furey, Minister Tom Osborne, and his department, and the province's health authority to affect change by identifying gaps in access to mental health care and working towards viable solutions. Our provincial government has always been supportive of the mandate of CMHA-NL, and that support contributes to our advocacy and education work in our communities.

There is so much more to do. With validated statistics that one in five people will experience mental health illness or substance abuse, the need for access and care is significant.

We will remain steadfast in our mission to help facilitate access to the resources people require to maintain and improve mental health, community integration, and support recovery from mental illness and substance abuse, ensuring mental health care for all. Barriers of financial capacity, geography, stigma, and stereotypes must be removed. CMHA-NL continues to strongly advocate that access to mental health care should be a universal right in Canada in the same way physical health care is accessed.

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