



Canadian Mental
Health Association
Waterloo Wellington
Mental health for all

CMHA Waterloo Wellington
Survey Results

How Mentally Healthy is Your Community?

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Why did we conduct this survey?

- The survey seeks to answer the question, “How Mentally Healthy is Your Community?”
- We must understand how residents view mental health and wellness in their community to provide accessible services and resources
- Data provides us with insights to guide decision-making based on service area needs



Survey Key Findings

Community Contributions to Mental Health

92 per cent of residents believe that municipal leaders play a vital role in supporting mental health in their communities



Survey Key Findings

Community Contributions to Mental Health

(Overall significance out of 10 – top 5 areas)

1. Access to **sufficient/healthy/affordable food** (8.4/10)
2. Access to **affordable housing** (8.2/10)
3. Public order and **personal safety** (8.2/10)
4. Availability to **parks and green spaces** for the public (8.1/10)
5. Access to **mental health/addictions services** (8/10)



Survey Findings

How Mentally Healthy is Your Community?

Municipality	Ranking out of 10
City of Waterloo	6.8
City of Guelph	6.7
Waterloo Region (outside Tri-city area)	6.3
City of Kitchener	5.9
City of Cambridge	5.8
Wellington County (outside Guelph)	5.0



Housing and Mental Health Supports

- As the survey demonstrates, housing and mental health are intrinsically connected
- Need to use a mental health lens when determining housing policies and programming
- Pertains to the entire housing continuum, including shelter services, permanent supportive housing, market rent and ownership



How Mentally Healthy is Your Community?

Guelph Community Housing Coalition

Collective Results Report and City of Guelph Recommendations:

1. We broadly agree with the recommendations
2. We encourage the City to prioritize recommendations and come up with an action plan.
3. We challenge them to prioritize permanent supportive housing and shelter, urgently.



**The time is now.
We can't afford to wait.**

