

THE ROAD AHEAD

Here4**H**ope



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

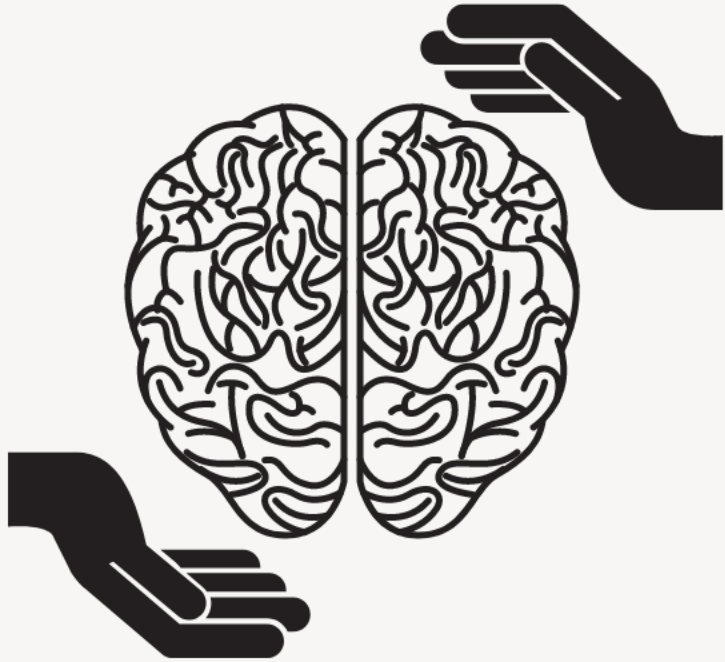


WHERE ARE WE NOW?

Impacts of COVID-19

44% of Ontarians reported poor mental health
14% reported suicidal thinking
20% increase in substance use
42% increase in calls for service regionally





MENTAL HEALTH

Has No Vaccine

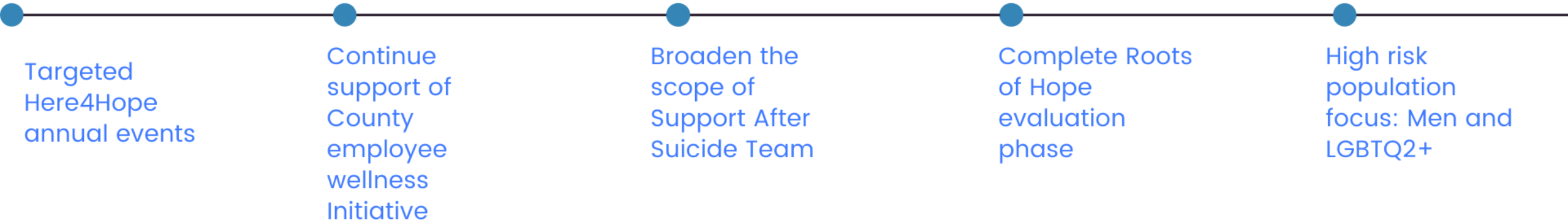
Working together to Increase awareness, support resiliency and build programming can act as the best defense against the new "pandemic" we are facing.



FOCUS 2022-2024



Here4Hope



TARGETED HERE4HOPE ANNUAL AWARENESS ACTIVITIES



CONTINUED SUPPORT FOR INTERNAL WELLNESS



Diversity and
Inclusion



Health Promotions



Mental Health
Awareness
and Training



Employee
Recognition

**BROADEN SUPPORT
AFTER SUICIDE TEAM
TO INCLUDE SUICIDE
ATTEMPT SUPPORT**



HIGH RISK POPULATION FOCUS

