



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

## INFORMATION RELEASE

*For immediate distribution*

### **Sydney Declaration a catalyst for international knowledge exchange in mental health**

**Calgary, Alberta, May 17, 2013** - The Mental Health Commission of Canada (MHCC) is proud to announce its support for the [Sydney Declaration](#). The Declaration is the culmination of two days of international discussions in Sydney, Australia among leading mental health organizations and commissions from around the world.

Participants agreed to collaborate and discuss mutual achievements and challenges in the following areas:

- Indigenous mental health
- Seclusion and restraint
- Work and mental health
- Knowledge exchange
- International benchmarking

While the signatories to this declaration each maintain their own domestic priorities and mandates, we collectively feel that there is a lot we can learn from one another in these five important areas.

The MHCC is proud to have led discussions in two out of the five focus areas, building on the work we have accomplished in Canada on work and mental health and knowledge exchange. The MHCC will continue to raise the profile of the Declaration, promote excellence, and act as a catalyst for change both in Canada and around the world.

#### **ABOUT THE MENTAL HEALTH COMMISSION OF CANADA**

The Mental Health Commission of Canada is a catalyst for change. We are collaborating with hundreds of partners to change the attitudes of Canadians toward mental health problems and to improve services and support. Our goal is to help people who live with mental health problems and illnesses lead meaningful and productive lives. Together we spark change.

The Mental Health Commission of Canada is funded by Health Canada.

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