

Mental Health Commission of Canada Declaration of Reconciliation

The Mental Health Commission of Canada (MHCC) aims to improve the mental health and wellness of people living in Canada, and to advocate for an equitable and accessible mental health system. In particular, we acknowledge that the wellness needs of First Nations, Inuit and Métis are unique, and we recognize the distinct circumstances, rights and cultures of these diverse groups.

We accomplish this focus through our work as a catalyst to:

- Promote a mental health system that reflects the voices and needs of First Nations, Inuit and Métis
- Contribute to research in First Nations, Inuit and Métis mental health
- Develop and maintain partnerships and relationships with the mental health community representing First Nations, Inuit and Métis
- Support innovation addressing the mental health needs of First Nations, Inuit and Métis

We affirm our commitment to reconciliation, particularly as it is presented in the Truth and Reconciliation Commission (TRC) and United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).

We commit to reconciliation in the following ways:

- Ceremony:
 - By jointly convening ceremonies and events as opportunities for dialogue, partnership, and relationships with First Nations, Inuit and Métis
 - By committing to communicate openly and constructively with the First Nations, Inuit and Métis community
- People:
 - By developing First Nations, Inuit and Métis capacity to address mental health
 - By committing to learning from culture and tradition as the base for mental wellness
- Structures:
 - By seeking Indigenous diversity within our organization
 - By promoting the creation and development of an Indigenous organization directly in the mental health system to represent the needs of First Nations, Inuit and Métis, in accordance with the principles of self-determination
- System:
 - By aligning the priorities of our organization to ensure they reflect of the needs and voices of First Nations, Inuit and Métis, and vocalizing the inadequacies of a system designed without regard for the unique needs of First Nations, Inuit and Métis. By advocating for a trauma-informed system of care that demonstrates humility and practices cultural safety

“We must move forward together. Our futures and the well-being of all our children rests with the kind of relationships we build today.”

Chief Dr. Robert Joseph