



Current State of Collaborative Mental Health Care

What can we learn from the research, literature review, surveys and consultations about the current status of collaborative mental health care?

There is a growing awareness of the critical importance of quality mental health service delivery within primary health care. This overview provides a synthesis of nine reports commissioned by the Canadian Collaborative Mental Health Initiative to identify the current state of collaborative mental health care.

The Facts

- Nearly one in five Canadians experiences a mental illness each year.
- Many Canadians do not receive professional mental health care. The majority that seek help see their family doctor or other primary health care provider.
- Health care providers may not have the knowledge, skills or time to provide mental health care.
- Consumers may not have access to the range of mental health services due to a lack of awareness or coordination among primary health care providers.

The Research

- Interest in collaborative mental health care is growing internationally.
- All Canadian provinces and territories are involved in primary and mental health care reform.
- Aboriginal peoples and rural/remote communities face particular challenges in accessing mental health care.
- There is limited formal education in interdisciplinary collaboration.
- The literature identifies numerous benefits in collaborative mental health care for consumers, providers and the broader health system.

The Experience

- Collaborative mental health care is increasing across Canada in a variety of approaches.
- New opportunities are being created to transfer knowledge among primary health care providers, mental health specialists and consumers, families and caregivers.
- Collaborative care initiatives need better support in the areas of funding, government policy and education.
- Involving consumers, families and caregivers in collaborative mental health care is a growing trend that requires strengthening.

This document provides an overview of the paper: *Current State of Collaborative Mental Health Care*.

The paper is available in English and French. Visit our Web site: www.ccmhi.ca, or contact:

The CCMHI Secretariat
Tel: (905) 629-0900
E-mail: info@ccmhi.ca

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