



Canadian
Collaborative
Mental Health
Initiative

Initiative
canadienne de
collaboration en
santé mentale



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OVERVIEW

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:

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