

Equality Diversity Respect Quality
Recovery Confidentiality Integrity Dignity

What We Do



CMHA Toronto promotes the mental health of all, because we believe that there is no health without mental health, and we advocate for public policies that lead to good health and quality of life for all.

CMHA Toronto supports the resilience and recovery of people experiencing mental illness by helping them to live, work and belong in our community, because we know that a place to live, and meaningful work, and a caring community are integral to recovery.

- **We help clients find and maintain safe and affordable housing** where they have a home they can call their own, and the dignity to open their door to their friends and neighbours
- **We help clients find meaningful work** where they know their efforts are valued, whether it be volunteer work or paid employment, providing them with the training and support they need to succeed
- **We help clients engage in their community as active participants** in social and recreational activities, where they can both contribute to and receive back from their community

Living

Working

Belonging

