



**MANITOBA INSTITUTE
FOR PATIENT SAFETY**



**Canadian Mental
Health Association**
Manitoba and Winnipeg
Mental health for all

The Manitoba Institute for Patient Safety and the Canadian Mental Health Association Manitoba-Winnipeg unite to bolster patient safety and mental well-being during COVID-19

WINNIPEG, MB, MAY 17, 2021 - The Manitoba Institute for Patient Safety (MIPS) is partnering with the Canadian Mental Health Association (CMHA) Manitoba and Winnipeg to help Manitobans understand and navigate health and community services during the COVID-19 pandemic.

Health and community services have changed dramatically in Manitoba over the last year with fewer in-person appointments and increased barriers to treatment services. At the same time, the mental health impacts of COVID-19 are on the rise with increases in anxiety, depression and suicidal thoughts.

“Many people are experiencing a decline or crisis in their mental health for the first time,” said Laurie Thompson, Executive Director of MIPS. “People are experiencing stress and disruption caused by the COVID-19 pandemic but are unfamiliar with how to access mental health services. Our partnership with CMHA aims to create a additional avenue to access to resources and build resiliency in our communities.”

A combined social media and web campaign aspires to help as many Manitobans as possible to navigate health and community services and find the support they need.

“If you’re struggling to support yourself or a loved one during the pandemic, we want you to know that you are not alone,” said Marion Cooper, Chief Executive Officer of CMHA Manitoba Winnipeg. “CMHA and MIPS are here to help you access mental health services and empower you with knowledge and tools to support self-advocacy, recovery and resiliency.”

To access healthcare advocacy and mental health resources in Manitoba, please visit <https://mips.ca/mentalhealthconnections.html>

About the Manitoba Institute for Patient Safety

[The Manitoba Institute for Patient Safety](#) (MIPS) is an independent non-profit organization created in 2004 in response to recommendations made by the Manitoba Patient Safety Steering Committee. MIPS is committed to supporting health care organizations and providers to improve patient safety and to empowering patients and families to be engaged with their health care team.

About the Canadian Mental Health Association

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive. For more information, visit www.cmha.ca.

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