City of Ontario Mental Health Initiative

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Community Life & Culture

Mental Health is an area that has slowly gained the attention of the City from incidents that have occurred globally and locally. As the City focuses its attention on serving the community it finds ways to seek assistance on making sure the community has the resources needed for the community to strive. As the City values being committed to the community and doing the right thing.

Community Life & Culture strengthens our diverse community through art, learning, leisure. Heritage and health. They create memorable experiences by connecting people to places, resources, and each other.

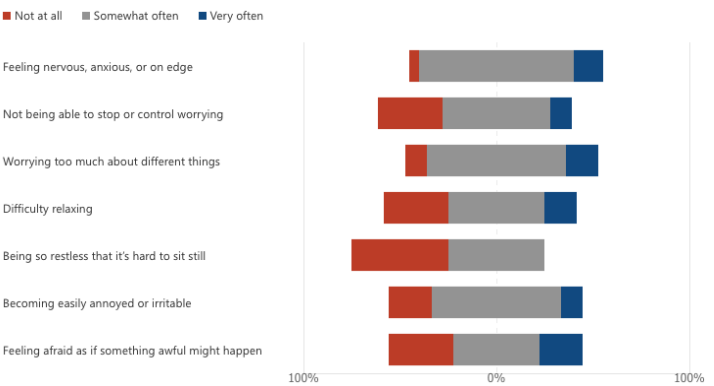
Healthy Ontario

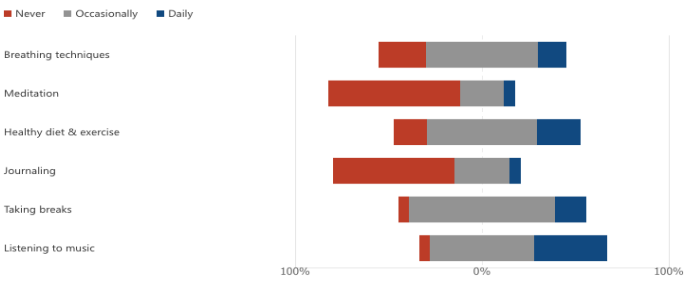
The Healthy Ontario Initiative is a long-term umbrella initiative that aims to improve community health through collective impact. Its mission is to empower the community of Ontario to take ownership of its health and to make Ontario a model for healthy communities by improving physical, social, environmental, and economic health and well-being. It represents a community-based approach to wellness that seeks to make changes at multiple levels in order to bring about improved health outcomes. It focuses our efforts on four main areas:

Mental Health Initiative

The Mental Health Initiative focuses on three components - partnerships, assessments, and workshops - to see the community's needs. Partnerships focus on outside internal and external agencies on building relationships to see how they can collaborate to provide resources to the community. Assessments create a survey that analyzes the community's needs and needs to serve specific populations. Finally, workshops evaluate the assessment results and create programming events to the needs of the residents. Simultaneously, the initiative works with the Mental Health Task Force on breaking down the stigma of mental health in the community.

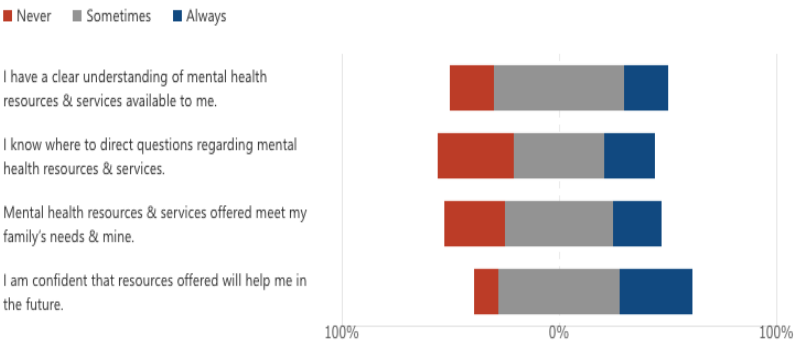
Based on the survey, out of total respondents, about 50% of individuals somewhat experience some level of discomfort/downness daily. This information allowed us to understand the community's level and the best initial workshops for coping mechanisms.





Based on the survey, out of total respondents, most individuals find ways to manage their mental health issues out of the total respondents based on the survey. This information allows us to focus our workshops on various other techniques that may be useful for individuals.

Based on the survey, out of total respondents, about 50% of individuals cannot confidently state that they are aware of services and resources. This information is beneficial to know as it allows us to know that there need to be efforts on promoting resources around the community and how individuals can better their wellbeing.



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