

deconstructing normal

CMHA VIRTUAL CONFERENCE 2021 > OCTOBER 19-20, 2021

MENTAL HEALTH FOR ALL

CONFERENCE.CMHA.CA

MH4A Virtual Conference One pager

- 1. The Canadian Mental Health Association's Mental Health For All (MH4A) Conference will take place virtually over two days on October 19 & 20, 2021.**
 - This year, the 6th annual MH4A Conference will be held October 19 & 20 in real time **LIVE** on an intuitive and customized platform.
 - In response to overwhelming demand, the conference will take place over two days this year, instead of one, allowing for more breaks and time to network.
 - Access the experience anywhere you happen to be, LIVE and on demand for a full year after.
- 2. The theme couldn't be more relevant.**
 - The theme – and the collective project – of this year's MH4A Conference is Deconstructing Normal.
 - In the face of the pandemic, there is so much yearning to get "back to normal." But what is "normal", and should we just launch right back into it?
 - The pandemic has caused significant social and economic upheaval, resulting in higher rates of mental distress. Our "normal," pre-pandemic response to distress was to make people wait – sometimes without end – for the care they needed.
 - Before the pandemic, we had become accustomed to so much injustice. We yearn for a new normal that is inclusive and anti-racist, that advances Indigenous Truth and Reconciliation and includes the voices of those with lived experience of mental illness and mental health issues.
 - Come reflect critically on what normal is and what it does to people, institutions and systems.
- 3. This virtual conference offers unexpected opportunities and advantages.**
 - CMHA's MH4A virtual conference includes the standard elements of an in-person event – from keynotes to breakout rooms to an exhibitor hall – but goes beyond what's possible in person.
 - **Surprising opportunities for real, human connection.** Participants can:
 - Create their own delegate profile and connect with others who share their passions, their background or ideas.
 - Send and receive messages with any other participant directly from their profile.
 - Join video forums that are designed to bring together delegates with common interests.
 - **More affordable and accessible**
 - Because the costs of hosting a virtual conference are significantly lower than for an in-person event, participants can participate at a fraction of the usual conference fees. Plus, no travel costs.
- 4. The six-year history of the Mental Health For All Conference**

- CMHA's Mental Health For All Conference has become a must-go mental health event in Canada.
- Previously held in-person in Toronto and Montreal, this year will be the second virtual edition.

For more information, visit www.conference.cmha.ca or reach out to the conference team at conference@cmha.ca.