

### Q3 If you could change one or two things to address the health and wellness of community members in Winnipeg, what would they be?

Answered: 45 Skipped: 20

#	Responses	Date
1	Systemic change is needed so poverty is not criminalized which only adds to stress and ill health.	5/26/2017 6:03 AM
2	1. Invest in poverty reduction, i.e. affordable housing, income supports, job training, food security, childcare, etc. 2. Invest in community based mental health services that include cultural reclamation programming for Indigenous people.	5/26/2017 6:00 AM
3	Access to mental health services. It costs a lot of money for counselling services, medication, therapy programs - a lot of treatments for other health conditions are fully paid for by healthcare and treatments for mental health conditions are not.	5/26/2017 5:58 AM
4	I would make addressing the social determinants of health priority one.	5/26/2017 5:56 AM
5	1. Funding for ongoing recovery programs( once programs gain positive (not legible), funding ends. 2. Justice, CFS EIA all rely on programs to provide support and when the programs end, the impacts are huge.	5/26/2017 5:54 AM
6	1. Increase funding for mental health programs. 2. Increase funding for affordable housing with supports - wrap around supports. 3. Increase funding for programs that reduce isolation.	5/26/2017 5:50 AM
7	Would like to see social gathering places for those with mental health issues. Many are isolated and need evening and weekend activities to give them a chance to build relationships with others that may be able to see some of their gifts and abilities and can help them find purpose.	5/26/2017 5:49 AM
8	NO change to be honest. It just needs to keep promoting and spreading even with the continuing change of the world. God bless.	5/26/2017 5:45 AM
9	Peer support is essential.	5/26/2017 5:42 AM
10	1. Bring resources together. Place community resources in schools. 2. Opportunities to talk to others and unite goals.	5/26/2017 5:42 AM
11	1. Peer support, recovery and education in schools are in need of attention.	5/26/2017 3:41 AM
12	1. Free access to qualified and registered mental health professionals. 2. Mental health education for youth in schools to develop mental health resiliency, early intervention, etc.	5/26/2017 3:39 AM
13	End homelessness as it might be that simple. 1 in 3 mentally ill.	5/26/2017 3:37 AM
14	Not ever having the feeling of being anything less than themselves. Support to heal, support to learn and support to gain love and overall support.	5/26/2017 3:35 AM
15	1. Fund long term for suicidal individuals. 2. Fund workplace initiatives to support workers with mental health crisis. Help us.	5/26/2017 3:33 AM
16	1. Eliminate poverty as it is a root cause of a lot of the "illness" in Winnipeg. 2. Create a sense of community (sense of belonging) and eliminate isolation for all.	5/26/2017 3:31 AM
17	Decriminalize and spend enforcement on rehabilitation a la Portugal.	5/26/2017 3:28 AM
18	1. Early childhood supports are in need of attention. 2. More money. If our federal govt can sign a deal with Saudi Arabia for \$14B, then surely our federal govt can put at least that amount across our nation - or take the \$14B and put it into mental health services. We would be a different mental health country.	5/26/2017 3:24 AM
19	Creation of many more mental health clinics that are accessible (eg. Aurora Centre, Klinik).	5/26/2017 3:19 AM
20	1. Better strategic planning - working together to educate and deliver supports. 2. Get people talking so they understand about mental health - remove the shame, allow those hurting to come forward.	5/26/2017 3:17 AM
21	1. Information about services should be more readily available. 2. Training for others in the community to identify and support access to services.	5/26/2017 3:15 AM

22	1. Make mental health professionals outreach practitioners. Go to people instead of them coming to you. N.B. This forum should be a half day program. Time for discussion was very short.	5/26/2017 3:13 AM
23	I will look at promoting outreach that is proactive, engaging, connecting and community to various mental health victims, pre and post addictions.	5/26/2017 3:09 AM
24	1. Education from Grade 1- 12. Make wellness a focus. 2. Community resources - outreach workers needed.	5/26/2017 3:06 AM
25	1. Access to therapy - especially systemic family therapy 2. Early and appropriate interventions in childhood - for the whole family. 3. Reduction of stress for everyone 4. Tools for coping with trauma and "different ways of being". 5. Meet kids needs/ talents/ strengths.	5/26/2017 3:04 AM
26	1. Resources/ funding for school divisions. Unlike other provinces, Manitoba does not have a funding line for mental health education. This needs to change. 2. More conversations like this one on systems change. Thanks Winnipeg Foundation!	5/26/2017 2:47 AM
27	1. Eliminate stigma to start conversations. 2. Provide more resources to increase treatment/ supports.	5/26/2017 2:45 AM
28	We need more mental health services and more open discussions so that earlier intervention and access can happen.	5/26/2017 2:44 AM
29	More resources (people) to assist adults gain employment and volunteering and persist in keeping their files open. Help people engage in their community.	5/26/2017 2:42 AM
30	1. More "Act" teams (Bio, psycho, social) 2. Basic needs supports 3. CRC - needs to be more responsive 4. Resources to Indigenous, refugee and the North. 5. Root causes 6. Home visits recovery 7. Outreach 8. Addiction beds 9. Senior Citizens	5/26/2017 2:41 AM
31	1. Creating opportunities for meaningful connections and community at the face-to-face level in local communities with outreach to socially isolated people. 2. Increasing capacity in mental health through diversifying service delivery specialists to include qualified counselling professionals and through increased funding to current intervention programs, hospital beds and community based services.	5/26/2017 2:28 AM
32	Focusing on family re-connection and supporting families to stay together. Acknowledging all forms of "family" and supporting the places/ organizations that provide safe spaces, a sense of belonging and meaningful, positive engagement for youth.	5/26/2017 2:24 AM
33	Fostering and normalizing more face-to-face relationships to create multi connected platforms to talk about mental health.	5/26/2017 2:22 AM
34	I believe counselling should be accessible to all and included in Canadian Health Care. Reduction of stigma and training for people should become a priority - think AED. Everyone knows how to use it. Can we apply the same energy and structure around mental health and addictions.	5/26/2017 2:18 AM
35	Easier access and sharing what kind of support programs and services are out there.	5/26/2017 2:16 AM
36	Decreasing wait times for people accessing help.	5/26/2017 2:15 AM
37	I would change the stigma that is attached. People often feel ashamed of themselves when suffering with something mental and it is important for them to know they are not alone. Forums like Vital conversations help open up the discussion which is so important!!	5/26/2017 2:14 AM
38	Scheduled time during the school day, work day or in care for mindful reflection and de-stressing.	5/26/2017 2:06 AM
39	1. Better resources and access to mental health supports for newcomers integrated into settlement services. 2. More affordable recreation for all Winnipeggers, i.e. included in tax benefits, employee programs as a requirement for people generally.	5/26/2017 2:03 AM
40	Ensure that long term funding for mental health services is secure and a priority vis a vis other services.	5/26/2017 1:59 AM
41	Education to avoid stigma and create awareness - very important as mental health spans many issues from depression to bipolar disorders.	5/26/2017 1:57 AM
42	1. Easy access to services for all. 2. Public awareness and stigma reduction	5/26/2017 1:54 AM
43	Offer more community based spiritual gatherings so as to combat feelings of loneliness and isolation.	5/26/2017 1:52 AM
44	1. Treat mental illness the same as physical illness across the board (in hospitals, in the workplace, etc). 2. Stigma reduction through education.	5/26/2017 1:51 AM
45	Eliminate the stigma associated with mental illness and being able to talk about it without judgement - at home, school, workplaces and communities in general in a safe environment. 2. Similar to Bell's "Let's Talk" initiative, I'd like to see TWF take on a huge role to support mental health issues in Winnipeg and "keep the conversation going".	5/26/2017 1:49 AM