

World Human Rights Day

December 10th, 2025

The Space We Make for Mental Health



1 in 5 Canadians will experience a mental health challenge in any given year.

Human Rights & Mental Health

Recognized globally under the Universal Declaration of Human Rights (1948) and the International Covenant on Economic, Social and Cultural Rights (ICESCR). Canadian law protects against discrimination based on mental health.

Mental Health in Practice Across Canada

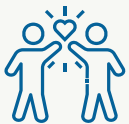
Service Access Gap: about 2.5 million Canadians with mental health needs said they were not getting adequate care.

Equity Gaps: Rural, Indigenous, newcomer and LGBTQ+ populations face higher barriers to access to care.

Funding Gaps: On average, provinces and territories are spending only 6.3% of their total health-care budgets on mental health, well below the 12% recommendation.

We all play a critical role in ensuring **mental health as a human right is realized in practice**. By guiding conversations, connecting people to resources, and challenging stigma, you help remove barriers to care and advocate for equitable access.

Actionable Steps



Create Safe and Inclusive Spaces



Help Connect People to Resources



Advocate for Equity and Accessibility

Lowe, Leyna, Danielle Fearon, Ammar Adenwala and Deb Wise Harris (2024). The State of Mental Health in Canada 2024: Mapping the Landscape of Mental Health, Addictions and Substance Use Health. Toronto, ON: Canadian Mental Health Association.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



For more resources visit:
openingminds.org/the-space-we-make

For more information on training,
visit: openingminds.org

If You Are in Distress

You can call or text 9-8-8 at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.