

# Leadership in the Mental Health Consumer Movement

It has been evident for some time that additional leadership is needed in the mental health consumer movement. People who are in positions of relative power, both in the formal mental health system and politicians need to hear from additional voices within our ranks. In the absence of this appropriate leadership, many of the current leaders are facing the very real possibility of burnout!

Not all mental health populations are represented by the current leadership. Canada is a large country, and there are many areas with little or no consumer leadership. In particular,

- We need to recruit representatives from rural Canada, the North and those provinces where traditionally representation has been low.
- Canada has a very diverse population that requires development of leadership in our First Nations, African Canadian, Asian and other communities to ensure that we remain culturally sensitive.
- We need to recruit more women and more members of the LGTB population.
- We also need representative leadership from our youth and our seniors, to effectively deal with issues relative to age.

## Recommendation:

The member organizations of CCAMHR and their stakeholders will take an active role in recruiting, training and nurturing future consumer leaders, with particular attention on, but not limited to those areas of the country and populations that have been identified as being under served.

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Authored By: Roy Muise

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