

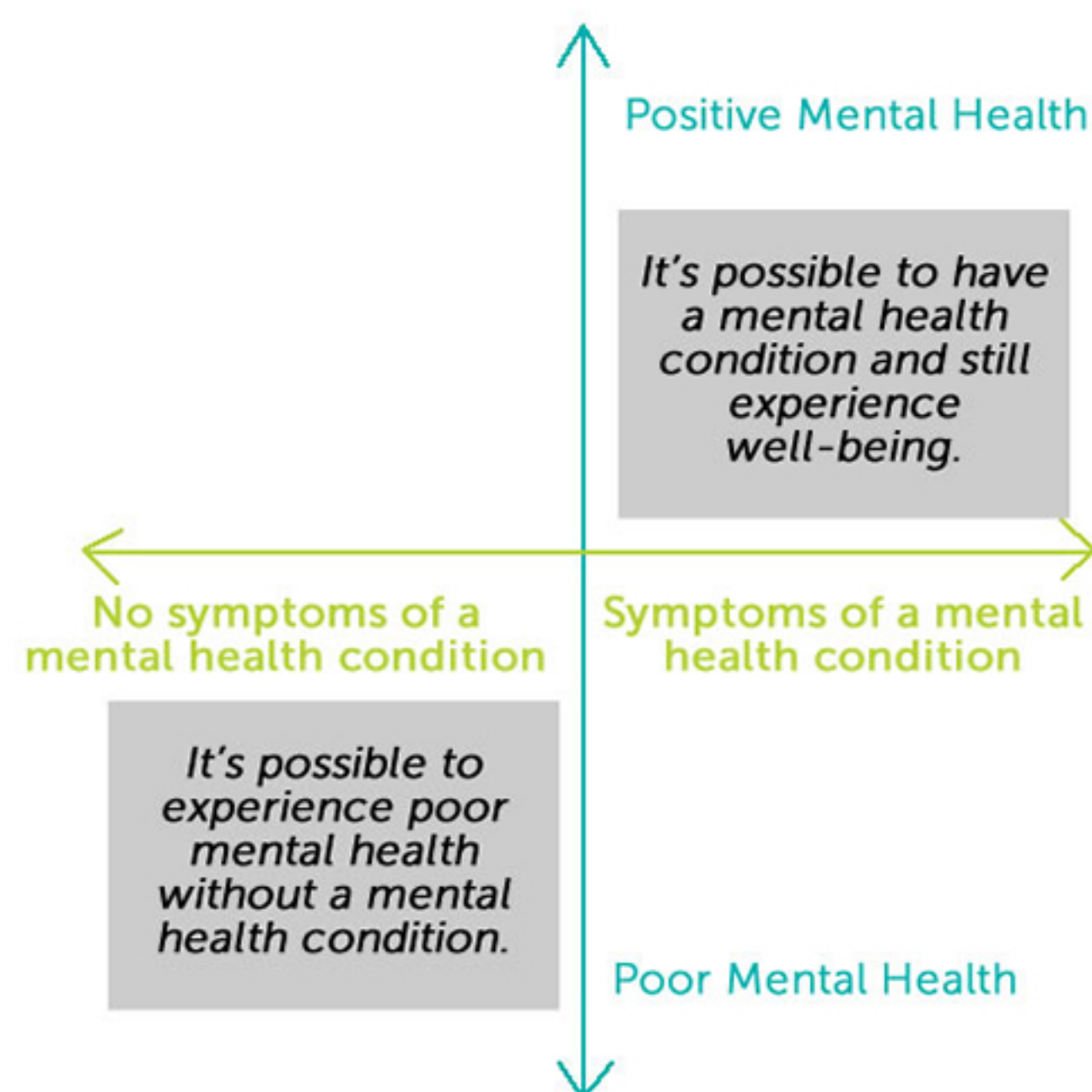
HEIA Mental Health and Addictions Tip Sheet

Equity issues in mental health have a significant and often negative impact on the people, communities and health system of Ontario. With this tip sheet, the HEIA can be used by people working at the organizational, planning and policy levels within and beyond the health system to identify and address potential negative mental health impacts of a program, policy or initiative on marginalized populations.

Here are four tips to get started:

1. Identify mental health impacts for all populations

Program or policy decisions can interact with the social determinants of health, which can impact on mental health. When doing an HEIA, consider the impacts of the program or policy on the mental health of different populations.

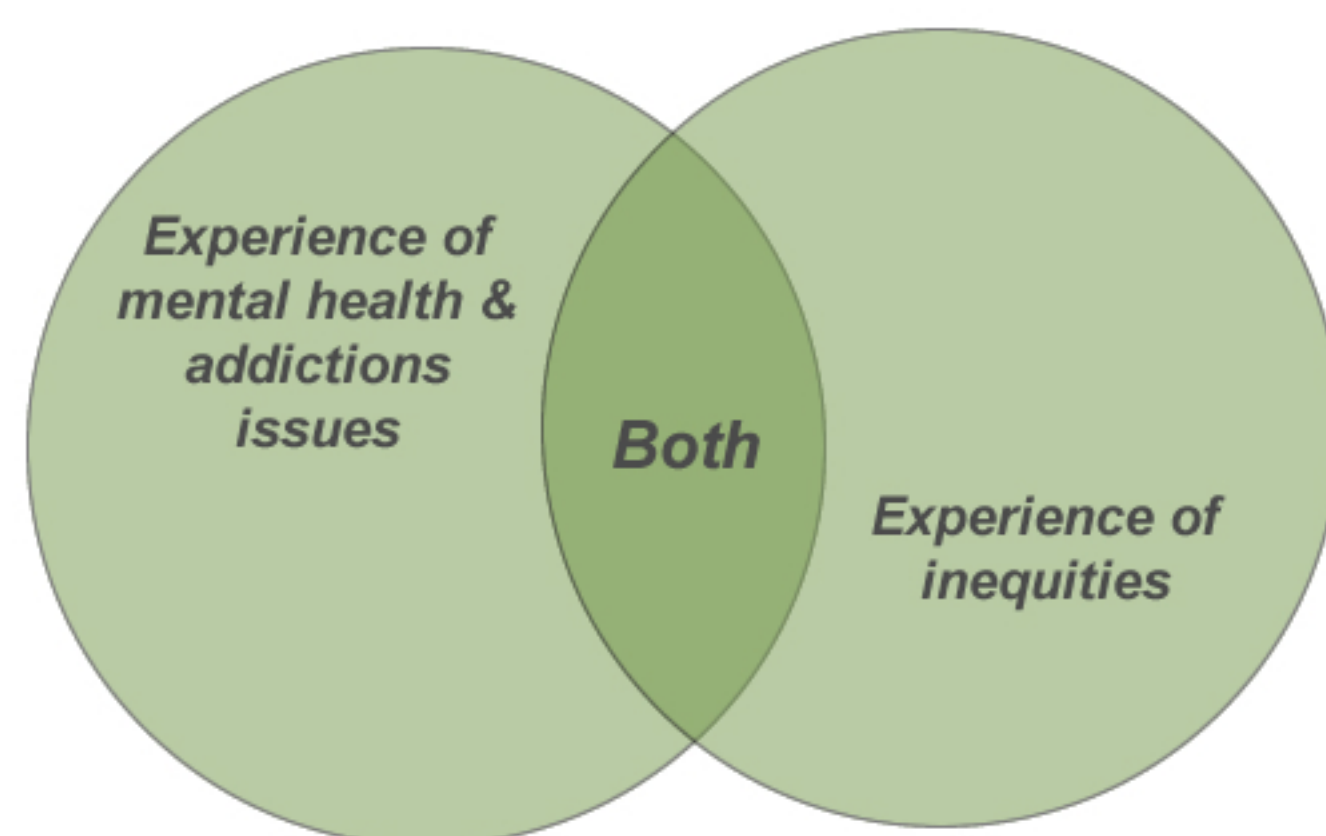


2. Identify mental health and PWLE

Mental health matters for equity. People with lived experience of mental health and addictions issues (PWLE) in Ontario experience stigma and discrimination that can impact on every part of life. When doing an HEIA, add PWLE to the populations list and identify negative or positive impacts on this population.

3. Identify intersecting populations

People can experience both mental health and addictions issues and additional inequities at the same time. Identify any additional populations of PWLE that need to be considered but are missing from the populations list (e.g. people in contact with the law, living with concurrent disorders or dual diagnosis), and consider how PWLE factor into the existing populations on the list (e.g. LGBTQ, Francophones).



4. Be creative about evidence

Lived experience is evidence. Consult PWLE and peer-led organizations or use their work when gathering evidence for your HEIA. Other potential sources include the Ontario Common Assessment of Need and the Drug and Alcohol Treatment Information System in Ontario, as well as the Canadian Community Health Survey mental health data.