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Ministry of Health 777 Bay Street, 5th Floor Toronto, ON M7A 2J3

Subject: Proposal for a Rural Mental Health Outreach Program

Dear Sir or Madam,

I am writing as a concerned resident of Northern Ontario to propose the creation of a ·Rural Mental Wellness Outreach Program· to improve access to mental health services in our community. This program would deploy mobile mental health clinics and support teams to serve remote and underserviced areas of our region. Currently, many residents in small towns and rural areas must travel several hours to the nearest city to receive counseling or psychiatric care, leading to significant barriers for those seeking help.

Description of the Proposed Program: The Rural Mental Wellness Outreach Program would consist of mobile clinics staffed by mental health professionals (such as counselors, social workers, and nurses) who travel on a regular schedule to outlying communities. These clinics would provide services like one-on-one counseling, mental health check-ups, referrals to specialized care, and workshops on coping strategies and mental health education. The program would partner with local health units and community centers to host these mobile clinic days in accessible locations (e.g. community halls or schools).

Objectives:

- Reduce wait times and travel distances for mental health services in rural and northern communities.
- Increase the percentage of residents receiving timely mental health support, particularly youth and seniors who may lack transportation.
- Provide education and reduce stigma around mental health and substance use issues in our community.

Expected Outcomes:

- Shorter wait times for counseling and mental health consultations (targeting a reduction from the current 3-month average wait to under 4 weeks).
- Improved mental health outcomes, evidenced by increased uptake of services and positive feedback from participants.
- Better crisis prevention and reduction in emergency hospital visits related to mental health by addressing issues earlier and in the community.

Rationale for Government Support: Our region has been facing a mental health care gap. In our district, there is only 1 mental health professional per 5,000 residents, and many people cannot access care when they need it. As a result, problems like anxiety, depression, and substance abuse often go untreated until they become crises. By investing in a mobile outreach program, the Ministry of Health would ensure more equitable healthcare for rural citizens, aligning with the government's commitment to improve health outcomes for all Ontarians. The cost of operating mobile clinics would be offset by savings from reduced strain on emergency services and hospital admissions.

In conclusion, I urge the Government of Ontario to consider implementing the Rural Mental Wellness Outreach Program. This initiative would fill a critical service gap and provide much-needed support to our community and other rural areas across the province. Thank you for your consideration of this proposal. I would be happy to discuss this idea further and provide any additional information as required.

Sincerely,

[Signature]

John Thompson