

MENTAL HEALTH AND WELLNESS PLAN AT A GLANCE



This plan serves as a guiding framework for Mental Health and Wellness in Stony Plain, providing direction and focus. By enhancing access to services, promoting collaboration, fostering meaningful connections, and strengthening community support systems, we aim to build resilience and cultivate a sense of connection and belonging, thereby enhancing residents' mental well-being.

COMMUNITY ENGAGEMENT

connect

Community and Social Development
Public Engagement

In 2022, Community and Social Development held public engagement sessions to determine what makes a community healthy, gathering **196 responses**.

Mental Health and
Wellness Engagement

In 2023, a survey gathered 511 responses from **237 individuals** on enhancing mental health and wellness.

Focused Conversations

In late 2023, three discussions engaged **30+ community members** and organizations on community roles in mental health, building on previous themes from the survey results.

Nourishing
Connections
Event

In January 2025, the Nourishing Connections event gathered **158 participants** to explore the importance of belonging individually and in the community.

Plan at
a Glance

Based on insights from these engagement sessions and community feedback, a mental health and wellness framework was developed.



*"Communities thrive when individuals
feel connected and supported."*

*"People will stay in
communities where
they feel connected and
supported."*

*"When we feel part of a community,
we feel less vulnerable and more resilient."*

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build

INCREASE PREVENTION

- Provide opportunities and develop programs in community that foster connection and belonging
- Strengthen natural supports to increase resiliency
- Advocate for business sector to implement mental health policies and best practices
- Establish and support safe and welcoming spaces within the community

ENHANCE AWARENESS

- Improve access to information on services and supports in the region
- Use shared language and foster collaboration between organizations and service providers
- Integrate lived experiences and foster indirect opportunities for mental health and wellness to develop naturally

strengthen

PROVIDE COMMUNITY SUPPORTS AND EDUCATION

- Promote collaboration among organizations and service providers to break down barriers, address gaps, and streamline services
- Empower the community to take the lead in identifying and developing programs that best meet their needs
- Offer training and programs tailored to address evolving community needs