AI in Mental Health and Substance Use Health Care

Early Results and Emerging Guidance:

Artificial intelligence (AI) is rapidly transforming mental health and substance use health (MHSUH) care, offering new ways to enhance delivery and expand access.

We are collaborating to develop Canada's first guidance for the use of AI in MHSUH care. The new national guidance will be developed collaboratively with advisory groups representing healthcare, technology and lived-experience communities.

The project will produce bilingual guidance along with implementation support and resources to promote ethical, safe and effective use of AI in MHSUH services across Canada.
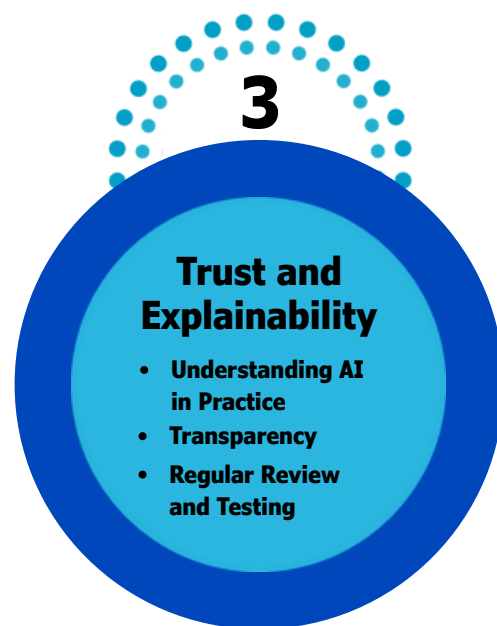
Initial findings from our environmental scan and literature review identified **10 key considerations** for the guidance, along **three main themes**:

1 — Equity, Privacy, and Governance

- Data Security
- Ensuring Equity and Minimalizing Bias
- Privacy and Confidentiality

Canada has a diverse population, and we need to focus on equity to minimize bias.

2 — Human-Centred Care

- Informed Consent
- Support Human Autonomy
- Data Collection and Use
- Human Oversight

Informed consent and data use must be considered. Mental health data is sensitive and stigmatizing, which can add extra complexity.

3 — Trust and Explainability

- Understanding AI in Practice
- Transparency
- Regular Review and Testing

Systems should be able to clearly explain how recommendations are made, so people can understand and trust them.

The final project guidance is expected to release in 2026.
For more information contact: digital@ccsa.ca or ementalhealth@mentalhealthcommission.ca

Scan to stay informed about the progress of this project.