This study examines the relationship between self-perceived mental health and reported diagnosis of mood disorders with age, gender, migration status, time since migration, and social determinants of health. We also sought to examine Albertan immigrant service providers’ perspectives on immigrants’ mental health and strategies to improve immigrants’ mental health. We analyzed the Canadian Health Measures Survey to determine the factors that contribute to self-perceived mental health and self-reported diagnosis of mood disorders. Our sample included 12,160 participants aged 15 to 79 years. We also conducted interviews and focus groups with 53 immigrant service providers in Alberta. Our analysis revealed that increased income, older age, employment, shorter duration of residence in Canada, and a strong sense of community belonging were associated with better self-perceived mental health. Recent migrants were almost four times more likely to report better mental health than Canadian-born residents. However, this advantage decreased with time spent in Canada. Self-reported diagnosis of mood disorders was positively associated with being middle age, female, and unemployed, and with having a lower income and weak sense of community belonging. Our interviews and focus groups identified factors that contribute to mental health (especially poverty) and factors that contribute to access to mental health services. Strategies to improve the mental health of immigrants include community-based mental health delivery, mental health awareness programs, cultural competence in mental health and interpretation services, addressing the issue of unemployment and underemployment, building capacity of healthcare providers, and removing systematic barriers to accessing care. We conclude that there is a need for funding and programs to address the mental health service needs of immigrants across the duration of their residence in Canada. These initiatives must also attend to the diverse social determinants of health.