

# Newcomers' Health and Well-Being Program

## Are you a newcomer to Canada?

Moving to a new country and starting a new life can be stressful. It can affect your health and wellbeing. Newcomers' Health and Well-Being provides **free mental health and primary care services to newcomers 12 years of age or older** in York Region and South Simcoe who may have physical and mental health concerns.

Our approach focuses on you as a whole person. That includes your language, culture, and community. We understand trauma and bad memories. We help you to build on your strengths.

## Program Offers:

- **Health care** from a Nurse Practitioner; prescriptions filled
- **Health education**
- **Social work support** including assistance with community services, housing, employment and government support
- **Mental health counselling**
- **Help with trauma** from things that happened in the past
- **Workshops and group learning** about issues like:
  - Family and caregiver concerns
  - Managing stress
  - Resolving conflict
  - Dealing with grief and loss



## Register for support:

Referrals can be made by the **individual** by visiting our website or via a **professional/agency** that works with newcomers. Referrals received will be reviewed and screened for eligibility by our clinical therapists. If eligible, clients will be booked for an initial assessment with our clinical therapists and/or nurse practitioner.

## We're Here for You

**Email:** [nhwbreferral@cmha-yr.on.ca](mailto:nhwbreferral@cmha-yr.on.ca)

**Call:** 905-841-3977

**Website:** [yorkregionnewcomers.ca](http://yorkregionnewcomers.ca)