



**NEED TO TALK
TO SOMEONE?**



We also offer telephone-based supportive counselling to support people in York Region and South Simcoe experiencing higher levels of stress and anxiety.

Call 1-866-345-0183 and leave a voice mail with your name and phone number – Monday to Friday 8:30am to 4:30pm

If you are in crisis, call **1-855-310-COPE (2673) or 911**

cmha-yr.on.ca

MORE INFORMATION ABOUT CMHA PROGRAMS:



We have multi-language capacity and use interpreter services when delivering 1:1 support to provide the best care possible.

Our programs are available during the day, and some are scheduled evenings and weekends. Services can be available over the phone, through video-conferencing and in-person (dependent on program).

Weekly orientation sessions for new members can help you learn about CMHA and our activities and support.

All services are free



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

To register or to get more information about our programs, call Central Intake at 1-866-345-0183, ext. 3321 or visit cmha-yr.on.ca.

Central Intake staff will help determine which services will be most appropriate to your goals and needs. Some services have specific admission criteria.

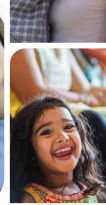
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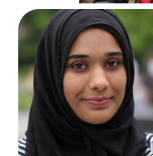
June 2024



Mental Health for All



We're Here For You



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

We are here to support you in your journey to living the life you want. We provide care that is unique to only you and recognizes your many strengths. We will create a safe and positive environment so you can learn healthy ways to share your feelings, maintain and improve your health.

Canadian Mental Health Association (CMHA), York Region and South Simcoe offers over 30 specialized mental health programs and services that are here to help and educate everyone: young people, adults, family members, friends and caregivers. We are one of the fastest growing branches of the CMHA, serving more than 42,000 individuals.

We understand your situation is as unique as you are which is why we offer a variety of community based mental health services in York Region and South Simcoe communities. One, or a combination of these programs may be able to help you.

IN YORK REGION AND SOUTH SIMCOE, CMHA OFFERS MENTAL HEALTH AND ADDICTIONS SUPPORT FOR:

Individuals



We offer individual support for those experiencing different forms of mental health challenges. Some of these programs are multi-disciplinary which include an occupational therapist, psychiatry, nursing, case management and peer support. Other individual services include employment and telemedicine services for virtual connections to your healthcare professional.

Groups



We provide several group-based services including Family Education, Support for Depression, Expressive Arts, Mindfulness, courses through the College of Health & Wellbeing, social and recreational groups and workshops through our drop-in Community Connections program.

Youth (12+ years old)



We offer groups, workshops, and individual services in schools, courthouses, and other community settings. Our individual services include short-term counselling, short-term case management, and primary care provided by a nurse practitioner. Our youth mental health services offered by several programs are delivered by youth mental health counsellors, mental health educators, coordinators, case managers, nurse practitioners, peer support specialists, and clinical therapists.

Housing Support Programs



Our housing programs can provide you many options whether you need access to permanent housing, support to maintain your housing, assistance with residing in social tenant housing or in a congregate home setting in the community that can provide up to 24/7 support. We will provide you choices that are based on your needs with the ultimate goal of providing safe and affordable housing.

Specialized programs to serve



The 2SLGBTQ+ communities, newcomers, seniors, those who are involved in the criminal justice system and anyone who identifies or has been diagnosed as having a serious mental illness.

For more information visit cmha-yr.on.ca or call 1-866-345-0183