

VISION

Mentally healthy people
in a healthy society.

MISSION

CMHA Peel Dufferin champions good mental health for everyone and supports the full participation of those with mental illness and addictions in the life of the community.

VALUES

Leadership, Integrity, Inclusiveness,
Advocacy, Accessibility, Quality.



1 in 5 people will experience a mental health concern at some point in their lifetime. That could be your friend, family member, or even you. The good news is, with proper care and support, people affected by mental illness can recover to lead productive and rewarding lives.

You can be part of the Recovery process by donating to CMHA Peel Dufferin.

Donations help us provide programs and services such as our client wellness initiative, support groups, day programs and youth programs. Donations also help fund our mental health education and awareness activities that help to ensure people know where to turn for help when they need it.

Visit cmhapeeldufferin.ca for more information about our programs and services and to make a secure online donation.



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

MENTAL HEALTH

CMHA PEEL DUFFERIN SERVICES & PROGRAMS

CMHA Peel Dufferin Information and Referrals
Monday - Friday: 9am - 5pm

Canadian Mental Health Association, Peel Dufferin Branch
7700 Hurontario St., Suite 314
Brampton, ON L6Y 4M3

☎ 905-451-2123
✉ info@cmhapeel.ca

☎ 905-456-7492
🌐 www.cmhapeeldufferin.ca/

f CMHAPeelDufferin

🐦 @CMHAPeelDuff

📷 CMHAPeelDufferin

in/CMHA-Peel-Dufferin



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Health Association
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CMHA Peel Dufferin's
Services and Programs
Brochure is generously
supported by

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 **Region of Peel**
working with you

 **Dufferin**
county

 **United Way**
Greater Toronto

 **Ontario**
Health

Everyone has ups and downs in their everyday life, but if your mental health is affecting your daily life or getting in the way of your work or relationships, we can help. If you are worried about a friend or family member's mental health or substance use, we can support that too.

CMHA Peel Dufferin connects individuals to mental health information, education and support services. We offer personalized services including identification of your needs relating to mental health and substance use/addiction, and can connect you to our programs and other community supports. Our programs focus on helping people recover from mental illness and build resiliency.

905-451-2123

Call us if you are seeking mental health and/or addiction services for yourself, family, friends or employees. Service criteria vary and are program specific so contact us to discuss service options specific to your needs. Primarily we serve anyone in Peel, Dufferin, and North Etobicoke, youth and adults, who experiences mental health concerns that interfere with their daily life in a significant way.



- Referrals from individuals, families, hospitals, Home and Community Care, and other community services.
- Accessible service over the phone, online or in-person, in safe and convenient locations including homes, community settings and our various sites.
- In-person assessment, focusing on the individual's strengths and needs.
- Connections to mental health, addiction and community services, including CMHA Peel Dufferin programs.
- Intensive, short-term, individualized mental health support around immediate needs, as applicable.
- Regular follow-up, outreach and support to individuals who are waiting for service.
- Access to group programs such as: peer support, social recreation and family support.

For information regarding services and supports or to make a referral to CMHA Peel Dufferin please contact us:

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