## 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.

## VALUFS

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.

### **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





in in/CMHA-Peel-Dufferin



Canadian Mental Health Association Peel Dufferin Mental health for all

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

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











# MENIAL

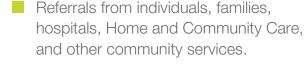
# **CMHA PEEL DUFFERIN SERVICES & PROGRAMS**

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.



- 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:

## Monday - Friday: 9am - 5pm

- 905-451-2123
- 905-456-7492
- info@cmhapeel.ca
- cmhapeeldufferin.ca/























