

MISSION

Improving the well-being of our community through high-quality mental health and addiction services.

VISION

Mentally healthy people in a healthy society

OUR VALUES

Respect
Excellence
Accountability
Collaboration
Hope

“You will never fully understand how your services and exceptional staff helped me.”

—a CMHA-HRB client



“The level of professionalism has helped to restart me and has enabled me to continue to move in a positive direction.”

—a CMHA-HRB client



For more information on our services and how we can help you, contact us.

CMHA Halton Region Branch

1540 Cornwall Road, Unit 102
Oakville, ON L6J 7W5

Phone: (905) 693-4270

Toll-free: 1-877-693-4270

TTY: 1-844-646-1700

24/7 Crisis Line: 1-877-825-9011

www.halton.cmha.ca

info@cmhahrb.ca



Canadian Mental Health Association
Halton Region Branch
Mental health for all



WE CAN HELP

If you need support for a mental health and/or addiction concern...

If you want to improve your wellness and quality of life...

If you want to learn more about mental health, addictions, or community services...

If you need help in a crisis...

WE CAN HELP.

If you want to manage symptoms in positive ways, get the right care and support, make healthy choices, connect to others who can support you, and work on your recovery goals, we can help.

Our staff can meet with you in the community, in your home, or in our offices. We call this **Case Management**. We can provide special support if you also have an addiction concern or a developmental and/or intellectual disability, or if you are involved with the criminal justice system.

We also provide free walk-in counselling weekly throughout the community. No referrals or appointments needed. Call us or visit our website for more information.

If you are in crisis, we can help – 24 hours a day, 7 days a week.

We will speak to you by phone and/or in person to provide a number of supports to help you make a plan to stay safe.

We call this **COAST (Crisis Outreach and Support Team)**.

Call us anytime on our 24/7 crisis line at **1-877-825-9011**.

COAST is not an emergency response unit. If your situation is a life-threatening emergency, call 911.

We can also provide you with more information on mental health, addictions, and additional community services available for support.

There are no fees for these services.



Stock photo. Posed by model.

If you are interested in workshops, courses, trainings, and groups to promote positive health and create a supportive community, we can help.

We call this **Health Promotion**. Our services include:

- Applied Suicide Intervention Skills Training (ASIST) workshops
- Mental Health First Aid workshops
- Living Life to the Full courses
- Anger Management groups
- Presentations for workplaces, schools, and other groups on a range of mental health and addiction topics, including Mental Health 101, stress management, and creating supportive workplaces

Call us or visit our website for more information on how we can help.

