SUPPORT | TREATMENT | LEARNING

For more information on our services including referral processes, visit our website at halton.cmha.ca or scan the code below.

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

Toll-Free:
1-877-693-4270

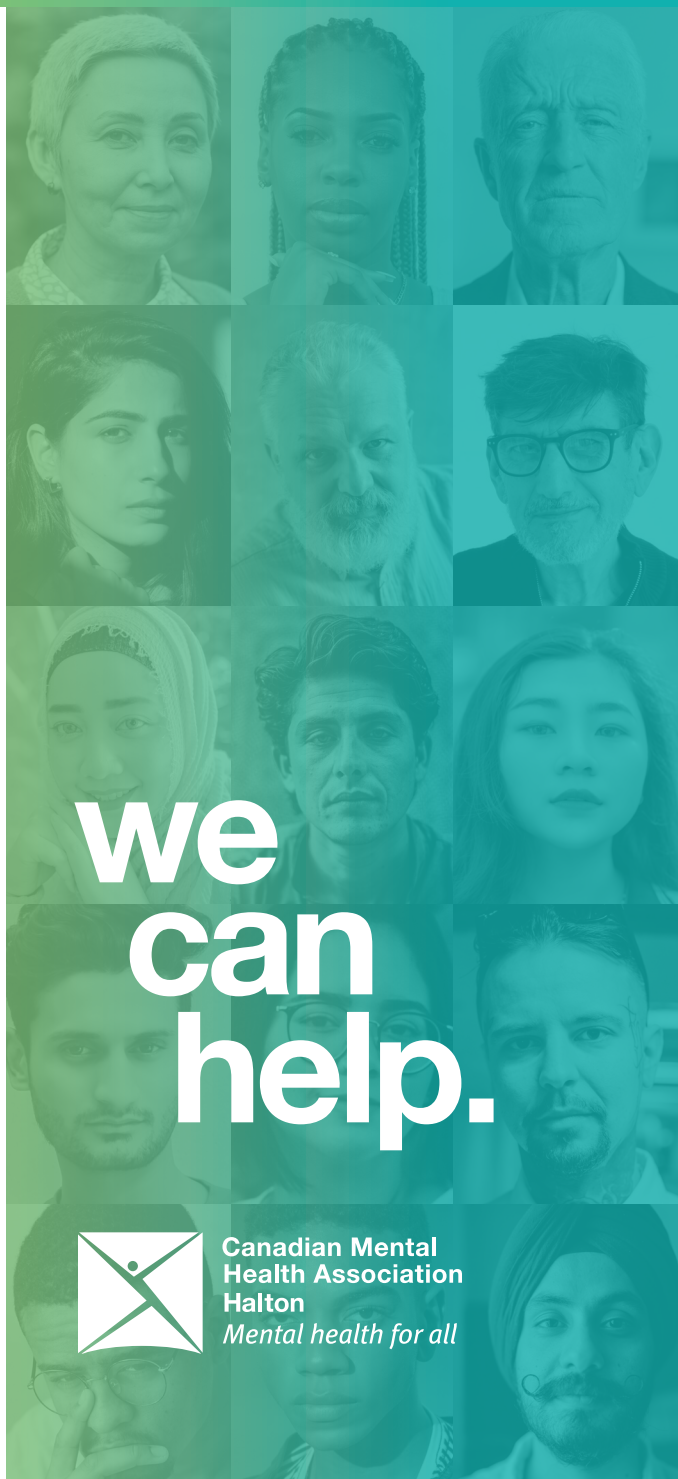
24/7 Crisis Line:
1-877-825-9011

TTY:
1-844-646-1700

24/7 National Suicide Crisis Line:
9-8-8 (call or text)

halton.cmha.ca
info@cmhahrb.ca
cmha.halton
@cmhahalton
@cmhahalton

Canadian Mental Health Association
Halton
Mental health for all



Canadian Mental Health Association
Halton
Mental health for all

The Canadian Mental Health Association (CMHA) Halton is an accredited, multi-service organization that supports individuals aged 16 and older, as well as their families and caregivers.

EVERYONE DESERVES TO FEEL WELL.

We can help you improve your health and wellness through a wide range of programs and services:

INFORMATION AND REFERRAL:
This is the first point of contact for information on mental health and addiction services, finding the right provider, supporting the completion of referral information, and discussing the next steps based on needs and preferences.

CRISIS SERVICES:
24/7 Crisis Line, mobile support, and a residential program to provide support and help people stay safe in a crisis.

COUNSELLING AND TREATMENT:
Single-session counselling, structured psychotherapy, and group programs help manage mental health concerns, build coping strategies and connect with other supports.

CASE MANAGEMENT:
Service coordination, care planning, skill development and supportive counselling to support recovery for those experiencing significant mental health concerns.

CONCURRENT SERVICES:
Integrated care for individuals experiencing mental health and substance use concerns, including case management and psychotherapy.

JUSTICE SERVICES:
Support for individuals within the criminal justice system, including those in custody and those who continue to have matters before the court while living in the community.

PEER SUPPORT:
Groups and supports are provided by individuals who have their own lived and living experience with mental health/addiction concerns to help others navigate their wellness in their own way.

GROUPS, WORKSHOPS & WEBINARS:
Programs to help build coping and wellness strategies.

HEALTH PROMOTION:
Courses and training about mental health and addictions for individuals, workplaces, and groups.