

## Providing Primary Care to the LGBTQ Community



HELPING PEOPLE MOVE FORWARD



**Canadian Mental  
Health Association**  
Durham

60 Bond Street West  
Oshawa, ON L1G 1A5  
905-436-9945  
www.cmhadurham.ca



## LGBTQ Care Offered at CMHA Durham

- General Primary Care to all individuals
- Transgender specific medical care
- Transgender specific mental health care
- Addictions counselling
- Gender Journeys client group through PFLAG
- Diversity Committee
- LGBTQ Lunch & Learns

lesbian • gay  
bisexual • trans  
two spirit • queer



this is a  
**POSITIVE SPACE**  
that welcomes and  
supports everyone

*Canadian Mental Health Association Durham  
Nurse Practitioner-Led Clinic*

### Vision

We envision mentally healthy people in a healthy society.

### Mission

Our Mental Health Hub promotes and enhances the mental, emotional, and physical well-being of our community. We do this through education, collaboration, advocacy, and the provision of a broad range of direct services that meet our community's needs.

CMHA Durham is a welcoming community Mental Health Centre doing all we can to help people move forward.



**Canadian Mental  
Health Association**

**Durham**  
Contact Us

60 Bond St W  
Oshawa, ON, L1G 1A5  
Phone: 905-436-9945  
Alt. Phone:  
905-436-8760  
Fax: 905-436-9313  
www.cmhadurham.ca



## Components of NPLC Care

- Registered Nurses
- Nurse Practitioners
- Registered Practical Nurses
- Consulting Physician
- Case Manager
- OTN Co-ordinator
- Positive Care Nurse



## General Primary Care & Mental Health Services:

- Annual Reviews
- Chronic Disease Management
- Immunizations
- Mental Health Follow-Ups
- Medication Management
- Clozapine & Depot Services
- Cancer Screening
- STI Screening
- Labs & ECGs
- Smoking Cessation

## Transgender Specific Medical Care:

- Hormone Therapy & Monitoring
- Focused physical exams
- Positive Care Clinic
- Gender-Affirming Surgical Referrals
  - Surgical planning
  - Pre-&Post-Op surgical care
- Sexual Health Teaching
  - Contraception

## Transgender Specific Mental Health Care:

- OTN psychotherapy
- Referrals to psychiatry
- General mental health supports & counselling
- Case management
- Youth Services



## Cultural Aspects to Care

- Holistic approach
- Welcoming environment
- Inclusive Code of Conduct
- Sensitivity & medical training completed by all NPLC staff

## Crisis Information

Durham Mental Health  
Mobile Crisis (24 hr.) 1.800.742.1890

Distress Centre Durham  
Help Line (24 hr.) 1.800.452.0688

Pinewood (Addiction  
Services)  
1.888.881.8878

Kids Help Phone 1.800.668.6868

Ontario Shores Centre  
For Mental Health  
Crisis Line 1.800.263.2679



### Nurse Practitioner-Led Clinic Hours:

**Monday to Friday**  
**9:00am – 4:00pm**

**Extended Hours Tuesdays**  
**3:30pm-6:00pm**

**Referral Form:**  
<https://cmhadurham.ca/referral-forms/>