



Canadian Mental Health Association

Durham

Helping people move **forward**

Our Mission

Our Mental Health and Primary Care 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

60 Bond Street West

Oshawa ON

L1G 1A5

Main Reception Hours

Monday—Friday

9:00 a.m.—6:30 p.m.

Walk-in's Welcome

Find out more about our programs & services:

www.cmhadurham.ca

Local: 905-436-8760 extension 600

Toll Free: 1-844-436-8760 extension 600



Our Services

Community Connection Services

First point of access for clients and caregivers seeking services, referrals, or information.

Housing Case Management

Subsidized housing services offer safe, suitable, and affordable housing with case management supports.

Nurse Practitioner-Led Clinic

Providing a full range of primary care services to clients and their families.

Recovery College Wellness Centre

An educational approach to improving mental health with an emphasis on strengths instead of problems.

Health Promotions and Public Relations

A wide range of community events, workshops, training, displays, information and certification training.

Referral Services

Community Treatment Order

Intensive support to individuals who have been issued a Community Treatment Order by a physician to ensure they adhere to their treatment plan.

Transitional Rehabilitative Housing Program

Promoting independent living for individuals with a Not Criminally Responsible Status in partnership with Ontario Shores for Mental Health Sciences.

Assertive Community Treatment

A multidisciplinary approach that emphasizes engagement, outreach, relationship-building, and collaboration with support networks.

Collaborative Residents Enabling

Assisted Transitional Engagement

Offering high support housing in partnership with Ontario Shores for Mental Health Sciences.