



# 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

Walk-in's Welcome

Find out more about our programs & services: [www.cmhadurham.ca](http://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.