

# VISION

Mentally healthy people  
in a healthy society.

# MISSION

CMHA Peel champions good mental  
health for everyone and supports the  
full participation of those with mental  
illness and addictions in the life of  
the community.

# VALUES

Leadership, Integrity, Inclusiveness,  
Advocacy, Accessibility, Quality.

**1 in 5 people in Peel Region will experience  
a mental health concern at some point in  
their lifetime.** That could be your friend, family  
member, or even you. The good news is, with  
proper care and support, people affected by  
mental illness can recover to lead productive  
and rewarding lives.

You can be part of the Recovery process by  
donating to CMHA Peel.

Donations help us provide programs and  
services such as our client wellness initiative,  
support groups, day programs and youth  
programs. Donations also help fund our mental  
health education and awareness activities that  
help to ensure people know where to turn for  
help when they need it.

Visit **peel.cmha.ca** for more information about  
our programs and services and to make a secure  
online donation.



Canadian Mental  
Health Association  
Peel  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Peel  
*La santé mentale pour tous*

# MENTAL HEALTH

## CMHA PEEL SERVICES & PROGRAMS



### CMHA Peel Information and Referrals

**Monday - Friday: 9am - 5pm**

☎ 905-451-2123

📠 905-456-7492

✉ info@cmhapeel.ca

🌐 peel.cmha.ca



/CMHAPeel



@CMHAPeelRegion



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Health Association  
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United Way  
Peel Region



Ontario  
Central West Local Health  
Integration Network

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and Programs Brochure is  
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**Candu**

Member of the SNC-Lavalin Group

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**Everyone has ups and downs in their everyday life,** but if your mental health is affecting your daily life or getting in the way of your work or relationships, we can help. If you are worried about a friend or family member's mental health or substance use, we can help.

CMHA Peel connects individuals to mental health information, education and support services. We offer personalized services including identification of your needs relating to mental health and substance use/addiction, and can connect you to our programs and other community supports. Our programs focus on helping people recover from mental illness and build resiliency.

**905-451-2123**

Call us if you are seeking mental health and/or addiction services for yourself, family, friends or employees. Service criteria vary and are program specific so contact us to discuss service options specific to your needs. Primarily we serve anyone in Peel Region, 16 years of age and over, who experiences mental health concerns that interfere with their daily life in a significant way.

- Referrals from individuals, families, hospitals, CCAC and other community services.
- Accessible service over the phone, online or in-person, in safe and convenient locations including homes, community settings and our central location in Brampton.
- In-person assessment, focusing on the individual's strengths and needs.
- Connections to mental health, addiction and community services, including CMHA Peel programs.
- Intensive, short-term, individualized mental health support around immediate needs, as applicable.
- Regular follow-up, outreach and support to individuals who are waiting for service.
- Access to group programs such as: peer support, social recreation and family support.

For information regarding services and supports or to make a referral to CMHA Peel please contact us:

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