

Groups

Groups can help you develop a better understanding of how to manage symptoms and build coping skills. You can self-refer to a group or be referred by your worker.

Groups may vary by location.

Please talk to your worker about what groups might be most helpful for you, what you can expect in groups, and their availability. Taking part in groups doesn't prevent you from taking part in other C.M.H.A. H.K.P.R. services.



Contact Us

Peterborough Programs & Services

466 George Street North
Peterborough, Ontario, K9H 3R7
Phone: (705) 748-6711
Fax: (705) 748-2577

Kawartha Lakes Programs & Services

33 Lindsay Street South, 2nd Floor
Lindsay, Ontario, K9V 2L9
Phone: (705) 328-2704
Fax: (705) 328-2456

Administrative and Program Office

(Ontario Telemedicine/Early Psychosis Intervention)
415 Water Street
Peterborough, Ontario, K9H 3L9
Phone: (705) 748-6687
Fax: (705) 748-4078

Email: info@cmhahkpr.ca

www.cmhahkpr.ca



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all

Intake, Brief Services, and Case Management



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Serving the City and County of Peterborough, the counties of
Northumberland Haliburton, and the City of Kawartha Lakes

Supporting You To Reach Your Goals

What is Intake?

Intake is the first point of contact if you are seeking mental health support. In Intake, you will be assessed for what services will best suit your needs.

If you request Case Management services, the Intake Worker will complete an Ontario Common Assessment of Need (O.C.A.N.) to determine eligibility and identify your goals.

What are Brief Services?

This support is typically available for up to three months. During this time, you can work on your brief goals, including referrals to other agencies, basic coping skills, and symptom management.

What is Case Management?

Case Management supports you if you are living with a serious and persistent mental illness to help you be successful in achieving your goals. The program will assist you in developing the skills you need to thrive in the community and we will also help connect you to other supports available.

Supports can be provided in your home, our offices, or in the community. Supports are centered around you, the client, and focus on your strengths. Case Managers will work with you to meet your identified needs, with the end goal of you no longer requiring our services and thriving on your own.

Case Management Supports

The Case Management program is an interdisciplinary team of Case Managers and Intake Workers, who may help you with:

- Assessment and goal planning
- Assisting you with practical and psychological needs
- Helping you to advocate and access services for needs such as housing, income support, trustee services, and medical care
- Supporting you to complete personal projects between meetings with your worker
- Helping you connect with other people with similar situations (peers), or to take part in appropriate groups
- Helping you transition away from Case Management when you are ready



Eligibility

These services are available to adults **16 years of age and older**, who are residents of Peterborough and Kawartha Lakes, and who are struggling with mental health concerns.

How to Apply

Call or visit one of the C.M.H.A. H.K.P.R. offices to make an appointment with an Intake Worker. An assessment process will follow, which will determine the supports and programs best suited to meet your needs. Contact information for our offices is on the back of this brochure.

You can also complete an Intake Form online at www.cmhahkpr.ca/intake

