



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all

Get To Know Us

Discover CMHA HKPR



What is CMHA?

The Canadian Mental Health Association (CMHA) is a nationwide nonprofit that provides leadership and support on mental health issues through community-based mental health care. CMHA plays a crucial role in promoting mental health and well-being across Canada, offering a wide range of services and programs tailored to meet the unique needs of individuals and communities. These services include crisis intervention, suicide prevention, substance use treatment, housing support, employment services, and peer support groups, among others. The CMHA operates at a local level through branches, ensuring that mental health resources and support are accessible to everyone, regardless of their location or financial situation.

By providing services within the community, the CMHA can reach those who might otherwise go unnoticed or underserved by traditional healthcare systems. This approach fosters a sense of knowledge, hope and belonging, reducing stigma associated with mental illness and encouraging open conversations about mental health. CMHA empowers individuals and families to take an active role in their recovery journey, leveraging the collective knowledge and strengths of the community to create supportive networks that enhance resilience and well-being.

Our Branch

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (CMHA HKPR) was formed in April 2013 through the amalgamation of two area branches. The Canadian Mental Health Association Kawartha Lakes (CMHA KL) and Peterborough (CMHA PTBO) branches merged to create this new branch that serves the City of Kawartha Lakes, Haliburton County, Northumberland County, Peterborough County, and the City of Peterborough.

These previous iterations had established strong connections within their communities. The CMHA Victoria County Branch (later renamed Kawartha Lakes) was established in 1989 and had provided mental health support to individuals aged 18 and older in what was then Victoria County. CMHA PTBO was established in 1959 and offered mental health support for anyone aged 16 to 65. Following the amalgamation, CMHA HKPR found common ground supporting anyone 16 and older.



Our Mission

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (CMHA HKPR), is committed to improving mental health and addiction services in the community. Our mission is to enhance the lives of people in the HKPR community through leadership, collaboration, and the continual pursuit of excellence in community-based mental health and addictions services.



Our Vision

The vision of CMHA HKPR is an inclusive community that embraces and fosters the mental health of everyone. We do this through our values which include self-determination, social justice, collaboration, equity, inclusion, diversity, creativity, and accountability.



Our Values

CMHA HKPR is committed to putting their clients and families first. We are able to pursue our mission and vision by building upon our three foundational pillars: Knowledge, Hope, and Belonging. These pillars allow us to deliver client- and family-centered care, ensuring that the services and support we provide are centered on those who need them

Donate Now ↘

Donations will support us in continuing to work towards mental health for all in the communities we serve. Your donations are greatly appreciated, and will directly support mental health programs and services in our region.

Donations can be made to general funds, to specific programs, or in memory of a loved one.



Use the QR code to donate today!

For more information, contact Jack Veitch, Manager of Community Engagement and Education at jveitch@cmhahkpr.ca or 705-748-6687 extension 1015.



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