

Volunteer Services

Partnering Up

Volunteers support a selected partner to integrate into the community through leisure, social and recreational activities.

Warm Line

Trained Volunteers offer social interaction and friendship by telephone to those who are socially isolated, have limited support or have difficulty reaching out.

Speakers Bureau

Trained volunteers share their personal stories to advocate for and provide awareness of mental health issues.

Other

Volunteers also participate on our Board of Directors, committees, bingo fundraising, health displays and other events. All volunteers receive training and support.

OUR VISION

*An inclusive community
dedicated to the rights
and mental health
of all people.*

OUR MISSION

CMHA Niagara Branch is dedicated to leadership in mental health, demonstrated by:

- The delivery of services that ensure full integration
- Advocacy and education that eliminates discrimination

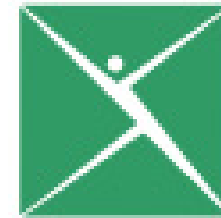
Our Funders

Ontario Ministry of Health and Long Term Care
Local Health Integrated Network
The United Way of St. Catharines and District
The United Way of Niagara Falls and Greater Fort Erie
Bingo—Fort Erie, Niagara Falls and St. Catharines
Employment Ontario
Private and Corporate Donations

Other

Charitable Registration No.:
13053 2955 RR001

Mailing Address:
15 Wellington Street
St. Catharines, ON L2R 5P7



**CANADIAN
MENTAL HEALTH
ASSOCIATION**

**ASSOCIATION
CANADIENNE
POUR LA SANTÉ
MENTALE**

NIAGARA BRANCH

**CMHA
PROGRAMS
&
SERVICES**

905-641-5222

www.cmhaniagara.ca

Information and Training

Referral

Individuals call a central number (905-641-5222) for information about our CMHA programs and referral into case management and counselling programs.

Public Education

Seminars and displays are provided with information to increase understanding and acceptance of people with mental health issues.

Mental Health First Aid

This two day course provides the knowledge and skills needed for a lay person to provide “mental health first aid” until appropriate professional treatment is received or until the crisis is resolved. (Fee based).

Mental Health Works

Award winning training that provides clear solutions for employers regarding accommodation in the workplace. (Fee based)

Concurrent Disorders

Mental Health and Addictions are closely related. Our training lays a foundation of understanding regarding the integrated support and treatment of these issues. (Fee based).

Crisis Services

Community Crisis Care

Crisis counsellors assist with problem solving, crisis resolution and short-term goal setting. Locations:

Niagara Health System
St. Catharines General Hospital site
905-378-4647, Ext. 43230

Welland County General Hospital site
905-378-4647, Ext. 33407

Greater Niagara General Hospital Site
905-378-4647, Ext. 54919

Crisis Support Beds (Safe Beds)

Short-term accommodation of 5-7 days for non-medical crisis resolution is provided. The service is available 24/7.

Location: 15 Wellington Street, St. Catharines

Residential Services

Individual Support

Individuals are helped to access and maintain an apartment, learn basic life skills and link with community resources. Two levels of support are provided for people with serious mental illness: moderate support of 1-2 visits per month, or intensive support (for those that are homeless or at risk of homelessness) 2-3 visits per week.

Transitional Housing Support

Life skills and support are provided in our transitional houses. We assist clients in our three homes (concurrent disorder, female only, and co-ed) with goal setting and community sustainable connection skills.

Location: St. Catharines and Niagara Falls

Justice Services

Court Support

Individuals charged with minor offences are supported throughout the court system and including their transition back into the community.

Location: St. Catharines Court House

Detention Centre

Case workers provide counselling and support during incarceration and upon their release.

Employment Services

R.E.A.L Work

(Renewed Employment Access Link)

Individuals in recovery from mental health issues are offered a full range of employment supports beginning with pre-employment life skill instruction and counseling, through work aptitude and skill assessment, to employment search and maintenance.

Strong partnering with community resource sites and collaboration with their skilled staff bring enhanced resources to this program. Locations: St. Catharines, Niagara Falls, Welland, Port Colborne, Fort Erie, Beamsville.

Counselling Services

Short-Term Counselling/Groups

Individuals with emotional difficulties receive individual counselling. Depression, Separation/Divorce and Anxiety Support groups are offered at various times throughout the year. (Fee based)

Resource Centres

Three centres in Niagara provide mental health counselling, information, and access to the various programs of CMHA Niagara.

Locations:

6760 Morrison Street, Niagara Falls
20 Jarvis Street, Fort Erie

Please refer to our web site for additional information about our services and other information including our Consumer Bill of Rights