

The goal of the Campbellford & District Community Mental Health Centre is to provide a spectrum of client-centred services that are reflective of their mental health needs. Our agency provides various supportive strategies for you and your family. For more information, please visit our website at www.cmh.ca/campus_partners or call us at 705.632.2015.

Referral Process

Referrals by physicians, hospitals and community agencies are preferred, however, self-referrals are accepted. All referrals are reviewed with service priority given to the most serious and critical needs.

Legal assessments are provided for our Court Support/Diversion Program only.

Confidentiality

The Community Mental Health Centre respects the confidentiality and right to privacy of all clients. Be assured that your contact with our Centre, and any services that you receive, will be kept confidential in accordance with the Personal Health Information Protection Act, 2004 (PHIPA).

There are no fees for our services.

Campbellford & District Community Mental Health Centre

Connecting mental health care to our community through innovation and excellence.

Campbellford & District Community Mental Health Centre

155 Oliver Road
Campbellford, Ontario, K0L 1L0
Located in the Community Wellness Centre

Phone 705.632.2015
Toll Free 1.877.632.2015
Fax 705.653.0436
Email wellness@cmh.ca
www.cmh.ca/campus_partners

Office Hours:
Monday to Friday
8:30 am to 4:30 pm
Closed for Lunch, 12:00 to 1:00 pm

The Campbellford & District Community Mental Health Centre understands the difficulties and distress that can occur for those suffering with mental health issues. If you or someone you know is struggling with symptoms related to mental illness, we can help. Since 1990, our compassionate and professional staff members have been helping individuals and their families. Working together, we will help you choose and follow the treatment path that is right for you.

Mission Statement

“To empower our clients, their families and caregivers to understand and cope with the challenges of serious mental illness and improve the quality of their lives.”

Who We Are...

The Campbellford & District Community Mental Health Centre is an outpatient mental health program located in the Community Wellness Centre. Sponsored by the Campbellford Memorial Hospital, the Mental Health Centre serves adults, 16 years of age and older, suffering from symptoms of serious mental illness that include:

- **Mood Disorders** (i.e. *Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, Post Partum Depression*)
- **Anxiety Disorders** (i.e. *Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder*)
- **Psychosis** (i.e. *Schizophrenia, Bipolar I*)
- **Personality Disorders** (i.e. *Borderline Personality Disorder*)

Individual & Group Treatment

In individual counselling, clients are linked to a primary counsellor with whom clinical options are discussed and specialized treatment plans and goals are established. When required, linkage to other community resources is encouraged and facilitated.

Clients can participate in one or more treatment groups that are offered on a scheduled basis to address various issues and focus on specific mental health needs.

Programs & Services

Professional staff provides an array of clinical services, including consultation to other agencies and educational sessions within the community. Programs include:

Early Psychosis Intervention (LYNX)



The Lynx Early Psychosis Intervention Program offers assessment, treatment, support and education specifically for people ages 14 to 35, who are experiencing the early stages of psychosis; family support is also offered.

Mental Health Court Support & Diversion

This program provides assistance to individuals in conflict with the law who are experiencing

mental health difficulties by providing linkage to appropriate resources to provide diagnosis, treatment, support and follow-up to minimize further involvement in the criminal justice system. Legal assessments are provided for our Court Support/Diversion Program only.

Crisis Intervention

Crisis intervention is available to assist in resolving the current crisis, facilitating entry to the mental health system and providing linkage to appropriate community resources.

Case Management

Case management is a collaborative process of assessment, planning, facilitation and advocacy for options and services to meet an individual's needs through communication and available resources to promote quality outcomes.

Counselling & Treatment

Using strategies from various models of therapy, the provision of clinical-based interventions ensures that clients have a full range of mental health and/or other resources which assists them to set and realize personal goals and acquire the skills and resources needed to be successful in living, learning, working and social settings.

Psychiatric Consultation

The Centre will facilitate the provision of psychiatric consultations requested by our community's healthcare providers through the Ontario Telehealth Network. On-site psychiatry is offered to clients of the Centre exclusively and is contingent upon availability of resources.