



## Alternatives Activity Centre (Brant)

Alternatives provides a range of social and recreational activities.

Daily programming promotes recovery and empowerment through participation in the planning and delivery of activities.

Groups are available to aid in developing personal resources and skills. Other skill-building groups and information sessions may be offered throughout the year.



## Mental Health Promotion & Education

Mental Health Promotion & Education is provided to increase awareness and understanding of mental illness and reduce stigma. The program fosters a proactive approach to maintain mental wellness.

We develop symposiums, workshops, conferences, trainings and education related to mental health. Specialized training and presentations on the topic of mental health are also available upon request.

In addition, our agency provides specific mental health programs to the agriculture sector (In The Know), amateur sports (Talk Today) and workplace settings (Mental Health Works).

We also have suicide bereavement support services. The Survivors of Suicide Loss Bereavement support group meets monthly, to assist family members and friends who have lost someone to suicide.

**Give us a call.  
We can help.**

### Brant (Administration Office)

44 King Street, Suite 203,  
Brantford, ON N3T 3C7  
**Tel: 519-752-2998**

### Haldimand Norfolk Office

395 Queensway West,  
Simcoe, ON N3Y 2N4  
**Tel: 519-428-2380**

**Toll Free:**

**1-888-750-7778**

**[www.bhn.cmha.ca](http://www.bhn.cmha.ca)**

Services are voluntary and may vary by location site.  
Referrals are accepted by all sources.



Canadian Mental  
Health Association  
Brant-Haldimand-Norfolk  
*Mental health for all*

**A charitable non-profit agency  
contributing to the mental well being  
of the community. Services available  
to all persons 16 years of age and  
over with mental illness or mental  
disorders, including their families in a  
safe, discrimination-free environment.**



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Health Association  
Brant-Haldimand-Norfolk  
*Mental health for all*

# Programs and Services



## Providing Comprehensive Community Outreach Services



## Community Support Services

Community Support Services provide mental health case management to people with serious and persistent mental illness.

Case managers assist participants with various self-directed goals. Areas of support may include coping strategies, social skills, employment, education, advocacy and management of symptoms.

Besides individual support, we offer group sessions covering a range of topics. Walk-in services are available on specific days.



## Crisis/Safe Beds

With locations in Brantford and Simcoe, this voluntary program provides residential support to individuals 16 years of age and older who are experiencing a mental health crisis.

Mental health workers support participants to achieve their identified goals. Peer Support and Case Management services are also available. Concurrent Disorders support is available in Brantford.

For more information or to make a referral, please call 1-888-750-7778, extension 401 (Brantford) or 301 (Simcoe).



## Court Services

Court Services are available to individuals with a mental health issue who come into contact with the criminal justice system.

Assistance with Mental Health Diversion is available to those who qualify. Court case management is provided to assist with criminal justice system navigation, release from custody and referral to other services.

Referrals can be from police, self, family, friends, duty or defense counsel, crown attorneys or community agencies.



## Housing

Our branch offers non-profit housing throughout the counties of Brant Haldimand Norfolk for individuals who financially qualify, and have been diagnosed with mental illness.

A support team of CMHA housing staff are available to help tenants achieve their goals and live successfully in the community.

Please contact us for more information, or to request a housing application.



## Family Support

This program is available to families and friends who provide assistance to persons living with mental illness. Service may be in an individual or group format.

Support topics may include assistance with family concerns, system navigation and the provision of educational information.

The Families Caring, Families Sharing group meets monthly, and the NAMI Family to Family Education program is offered at various times throughout the year.



## Peer Support (Brant) *Seconded from H.O.P.E.*

The Peer Support Program is provided by persons with lived experience.

Support is focused on recovery and may include assistance with social skills, linking to community resources and problem solving.



## Vocational Services (Brant)

Vocational support services assist persons with a mental health disorder to achieve their employment, volunteer and education goals.

Services may include assessment, work plans, resume creation, mental health education and links to other resources.