

**CANADIAN MENTAL
HEALTH ASSOCIATION, ONTARIO**

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE, ONTARIO**

CMHA, ONTARIO | ANNUAL REPORT 2007/2008

table of contents

message	1
ontario vision	4
ontario mission	4
ontario values	5
knowledge transfer	8
policies & public issues	10
health system development	12
fund development	13
mental health works	15
treasurer's report	16
statement of revenue & expenses	17
statement of financial position	18
revenue by source	19
expenditure by program	19
strategic goals	20
CMHA, Ontario achievement awards 2007	24
facts & figures	25
notable facts	26
board of directors & advisory council	27
ontario branch locations	28
branch locations	29
contact information	31



message

a message from our board president and chief executive officer

This past year was our first in our respective roles as President of the Board and CEO of CMHA, Ontario. It has been an exciting, rewarding and satisfying beginning. This year's annual report looks at our accomplishments over the past year and, in many ways, points to our directions for the future.

Together, we welcome the opportunity in this message to set out where the CMHA, Ontario is going and how we will work with the board, staff and our partners to move us forward. Leadership transition, by itself, creates the expectation of change, and at CMHA, Ontario we started the year with a great deal of change already in progress. In truth, our history has been defined by periods of great change. At these times, we have seized the opportunity to do things in a different way and challenged conventional practices. We have experienced some successes and some failures but have never lost sight of why we exist as an organization.



message cont'd

We take great pride in our history and that the Canadian Mental Health Association (CMHA) can properly claim to be the very first Canadian mental health association. When the Ontario Division of the Association was established in 1952, it was expected and encouraged by its founders to play an important role in the mental health system and to hopefully touch the lives of each and every person living in Ontario who is in need of our help. And that's still our goal today. CMHA, Ontario is not a service provider and, as such, we work to influence those who fund, deliver and support community mental health to do everything possible. To achieve this goal, we're working to:

- Advance organizational excellence
- Foster the integral role of consumers and families
- Be a recognized leader in mental health in Ontario
- Be an influential voice in mental health promotion in Ontario

If these goals can be achieved, then CMHA, Ontario can be a part of the solution.

From the very beginning and throughout our more than 55-year history, CMHA, Ontario has emphasized health and well-being in access to community mental health services and supports (which place the consumer at the centre), training of mental health professionals, public education and other integrated and comprehensive approaches. Today, we are increasingly applying the insights pertaining to the social determinants of health. In this context, the linkages that health and well-being have to education, to community and provincial assets or deficits, to nutrition, and to physical activity are recognized as important, maybe even more important than access to formal health care systems.

In every area of CMHA, Ontario, we are examining the impact of our actions and our decisions on consumers and families. It is central to our priorities, and it is showing up across all of our programs. We have spent considerable time this year meeting with branch senior executives, sharing and collaborating with a growing number of partners in the mental health sector, and participating in roundtable discussions with mental health leaders.



message cont'd

In every conversation and every face-to-face exchange, we had the opportunity to focus on sharing the “big picture”, listening to opinions and suggestions, and gaining insight into the new and changing landscape around us.

Looking back over the past year, we are confronted by the reality of health system changes brought about by the introduction of LHINs and the government’s evolving role as steward. These changes affect how we work with and support our branches, how we work with government and how we work with other organizations and service providers. It has a profound effect on our relationships.

We are pleased to present you with the 2007/2008 CMHA, Ontario annual report.

In closing, let us underscore the confidence we have in our future. CMHA is a great association that is strengthened by a superb history and talented people. Fast-changing provincial LHINs and healthcare environment is challenging, but they also provide our greatest opportunities to innovate and stay ahead of the competitive curve. There’s a lot of work ahead of us. And, with our dedicated colleagues, volunteers, staff and loyal supporters, I have no doubt we’ll succeed. We thank you for being part of our story and for letting us be part of yours.



Lorne Zon,
Chief Executive Officer



Russel DeCou
Board President



ontario vision

Mentally healthy people in a healthy society.

ontario mission

Working on behalf of, and with our branches, CMHA, Ontario promotes mental health and advances excellence in the delivery of mental health services through knowledge transfer, policy development, advocacy and the inclusion of consumers and family members in decision-making.



ontario values

social justice

We believe that social justice includes a commitment to a basic sense of fairness, a respect for differences among people, and that every human being deserves an equal opportunity in life.

individual and collective responsibility

We believe that both individuals and society as a whole share in the tasks of informing the public, eliminating causes of mental illness, and caring for those individuals who need or want care.

access to appropriate and adequate supports

We believe that people require friendships and other natural supports. When formal supports are needed, people should be able to choose the least intrusive option from a comprehensive range of appropriate mental health programs and services, without undue delay and as close to their home community as possible.

self-determination

We respect differences among people and the right of every individual and community to make choices and decisions based on unique individual beliefs and community norms. Basic to this right of self-determination is the need of people to be involved in decisions that affect their lives.



ontario values cont'd

community integration

Community integration of all people is an essential prerequisite to the development of healthy communities. We are committed to removing the barriers that prevent people, especially those with mental disorders, from fully participating in the life of the community.

integrity

We believe that our day-to-day work must be true to our shared values and beliefs and dedicated to promoting public trust and a sense of confidence within the organization.

partnership

Partnership is dependent upon shared values and the cooperative efforts of all those working towards a responsive and accessible mental health system. One important partnership includes consumers, families, service providers, and the community. We are committed to sharing, and view participation and partnership as essential to realizing our goals and objectives.

excellence

We are committed to developing and maintaining the highest possible standards of management and operation to ensure that programs and services meet the needs and expectations of the community.

accountability

We are guided by our shared mission, values, goals, and objectives. As a publicly funded charitable organization we are committed to using our funds as efficiently and effectively as possible, and to being open to the highest standards of public scrutiny.

creativity

As an organization we must encourage innovative ideas and new ways of doing things that are responsive to changing attitudes and needs in the community as well as to ongoing organizational changes.



“There is much we **should** do. There is much we **can** do.
There is much we **must** do to be a valued contributor
to the continuous improvement of the mental health system in Ontario.”



CANADIAN MENTAL
HEALTH ASSOCIATION, ONTARIO
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE, ONTARIO

knowledge transfer

In September 2007, following months of intensive work, we re-launched the CMHA, Ontario website (www.ontario.cmha.ca), our primary vehicle for knowledge dissemination. Featuring 500+ pages of new content, the site renews our focus on community mental health services and supports in Ontario, highlights our policy work at the provincial office, and promotes opportunities for Ontarians to get involved as a donor, volunteer or mental health advocate. The website was completely redesigned and reorganized to make it easier to find information, and the new design is supported by up-to-date web standards to improve accessibility.

Through *Mental Health Notes*, our biweekly e-mail newsletter, we continue to keep readers informed about public issues and new research. Three editions of *Network* magazine, published in 2007/08, explored issues of social inclusion, money, and navigating the mental health system.

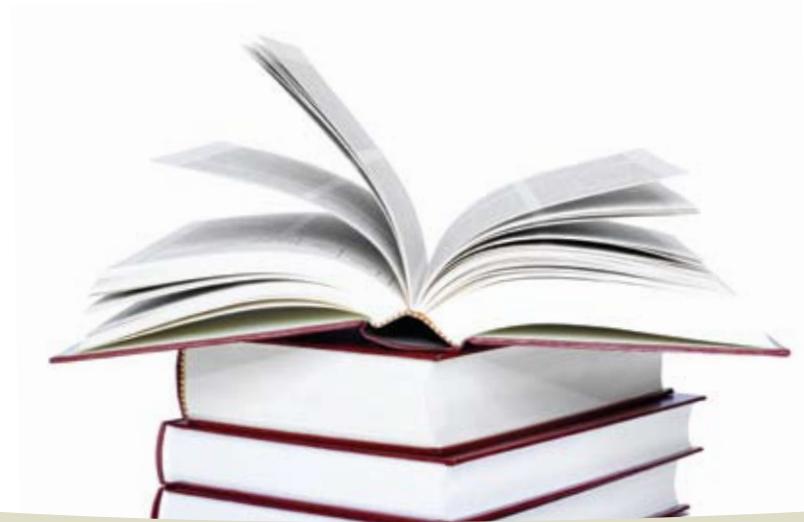
As we push information out through various publications, we simultaneously respond to the pull of users who turn to CMHA, Ontario for answers to their questions about mental illness and the mental health system. Our public education officer responds by phone and e-mail to more than a thousand requests each year from consumers and family members, mental health professionals, students, researchers, media and others.



knowledge transfer cont'd

CMHA, Ontario is the go-to resource for quality information as it pertains to planning and policy for Ontario's community mental health system. Speaking on behalf of our branches and other providers, we offer advice and guidance directly to government and through our involvement on provincial steering committees. As a member of the Continuing Care e-Health Council, for example, CMHA, Ontario actively participates in provincial e-health initiatives. In 2007/08, we saw the successful launch of several e-health pilots in the mental health sector, including the E-Referrals and Access Tracking Project and the Community Mental Health Common Assessment Project.

Looking ahead in 2008, we anticipate the public launch of "Strengthening the Back Office" website, which will promote the sharing of information and promising practices in back office integration, based on the real experiences of mental health and addiction providers in Ontario. Knowledge transfer and exchange is an ongoing priority for CMHA, Ontario. Two related developments are worth noting: a proposal by the Mental Health Commission of Canada to create a national Knowledge Exchange Centre, and the recent emergence of the Ontario Mental Health and Addictions Knowledge Exchange Network. We look forward to playing a key role in both of these initiatives.



policies & public issues

CMHA, Ontario has a respected history of providing evidence-based information, policy analysis and knowledgeable commentary to promote mental health and ensure the best possible outcomes for people with mental illness and their families. Promoting mental health involves individual, community and policy level strategies. We continue to work at a provincial level in supporting best practices to promote mental health in schools and the workplace. We also consult on legislation and policy directions that promote mental health. Housing is a basic human right and requirement for good health. During the past year, we prepared a submission to the Ontario Human Rights Commission on addressing discrimination against people with mental illness in the rental housing market. Social inclusion is another important dimension that promotes mental health. To foster inclusion and civic engagement, we worked with Elections Ontario to ensure that people with a mental health disability were accommodated in order to vote in the provincial election. And, we provided advice to government on developing standards to improving access under the terms of the Accessibility for Ontarians with Disabilities Act.



policies & public issues cont'd

We made recommendations to the Mental Health Commission of Canada on suggested outcomes in the course of carrying out their work on creating a national mental health strategy, enhancing knowledge transfer and reducing stigma.

Reducing poverty is another focus for our work. People with mental illness often live in chronic poverty. And conversely, poverty can be a significant risk factor for poor mental health. With the provincial government's commitment to consult and take action, we prepared information and advice, and are meeting with policy makers to inform public dialogue and policy directions to reduce poverty in Ontario.



health system development

We are actively involved in bringing a mental health perspective to provincial activities taking place among non-governmental organizations to address a broad range of chronic physical conditions, including heart disease, asthma, arthritis and diabetes. Poor mental health is a risk factor for developing chronic conditions, people with chronic conditions are at-risk of developing a mental illness, and people with serious mental illness frequently have co-existing chronic conditions. Ontario needs to reduce risk factors for mental illnesses among people with chronic physical conditions; and the health care system needs to improve how they respond and manage the high incidence of chronic conditions among people with a mental illness.

We continue to work in partnership with other provincial organizations to ensure there is a strong provincial focus on mental health and addictions in Ontario. As our province is moving towards regionalization of health care, CMHA, Ontario is monitoring the planning, funding and organization of services in local health integration networks (LHINs); and providing advice to decision-makers on how to achieve an effective and client-centred community mental health system.

Lastly, we continue to inform, educate and liaise with service providers in the community mental health sector through organizational capacity building.



fund development

thank you!

We are grateful to all our donors for their support over the past year, without which much of the work we do would not be possible. Our donors have become a lifeline to so many Ontarians who are reaching out for help when confronted with a mental health issue. Often people reach out to us with concern for a loved one, a friend or colleague. Staff and volunteers at CMHA, Ontario continue to provide compassionate support and accurate, up-to-date resources for the thousands of Ontarians who are searching for help and hope.

Every gift makes a difference, and every donor is appreciated. Thank you to all of our 4,267 individual and corporate donors for supporting the work of CMHA, Ontario between April 1, 2007 and March 31, 2008.

CMHA, Ontario is committed to excellence in all that we do to promote a mentally healthy Ontario for every Ontarian. We can only do this with the help and support of our consumers, families, volunteers, branches and donors. And for this, we thank you!

For the year ended March 31, 2008, net contribution from fundraising programs, excluding bequests, totalled \$121,208 and was in line with both last year and the current year budget. We continue to focus our fundraising efforts on direct marketing and participate in other community events including:

fund development cont'd

CBC – ShareCentral

A special thank you goes out to CBC Radio and their annual Share Central fundraising program. CMHA, Ontario was grateful to be included in this exciting event that took place during the week of December 8-14, 2007. The event wrapped up at Carlingwood Shopping Centre in Ottawa on Friday, December 14, where CBC Radio programs *Ontario Today* and *All in a Day* broadcast live with music and special guests. The local CMHA, Ottawa branch staff and volunteers were in attendance to answer questions, hand out resources and speak to the audience about mental health issues and CMHA's important work. This event has helped bring mental illness out of the shadows and will be encouraging to many people who have been afraid to reach out for help because of stigma and discrimination. The week-long event raised almost \$6,000 through donations. Thank you to everyone who participated and supported such a worthy initiative.



BMO event

Lorne Zon, CEO, CMHA, Ontario and Karen Wilkinson, Manager, Fund Development CMHA, Ontario were thrilled to be invited to "A Celebration of Giving Reception," hosted by Bank of Montreal (BMO) on May 2, 2007. They were even more thrilled to accept a cheque from the BMO Employees Charitable Foundation in the amount of \$3,821. Thank you BMO employees for making mental health matter!



Ryan Grundy,
BMO Learning Facilitator and
Lorne Zon, CEO, CMHA, Ontario

mental health WORKS

Mental Health Works has enjoyed another year of success and expansion. Custom work for organizations that wish to incorporate mental health management training with leadership and to improve facilitation of accommodation and return-to-work are increasing. In addition, we have added Manitoba to the provinces who deliver Mental Health Works workshops by trainers within their area. We have received the Sharing the Flame Award for excellence in programming and are honoured to continue to work with both the Mental Health Commission of Canada (MHCC) and the Accessibility for Ontarians with Disabilities Act committees. The future continues to look bright as we seek to improve working lives of people with mental health issues and those who work with them.



treasurer's report

a message from our treasurer, Roger Miller

The results for the fiscal year ended March 31, 2008, continue to illustrate the Board of Directors' commitment to ensuring that the organization is operated on a fiscally responsible basis and to ensure the long term financial stability of the organization.

This year's surplus of \$831,636 consists of an extraordinary item of \$567,060 relating to a successful legal settlement on behalf of the Ontario Division; however, of greater note is that the organization has been able to further develop alternative revenue streams. Our Mental Health Works program generated a significant surplus of \$53,902.

In addition, our work with the Ministry of Health and Long-Term Care, as paymaster, generated revenues of \$154,000. By managing these funds, this work also contributed substantially to our increase in investment income of \$81,347.

During the year, the Board of Directors maintained the organization's reserves and set up a new reserve for the extraordinary income of \$567,060. This reserve will be targeted towards special activities as determined by the Board of Directors. During the year, the Board approved a one-time payment in the amount of \$45,000 to the National Organization, Canadian Mental Health Association.

In closing, I am pleased to report that CMHA, Ontario Division has a solid financial foundation which enables the organization to continue pursuing its strategic objectives.



statement of revenue & expenses

Year ended March 31, 2008

	<u>2008</u>	<u>2007</u>
REVENUE		
Ministry of Health and Long-Term Care <i>Grants</i>	\$ 1,650,894	\$ 1,665,278
Ministry of Health and Long-Term Care <i>Special Projects</i>	186,160	427,623
Fundraising	297,416	294,183
Bequests	39,204	36,601
Branch membership fees	146,000	149,750
Investment income	117,409	36,062
Mental health works programs	302,254	260,690
Other	258,720	49,546
Extraordinary item	567,060	
	<u>3,565,117</u>	<u>2,919,733</u>
EXPENSES		
Knowledge Centre	1,377,446	1,450,988
Communications and marketing	110,672	52,517
Management, operations and support services	371,857	329,485
Volunteer support	69,892	72,607
National office support	135,232	88,463
Mental health works programs	248,352	258,293
Mental health education and capacity building projects	186,160	427,623
Amortization of capital assets	31,961	29,404
Revenue Share Program	25,701	27,343
Fundraising	176,208	171,796
	<u>2,733,481</u>	<u>2,908,519</u>
EXCESS OF REVENUE OVER EXPENSES	<u>\$ 831,636</u>	<u>\$ 11,214</u>

statement of financial position

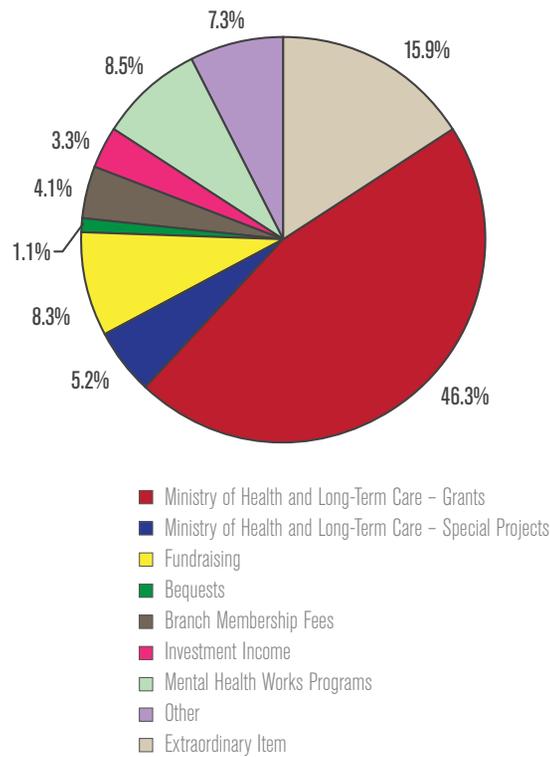
March 31, 2008

	<u>2008</u>	<u>2007</u>
ASSETS		
CURRENT		
Cash	\$ 5,565,424	\$ 3,070,342
Short-term investments	1,267,439	1,903,146
Accounts receivable	366,214	201,484
Prepaid expenses	6,548	8,356
	<u>7,205,625</u>	<u>5,183,328</u>
CAPITAL ASSETS	108,260	78,115
TOTAL ASSETS	<u>\$ 7,313,885</u>	<u>\$ 5,261,443</u>
LIABILITIES		
CURRENT		
Accounts payable and accrued charges	\$ 3,534,721	\$ 1,484,755
Amounts held on behalf of the Government of Ontario	\$ 1,947,733	\$ 2,698,769
Due to Government of Ontario	10,999	7,772
	<u>5,493,453</u>	<u>4,191,296</u>
DEFERRED CAPITAL CONTRIBUTIONS	36,444	
DEFERRED CONTRIBUTIONS	154,168	322,049
TOTAL LIABILITIES	<u>5,684,065</u>	<u>4,513,345</u>
NET ASSETS		
INVESTED IN CAPITAL ASSETS	71,816	78,115
INTERNALLY RESTRICTED	784,513	262,453
UNRESTRICTED	773,491	407,530
TOTAL NET ASSETS	<u>1,629,820</u>	<u>748,098</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$ 7,313,885</u>	<u>\$ 5,261,443</u>

Copies of the audited financial statement for fiscal year ended March 31, 2008, are available upon request to info@ontario.cmha.ca.

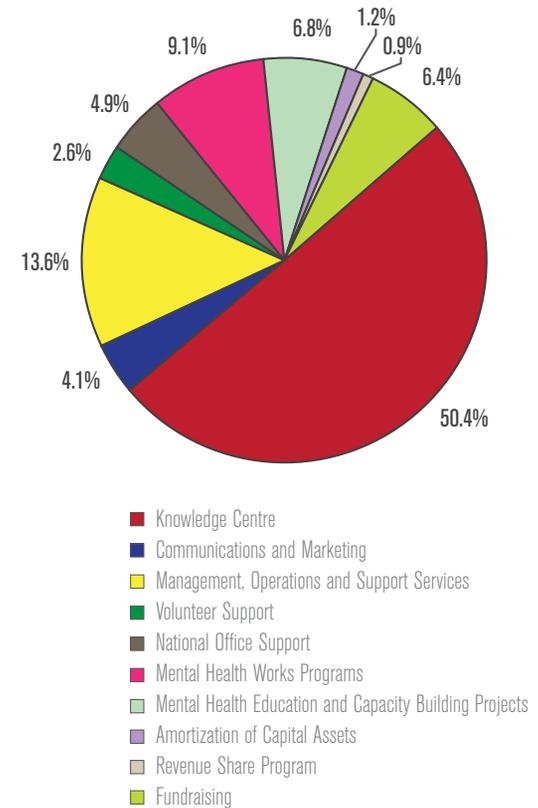
revenue by source

Fiscal 2007/08



expenditure by program

Fiscal 2007/08



strategic goals

about CMHA, Ontario

The Canadian Mental Health Association (CMHA), Ontario, is a non-profit provincial association committed to improving services and supports for people with mental illness and their families, and to the promotion of mental health in Ontario. With the 32 CMHA branches that provide community mental health services throughout the province, CMHA, Ontario achieves its mission through applied research & policy analysis, knowledge transfer, advocacy for healthy public policy, public education, and system planning.

message to the community

CMHA, Ontario has conducted an extensive review of its environment and the opportunities and challenges that face Ontario's community mental health system over the coming years. As a result of this review, the board of directors has established four strategic directions to guide the organization's actions. This strategic plan sets forth some specific goals that will be pursued to implement the board's directions during the period 2007–2010. CMHA will conduct an annual review to ensure the organization is on track and that unanticipated changes in the environment are considered and addressed.



strategic goals cont'd

The strategic directions cannot be implemented with equal attention over the course of the plan. In the first two years, priority will be given to action initiatives that contribute to the directions aimed at system leadership for mental health services in Ontario.

our context

While much has changed in the understanding and acceptance of mental illness in Canadian society and the needs of consumers and families, much remains to be done. Stigma and discrimination against people with mental illness continues to be a challenge. Changing people's attitudes, ensuring equal rights, reducing barriers and promoting social inclusion are fundamental to supporting recovery from mental illness.

Over the past few years, the Ontario government's investments in mental health services and supports have improved the lives of those needing help. Many significant changes to our health care system are underway. CMHA, Ontario will strive to provide system leadership to our branches, partners, government, providers, consumers and families during this time of change.

what is CMHA, Ontario?

It is important for any organization to have a very clear, articulated description of what they are and what they do. CMHA, Ontario has a long-standing vision and well-articulated mission. In general, our main areas of activity are defined as knowledge transfer, policy development and advocacy, and our resources are dedicated accordingly.

CMHA, Ontario's responsibilities can be thought of as two-fold. Through our charter and agreements with CMHA, National and with our branches, certain accountabilities are defined. As an independent provincial mental health agency, CMHA, Ontario also has other responsibilities. We support the mental health sector through our policy research, knowledge transfer and organizational capacity building.

system transformation

Fundamental to all mental health providers in Ontario over the next 12 to 36 months is the shift in authority from the Ministry of Health and Long-Term Care to the local health integration networks (LHINs).



strategic goals cont'd

The direct and indirect ramifications of this shift are extremely significant and pose the most opportunities and threats. From service roles to funding, and from governance to mission, every aspect of a provider's ability to fulfill its mission will be impacted. CMHA, Ontario needs to analyze and prioritize the risks and opportunities this transformation brings and determine what actions can be taken to mitigate any negative impacts on the ability of players to serve their communities and consumers.

Although many attempts have been made over the last two decades to move from disparate health service providers to an integrated health system, none has truly changed the way in which independent transfer payment agencies (TPAs) set and pursue their mandates. LHINs have the legislated authority to do so. The Integrated Health Services Plan (IHSP) and the Annual Health Services Plan are the de facto system plans for the region. TPAs funded by the LHINs will need to align their activities with the IHSP or face potential funding loss or even be subject to an involuntary integration order.

For CMHA, Ontario the change in focus of the branches and other providers from local/provincial to local/regional affects how we relate and remain relevant in this changed environment.

CMHA, Ontario's strategic directions 2007–2010

CMHA, Ontario has initiated a process of reflection and renewal. In early 2007, the CMHA, Ontario board of directors approved four strategic directions to support its renewal process and guide its operations for the period 2007–2010.

CMHA, Ontario's four strategic directions are:

1. Advancing organizational excellence
2. Fostering the integral role of consumers and families
3. Being a recognized leader in mental health in Ontario
4. Being an influential voice in mental health promotion in Ontario



strategic goals cont'd

strategic goals

CMHA, Ontario has changed and evolved along with the health care system and the challenges facing community mental health. In a perfect world, unlimited resources allow for unlimited opportunities. However, the unfortunate reality is that resources are always limited and tough choices must be made at every level of the health care system from province to LHIN to individual agency. To be effective, CMHA, Ontario must focus its efforts in a way that maximizes its impacts by leveraging the resources it has to bring to the tasks at hand. Its actions and priorities must also recognize the constraints imposed upon it by its charter, funders, partners and other stakeholders.

There is much we **should** do. There is much we **can** do. There is much we **must** do to be a valued contributor to the continuous improvement of the mental health system in Ontario. That is the essence of the challenge faced by CMHA, Ontario in developing this plan.

The four strategic directions established by the board will guide the agency's energies, goals and strategies over the next three years. The strategic goals will take those directions to the next level of engagement by giving clarity of purpose and expectations of outcomes. The goals allow the board and management to develop realistic measures of risk and success. They build a common understanding of whether the organization is in fact achieving the strategy set out. The goals also provide guidance to overall resource allocation and to board stewardship of the resources available.



CMHA, Ontario achievement awards 2007

Each year, through six achievement awards, CMHA, Ontario recognizes the invaluable contributions of consumers, volunteers, staff and organizations across Ontario, who contribute to the important work of enhancing mental health for Ontarians. In 2007, CMHA, Ontario Achievement Award recipients included (from left to right):

outstanding staff award

Marnie Smith, CMHA, Ottawa Branch

consumer participation award

Mark Howarth, CMHA, Peel Branch

work and well-being award

Stephanie Ratz, CMHA, Health Reporter

outstanding volunteer service award

Marlene Robertson, CMHA, Brant County Branch

media award

Nancy Daley, CMHA, Fort Frances accepting on behalf of recipient **Mike Behan**, Fort Frances Times Ltd.

special recognition award

Andrejs Berzins, former Ottawa Crown Attorney



facts & figures

Based on the fiscal year April 1, 2007 – March 31, 2008

donors

Gifts	7,365
Number of donors	4,267
Amount of donations	\$338, 359.69

information and referral

Pageviews to CMHA, Ontario website	1,935,648
Calls/e-mail enquiries to Information and Referral Centre	950

mental health works

Pageviews to Mental Health Works website	270,951
--	---------

total pageviews to CMHA, Ontario websites	2,206,599
--	------------------



notable facts

a handful of notable findings (statistics & facts):

- One in five people will experience a mental illness at some point in his or her lifetime.
- Mental illness affects people of all ages, in all kinds of jobs and at all educational levels.
- 275,317 persons in Ontario with a serious mental illness are unemployed.
- 35% of Ontario Disability Support Program (ODSP) clients have a mental illness.
- Current research shows that people with major mental illness are 2.5 times more likely to be the victims of violence than other members of society.
- The strongest predictor of violence and criminal behaviour is not major mental illness, but past history of violence and criminality. Throughout our society, alcohol and drug use are the prime contributors to violent behaviour.
- Mental illness plays no part in the majority of violent crimes committed in our society.



board of directors & advisory council

CMHA, Ontario board of directors

president

Russel DeCou

vice-president

Tom McCarthy

branch forum chairperson

Karen Murphy

provincial directors

Donald Jones

Joan Jones

Albert "Butch" McMillan

Gilles Myner

Joanne Purdon

Derek Rowsell

Ronald Wyborn

past president

Judith Watson

treasurer

Roger Miller

director-at-large

John Clark

executive director liaison

Sandy Milakovic

consumer and family advisory council

chair

Joanne Purdon

council members

Bill Hopkins

Donald Schultz

Isabelle Sirois

Jean Beckett

Laurie Albertini

Pam Lahey

Susan Howard Carmichael

Joan Peacock



ontario branch locations

32 locations include:

- | | |
|---------------------|--------------------|
| 1. Fort Frances | 17. Toronto |
| 2. Thunder Bay | 18. Milton |
| 3. Timmins | 19. Brampton |
| 4. Sudbury | 20. Hamilton |
| 5. Sault Ste. Marie | 21. St. Catherines |
| 6. North Bay | 22. Brantford |
| 7. Barrie | 23. Simcoe |
| 8. Ottawa | 24. Guelph |
| 9. Cornwall | 25. Owen Sound |
| 10. Brockville | 26. Stratford |
| 11. Kingston | 27. Woodstock |
| 12. Belleville | 28. London |
| 13. Lindsay | 29. St. Thomas |
| 14. Peterborough | 30. Sarnia |
| 15. Oshawa | 31. Chatham |
| 16. Newmarket | 32. Windsor |



branch locations

CMHA across the province

Community mental health care encompasses a wide variety of programs and services designed to meet individual and local needs. These programs are delivered by CMHA branches and include case management, crisis services, supportive housing, court diversion and employment supports.

Barrie-Simcoe Branch
705-726-5033
www.cmhasim.on.ca

Brant County Branch
519-752-2998
www.cmhabrant.on.ca

Champlain East
613-933-5845
www.cmha-east.on.ca

Chatham-Kent County Branch
519-436-6100
www.cmhakent.com

Cochrane Timiskaming Branch
705-267-8100
www.cmhact.ca

Durham Region Branch
905-436-8760
www.cmhadurham.org

Elgin County Branch
519-633-1781
www.cmhaelgin.ca

Fort Frances Branch
807-274-2347
www.cmhaff.ca

Grand River Branch
519-597-6650
www.cmhagrb.on.ca

Grey Bruce Branch
519-371-3642
www.cmhagb.org

Haldimand and Norfolk Branch
519-428-2380
www.cmha-hn.ca

Halton Region Branch
905-693-4270
www.cmha-halton.ca

Hamilton Branch
905-521-0090
www.cmhahamilton.on.ca

Hastings & Prince Edward Counties Branch
613-939-8874
www.hastings-cmha.org

Huron-Perth Branch
519-273-1391
www.cmha-hp.on.ca

Kawartha Lakes
705-328-2704
www.cmhakawarthalakes.ca

branch locations cont'd

Kingston Branch

613-549-7027

www.kingston.org/cmha

Lambton County Branch

519-337-5411

www.cmhalambton.org

Leeds-Grenville Branch

613-345-0950

www.cmha-lg.ca

London-Middlesex Branch

519-434-9191

www.london.cmha.ca

Niagara Branch

905-641-5222

www.cmhaniagara.ca

Nipissing Regional Branch

705-474-1299

www.cmhanipissing.on.ca

Ottawa Branch

613-737-7791

www.cmhaottawa.ca

Oxford County Branch

519-539-8055

www.cmhaoxford.on.ca

Peel Branch

905-451-2123

www.cmhapeel.ca

Peterborough Branch

705-748-6711

www.peterborough.cmha.on.ca

Sault Ste. Marie Branch

705-759-0458

www.cmhassm.com

Sudbury Branch

705-675-7252

www.cmha.sudbury.on.ca

Thunder Bay Branch

807-345-5564

www.cmha-tb.on.ca

Toronto Branch

416-789-7957

www.toronto.cmha.ca

Windsor-Essex County Branch

519-255-7440

www.cmha-wecb.on.ca

York Region Branch

905-841-3977

www.cmha-yr.on.ca



contact information

canadian mental health association, ontario

180 Dundas Street West, Suite 2301

Toronto, ON M5G 1Z8

phone: 416-977-5580

toll free: 1-800-875-6213 (Ontario only)

fax: 416-977-2813

email: info@ontario.cmha.ca

web: www.ontario.cmha.ca



CANADIAN MENTAL
HEALTH ASSOCIATION, ONTARIO
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE, ONTARIO