

Register with The Canadian Mental Health Association (CMHA)

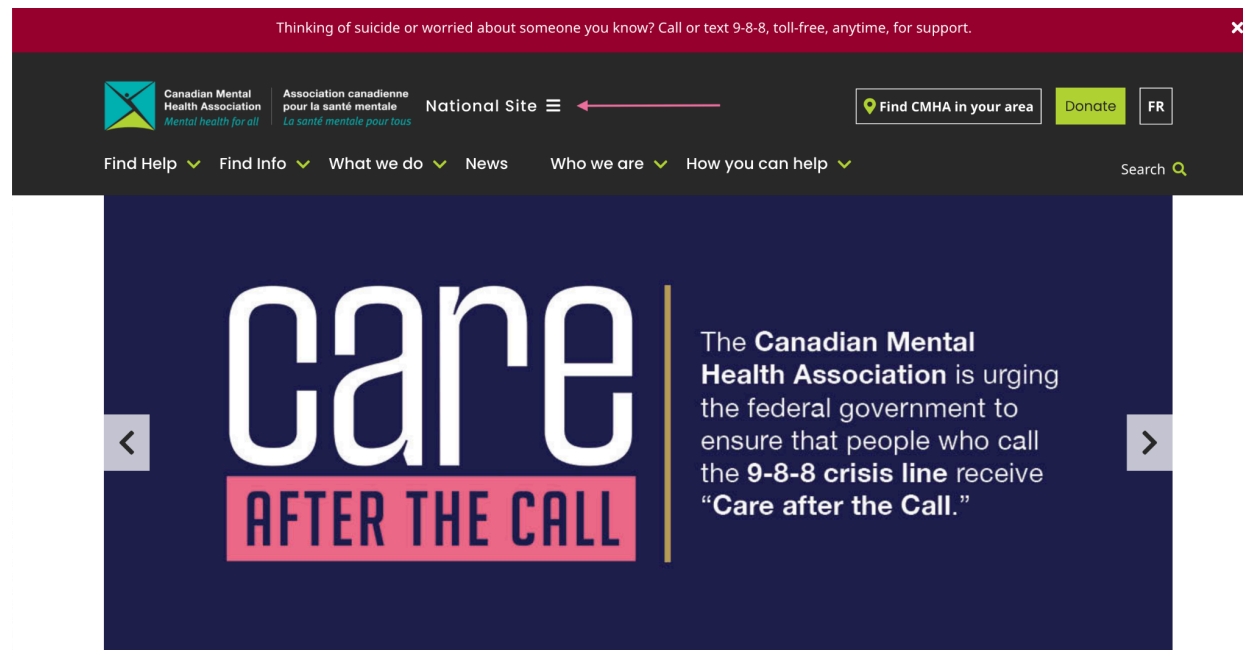
First, decide whether you or your direct supervisor will complete the form for you. **Your signature will be required before submission to the CMHA.** All information will remain confidential.

Should you proceed with the forms on your own, you can ask for a copy from management or follow the instructions below to access the form.

1. Visit the CMHA website. **Ensure you are on the site the Ottawa branch:**

https://ottawa.cmha.ca/?_gl=1%2A18zxogs%2A_ga%2AMzO4MjgyNTQxLjE3MjY1MTUwMDY.%2A_ga_NX4NR1QTT1%2AMTcyNjUxNTAwNi4xLjEuMTcyNjUxNTY2Ni41NS4wLjA

- a. Click **National Site** to the right of the logo at the top of the page



Thinking of suicide or worried about someone you know? Call or text 9-8-8, toll-free, anytime, for support. X

Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous

National Site X

Find CMHA in your area Donate FR

Find Help Find Info What we do News Who we are How you can help Search

NOT myself TODAY

Workplaces are changing.

Let Not Myself Today make mental health a priority in yours.

You are currently on the:

National Site ✓

Visit our provincial websites

Back

Ontario Division

Brant Haldimand Norfolk Branch – Administrative Office

Champlain East Branch

Middlesex Branch

Cochrane-Timiskaming Branch

b. Select **Ontario**

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British Columbia >

Manitoba >

New Brunswick >

Newfoundland and Labrador >

Nova Scotia >

Ontario <

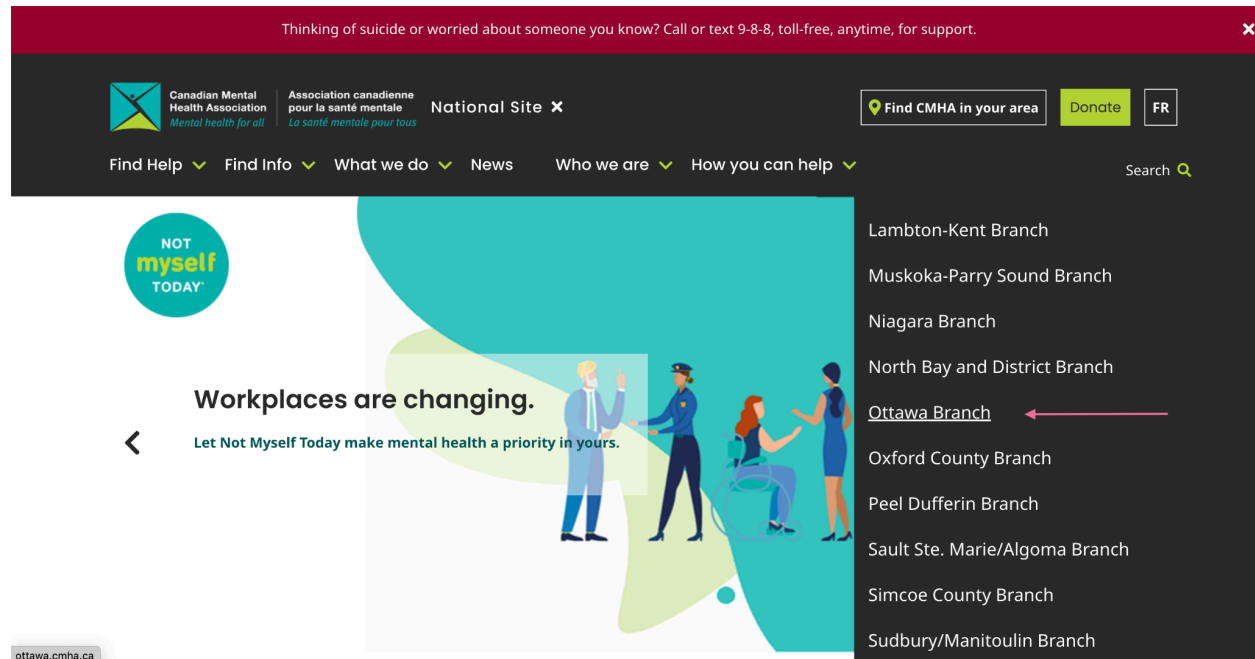
Prince Edward Island >

Quebec >

Saskatchewan >

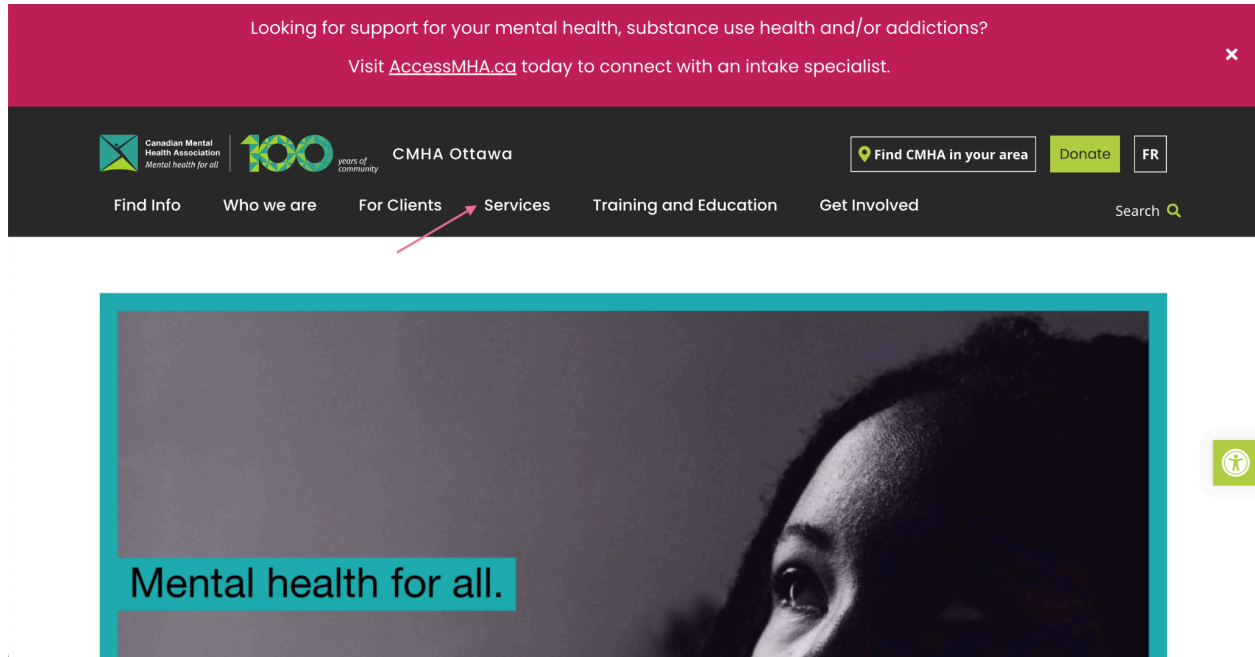
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c. Select **Ottawa branch**



2. Select **Services**, fourth tab from the right.

<https://ottawa.cmha.ca/our-services/>



3. Scroll down to **Mental Health Community Support Services (MHCSS)**.

Mental Health Community Support Services (MHCSS)

If you are seeking services from CMHA Ottawa or one of our partner agencies, please download the Mental Health Community Support Services (MHCSS) referral form for intensive case management by clicking this link: [MHCSS Eligibility Referral Form - English](#)

CMHA Ottawa is the central access point for intensive case management (ICM) services in the Ottawa area.

CMHA Ottawa completes intake and assessment responsibilities and coordinates all Mental Health Community Support Services (MHCSS) for the Champlain region. Intensive case management services are provided by a consortium of local agencies that strive to provide language-, culture- and program-specific access to ICM for qualifying individuals, aged 16-64, living with a severe and persistent mental illness. MHCSS promotes continuity of services, increases autonomy, and enriches the quality of life for the people who receive those services.

Helpful Resources

AccessMHA

Are you looking for support for your mental health or substance use/addiction? Navigating the complex and sometimes confusing healthcare system can be challenging. Our friends at AccessMHA can help. Visit <https://www.accessmha.ca/> for free mental health and/or substance use/addiction support, services, and care.


Counselling Connect

Counselling Connect provides quick access to a free phone or video counselling session, available in **English** and **French**. You choose a convenient date and time.

- a. Download the **MHCSS Eligibility Referral Form - English**.


<https://ottawa.cmha.ca/wp-content/uploads/2023/04/Eligibility-Referral-Form-MHCSS-Final2021.pdf>

*French versions can be requested by contacting their office by phone or email:

 (613)-737-7791

 general@cmhaottawa.ca

4. The 6-page form can be filled out by yourself or your direct supervisor & subsequently mailed or e-mailed to the CMHA.

 **Canadian Mental Health Association, Ottawa**

311 McArthur Avenue, 2nd floor

Ottawa, Ontario K1L 8M3

 general@cmhaottawa.ca

Reccomended additional resources:


BounceBack

Application-based CMHA program for persons ages 15+ designed to manage wellness delivered via phone or online video chat

 <https://bouncebackontario.ca/>

The Access MHA

Support for addiction for substance abuse

 1-(833)-527-8207

 <https://www.accessmha.ca/>


CounsellingConnect.org

Quick counselling session - Scheduled - English & French

 <https://www.counsellingconnect.org/>


Virutal Clinic Care

Free online clinic for minor physical ailments

 1-(888)-684-1999

 <https://www.virtualcareontario.ca/>

Walk-in Counselling

 <https://www.champlainhealthline.ca/listServices.aspx?id=10072®ion=Ottawa>

Appletree Medical Clinic

*There is a psychiatrist/psychotherapist at 225 Preston Street for counselling services Tuesday & Thursday afternoons.

 <https://appletreemedicalgroup.com/clinic-locations/>