

Register with The Canadian Mental Health Association (CMHA)

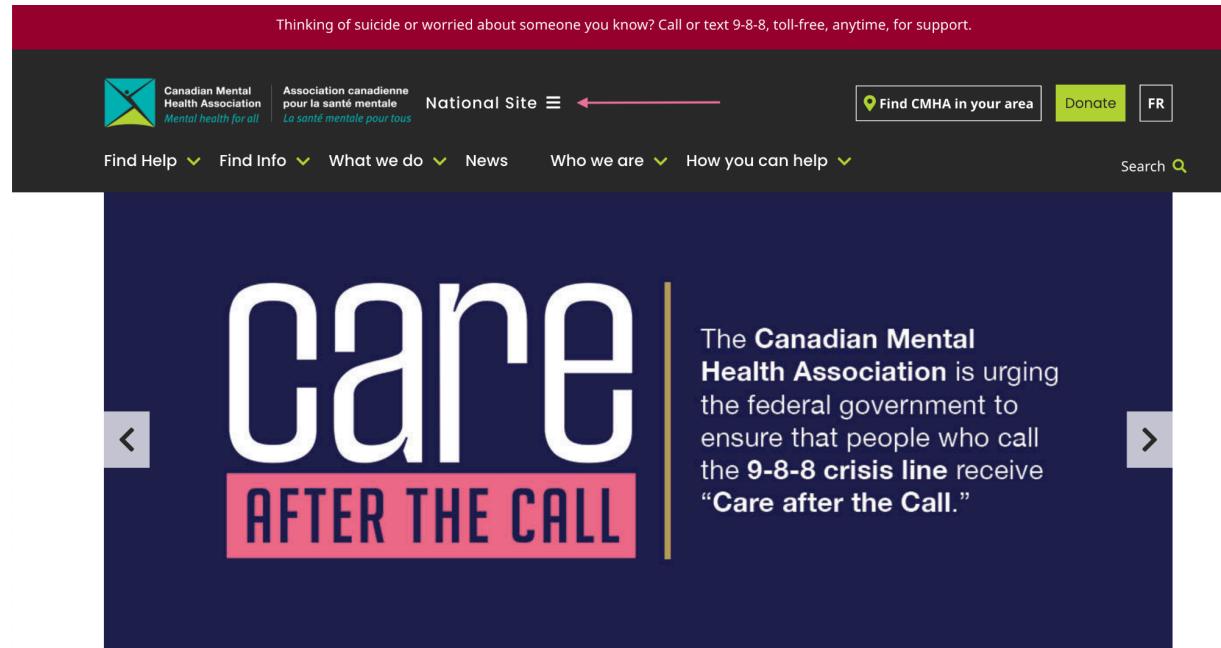
First, decide whether you or your direct supervisor will complete the form for you. **Your signature will be required before submission to the CMHA.** All information will remain confidential.

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%2AMzQ4MjgyNTOxLjE3MjY1MTUwMDY.%2A\\_ga\\_NX4NR1OTT1%2AMTcyNjUxNTAwNi4xLjEuMTcyNjUxNTY2Ni41NS4wLjA](https://ottawa.cmha.ca/?_gl=1%2A18zxogs%2A_ga%2AMzQ4MjgyNTOxLjE3MjY1MTUwMDY.%2A_ga_NX4NR1OTT1%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.

Canadian Mental Health Association  
Association canadienne pour la santé mentale  
La santé mentale pour tous

National Site 

Find CMHA in your area   

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

Search 

**care**  
**AFTER THE CALL**

The Canadian Mental Health Association is urging the federal government to ensure that people who call the 9-8-8 crisis line receive "Care after the Call."

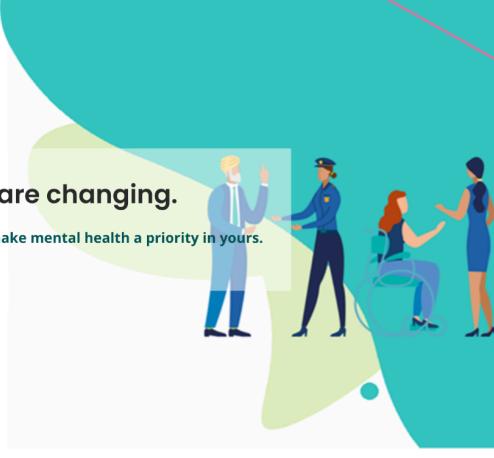
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Canadian Mental Health Association *Association canadienne pour la santé mentale* National Site  Find CMHA in your area   Find Help Find Info What we do News Who we are How you can help Search



**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  Ontario Division  Brant Haldimand Norfolk Branch - Administrative Office  Champlain East Branch  Middlesex Branch  Cochrane-Timiskaming Branch



b. Select **Ontario**

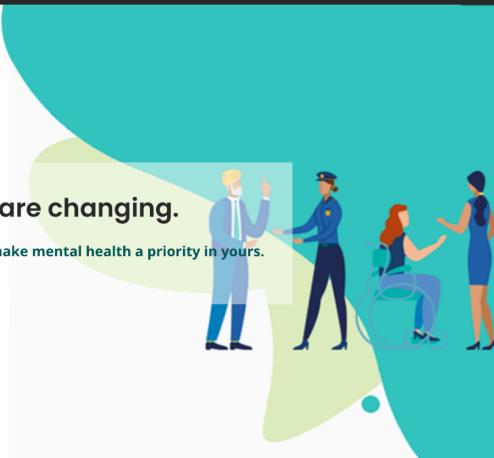
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British Columbia  
Manitoba  
New Brunswick  
Newfoundland and Labrador  
Nova Scotia  
**Ontario**  Prince Edward Island  
Quebec  
Saskatchewan  
Yukon



c. Select **Ottawa branch**

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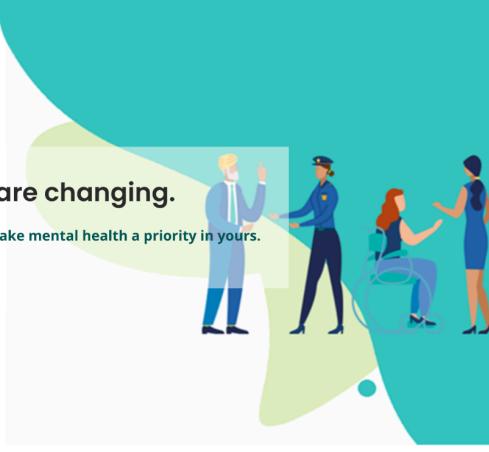
Canadian Mental Health Association *Mental health for all* | Association canadienne pour la santé mentale *La santé mentale pour tous* | National Site 

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[ottawa.cmha.ca](#)

Lambton-Kent Branch  
Muskoka-Parry Sound Branch  
Niagara Branch  
North Bay and District Branch  
Ottawa Branch   
Oxford County Branch  
Peel Dufferin Branch  
Sault Ste. Marie/Algoma Branch  
Simcoe County Branch  
Sudbury/Manitoulin Branch

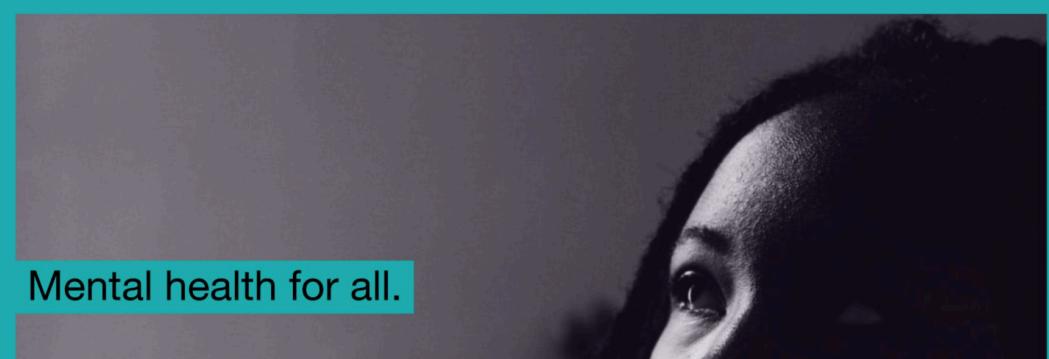
2. Select **Services**, fourth tab from the right.

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

Looking for support for your mental health, substance use health and/or addictions?  
Visit [AccessMHA.ca](#) today to connect with an intake specialist. 

Canadian Mental Health Association *Mental health for all* |  CMHA Ottawa

[Find Info](#) [Who we are](#) [For Clients](#) [Services](#) [Training and Education](#) [Get Involved](#) [Search](#) 



**Mental health for all.** 

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

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## **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.

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## **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](mailto: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](mailto: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/>

Virtual 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&region=Ottawa>

**Appletree Medical Clinic**

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

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