

Canadian Mental Health Association Waterloo Wellington Association canadienne pour la santé mentale Waterloo Wellington

## We are open for scheduled appointments only from Dec 20 – 31, 2021

If you are here for a scheduled appointment, ring doorbell to speak with reception.

## Need help from CMHA WW?

My needs	What do I do?
I am in crisis, or I need help and am not currently connected to a CMHA service	Call <b>1-844-HERE247 (437-3247)</b> .
I need help, but I am not in crisis	If you have a CMHA Staff contact, please contact them at their extension or call CMHA reception at <b>1-844-CMHA-WW3 (264-2993).</b>
Scheduled appointments	If you are here for a scheduled appointment, ring doorbell to speak with reception. All clients will be screened using the <u>COVID-19</u> <u>Screener</u> when arriving at CMHA WW. If would like to request an appointment, and you have a CMHA Staff contact, please contact them at their extension or call CMHA reception at <b>1-844-CMHA-WW3 (264-2993).</b>
Urgent Document Requests	Call Reception at 1-844-CMHA-WW3 (264-2993).
Groups	Where possible, in person groups have transitioned to virtual sessions. Please contact your CMHA WW group facilitator for further instructions. Please contact them at their extension or call CMHA reception at <b>1-844-CMHA-WW3 (264-2993).</b>

As of Dec 17, 2021 | Document No. CVD 035