

About CMHA WW

Canadian Mental Health Association Waterloo Wellington (CMHA WW) is a non-profit organization that provides a full care system for people with mental health, addictions or developmental needs.

CMHA WW serves everyone from children to adults to seniors, and helps individuals and families lead lives filled with meaning and promise.



Privacy

If you have any questions or concerns related to your privacy and CMHA WW, please contact our Chief Privacy Officer, Anna Tersigni at atersigni@cmhaww.ca or 1-844-CMHA WW3 (264-2993) ext. 2011.

For more information visit:
www.cmhaww.ca/privacy

If you are in crisis, need immediate help, or want to access our services, call:



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington

For general information:



corporate@cmhaww.ca



80 Waterloo Ave.
Guelph, ON
N1H 0A1



cmhaww.ca



1-844-CMHA-WW3
(264-2993)



**Imagine a community where:
when you need support,
wherever you are,
there's someone.**

**We are CMHA Waterloo Wellington.
We are more.**



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Our Services

We offer services for children, youth, adults and seniors. Services vary based on location, availability and level of need.



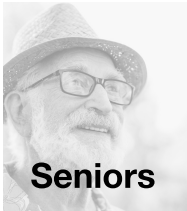
Children

We provide mental health and developmental support for children and youth 0-18 years in Guelph and Wellington County.



Adults

We support people with complex mental health needs. We offer services in dialectical behaviour therapy (DBT), eating disorders, first episode psychosis, peer support, housing and more.



Seniors

We provide support to seniors with complex cognitive, mental health, and behavioural issues, as well as complex medical needs.

Workplace Well-being

Did you know that 1/3 of disability claims in 2022 were due to mental health concerns?

CMHA WW can help employers support, retain and encourage employee well-being through our corporate and workplace services.

Offerings include customized training, certificate programs, wellness program audits, psychological health and safety support, and more. We can help you assess the current practices in your workplace and develop a customized wellness plan for you and your team. Our approach is person-centered, evidence based, and solution focused.

Reach out to education@cmhaww.ca to learn more.



Office Locations

Guelph
80 Waterloo Ave.
N1H 0A1

485 Silvercreek
Pky. N.
N1H 7K5

Kitchener
67 King St. E.
N2G 2K4

Waterloo
1 Blue Springs Dr.
N2J 4T3

Cambridge
1, 3-9 Wellington St.
N1R 3Y4

Fergus
234 St. Patrick St. E.
N1M 1M6

Mount Forest
392 Main St. N.
N0G 2L2

Your Feedback is important!
Visit: www.cmhaww.ca/feedback



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Supporting Good Mental Health

There are many ways to support your own mental health and well-being or support your loved ones and community.

- Take a wellness course
- Attend a skill building workshop
- Bring mental health education to your group or club
- Attend events that raise awareness and funds
- Volunteer in one of our programs or services.

Find out more at: www.cmhaww.ca/events.



Donate

Did you know 1 in 5 youth, adults and seniors experience mental health, addictions or developmental challenges? Your donation to CMHA WW supports these individuals to get the help they deserve. To donate, visit: www.cmhaww.ca/donate.

