

At Haliburton Highlands Mental Health Services

- We listen to your needs
- We help you set goals
- We support you in using your strengths and abilities to help yourself
- We believe there is hope, and that each individual has the right to make their own choice in their recovery

Hopeful People
Healthy People

Haliburton Highlands Mental Health Services

14 IGA Rd, Suite 201

Heritage Plaza

Minden, ON, K0M2K0

Phone: 800-320-8111 (Free)

705-286-4575

Fax: 705-286-6123

E-mail: hhmhs@hhhs.ca

Monday, Tuesday, Wednesday &
Friday 8:30 am—4:30 pm

Thursday 8:30 am—6:00 pm

4 County Crisis 24/7 Crisis Line in
Peterborough

1 866 995 9933



Service Area

- Haliburton County and surrounding area
- Main office is located in Minden
- Rural outreach to other communities

Haliburton Highlands Mental Health Services



Leaders in Innovative Rural Health Care



Haliburton Highlands Health Services

www.hhhs.ca

Tel: 705 286 4575

Connections

- Four County Crisis
- Lynx Early Psychosis Intervention
- Canadian Mental Health Association
Haliburton ,Kawartha & Pineridge District
- Job Quest
- FourCAST– Addictions Counselling
- Point in Time– Children’s Mental Health
- Haliburton Family Health Team
- Brain Injury Association Peterborough Region
- Trillium Lakelands District School Board
- Simcoe, Haliburton, Kawartha Lakes Legal Service
- Ross Memorial Hospital
- Peterborough Regional Health Centre

What Type of Services Do We Provide?

Intensive Case Management

- Counselling and Treatment
- Early Psychosis Intervention (14-35)
- Support Within Housing
- Skill & Housing Retention
- Group Therapy
- Psychiatric Consultation and follow-up (Medical Referral Required)
- Together with you we will develop a personal treatment plan with your strengths and personal goals to obtain your recovery

Who Do We Provide Service To?

- We provide service to individuals, and families with a mental health condition over age of 16 years of age
- Anyone who may be worried, overwhelmed, or confronted with lifestyle pressure, changes and are experiencing crisis
- We assist in treating conditions associated with psychosis, mood disorders, anxiety and depression including concurrent disorders
- Response to situational stressors that affect daily living and coping
- Provide support and psychoeducation for family members or support persons



How Do I Access This Service?

Voluntary or Referral from a Health Care Provider Simply call the office 705-286-4575

HHHS Core Values:

Compassion Accountability Integrity Respect