

# Haliburton Highlands Health Services

## Minden Health Hub



Haliburton Highlands Health Services (HHHS) is delighted to introduce the **Minden Health Hub** – a one-stop shop for Community Members and Visitors to access more quality care in the Highlands. In partnership with health and wellness organizations, our community can now access coordinated and local services and programs.



### HHHS Services and Programs

#### **Mental Health Services**

Bringing mental wellbeing and care closer to home. HHHS offers services and supports to anyone over the age of 16. Services include crisis intervention, counselling, Rapid Assess Addiction Medicine (RAAM) Clinic, Early Psychosis intervention, case management and support with housing

#### **Community Support Services (CSS)**

We believe in making community matter – one client at a time. Call us today if you or a loved one could benefit from a little more support to stay in our community a little longer, healthier, and happier, including if you are a caregiver looking for support yourself. Programs include Adult Day program, Meals on Wheels, Transportation, Foot Care, Falls prevention, Friendly Visiting, Safety and Security, Social recreation, Support groups, Supportive Housing and Assistive Living.

#### **Diabetes Education Network (DEN)**

Our team at the Diabetes Education Network works together with you and your health care provider to help you better manage all aspects of your diabetes. The clinic sees anyone over the age of 18 with Pre-Diabetes, Gestational, Type 1 or 2 Diabetes.

#### **Geriatric Assessment and Intervention Network (GAIN)**

As part of a regional network of Specialized Geriatric Services, the Haliburton GAIN clinic provides comprehensive geriatric assessments for frail seniors living at home (not Long-Term Care), usually 65 years of age or older, whose health, dignity, and independence are at risk.

#### **Ontario Telemedicine Network (OTN)**

Telemedicine is invaluable for bringing highly specialized care to patients in the County of Haliburton and surrounding areas. Timely access to such care, without the need to travel great distances, is an important benefit to our community, particularly our seniors.

#### **Physiotherapy**

As primary health care professionals, physiotherapists (also known as PTs or physical therapists) combine in-depth knowledge of how the body works with specialized hands-on clinical skills to assess and diagnose acute and chronic injuries, illnesses and conditions. The team offers outpatient appointments to people with acute or postoperative needs who are under the age of 19 or over the age of 65.

#### **Women's Clinic**

Our gynecologist specializes in treating common gynecological concerns, including perimenopause/menopause, irregular bleeding, contraception/ IUD, and cervical cancer screening. The clinic is equipped to perform various outpatient procedures, including colposcopy, hysteroscopy, Loop Electrosurgical Excision Procedure (LEEP), and IUD insertion and removal.



## Community Partners

### Kawartha North Family Health Team Urgent Care Clinic

Minden Health Hub Entrance, best accessed off Deep Bay Road

Tel: 705-286-2140 ext. 4001

Fax: 705-286-0676

Clinic Hours: 7-days a week, 10:00am to 5:00pm

[www.knfht.ca](http://www.knfht.ca)

### Five Counties Children's Centre

Community Healthcare Centre Entrance, best accessed off Deep Bay Road

Tel: 1-888-779-9916

Fax: 705-324-1936

<https://www.fivecounties.on.ca>

### Fourcast

Community Healthcare Centre Entrance, best accessed off Deep Bay Road

Tel: 705-286-4077

Fax: 705-876-9125

<https://www.fourcast.ca>

### LifeLabs

Community Healthcare Centre Entrance, best accessed off Deep Bay Road

Tel: 877-849-3637

<https://www.lifelabs.com>

### Canadian Mental Health Association

Community Healthcare Centre Entrance, best accessed off Deep Bay Road

Tel: 705-286-4575

<https://cmhahkpr.ca>

### Haliburton Highlands Family Health Team

Community Healthcare Centre Entrance, best accessed off Deep Bay Road

Tel: 705-286-2500

Fax: 705-286-2022

<https://www.hhfht.com>

To learn more about the Minden Health Hub, please visit <https://www.hhhs.ca/community-programs>. To learn more about our Community Partners, please visit their websites, listed above.

## We Value Your Feedback

Have questions or would like to share how the Minden Health Hub has helped you or your family? We would love to hear from you. Please scan this code to leave your feedback.

