

# Accessing Service

---

Referrals can be made by:

- Psychiatrist
- Physician
- Social Service Agencies
- Self

To access service:

**Phone: 519-524-8316 or 1-877-695-2524**

**Fax: 519-524-9349**

Services are available at the following locations:

**Clinton**

56 Mary Street

**Exeter**

303 Main Street South

**Goderich**

274 Huron Road

**Seaforth**

85 Main Street

**Wingham**

152 Josephine Street

# We Believe

---

That all people are entitled  
to grow and develop  
their skills and abilities  
in order to function  
at their highest potential  
in all areas of their lives.



New Horizons for Health & Wellness

# Huron Community Mental Health Services



**Clinton, Exeter, Goderich  
Seaforth and Wingham**

Satellite Services  
of  
**Alexandra Marine  
and  
General Hospital**

# Welcome to Huron Community Mental Health Services

---

Mental health concerns, like physical health problems, affect most of us at some point in our lives. Our service supports individuals, age 16 and over, with mental health concerns. It is our goal to help enhance mental health coping skills and improve quality of life.

Our services are available, on a voluntary basis, with priority given to those with serious mental health needs.

The length of involvement with our service depends on individual need.

## Our Services

---

- The services offered to you will be determined based on information provided at referral, as well as during the initial appointment with a clinician. You and your clinician will develop a plan to address your specific needs and goals.
- Most of our services are provided within a group setting
- Some of the evidence-based groups that may be offered include:
  - Cognitive Behavioural Therapy
  - Dialectical Behavioural Therapy
  - Depression Group
  - Relaxation Group
  - Introduction to Mindfulness
  - Goal Setting Group
  - Social and recreational groups
- Based on severity of illness, limited individual counselling may also be available.

## Our Staff

---

Our staff include regulated health professionals with training and expertise in evidence-based treatment and best practices.

## Cost

---

Our services are free and confidential. Funding for our agency is provided through the Community Mental Health Branch of the Ministry of Health and Long Term Care