



Looking for Mental Health, Substance Use Health, and Addictions Support?

**AccessMHA works *with* you to access
and navigate the healthcare system,
so you don't have to do it alone.**

**AccessMHA is your one-stop, no-cost place for support.
Available to individuals aged 16 and above in eastern Ontario.**



Unsure where to start? We've made it easy.

Simply scan the QR code, visit www.AccessMHA.ca, or give us a call, and we'll guide you to the right services to meet your unique needs.



AccessMHA Frequently Asked Questions

How can AccessMHA help me or my loved one?

AccessMHA takes away the confusion and difficulty in trying to find services, simplifies the process, and eases the effort needed to find the right services for mental health, substance use health, and addictions. AccessMHA facilitates connections with professionals who work with you to understand your needs and can match you to the right services.

How can I use AccessMHA?

AccessMHA offers multiple access points, including [booking an appointment on our website](#), calling us at 1-833-527-8207, engaging with a staff member, or consulting your primary care provider.

Can I apply for a family member or loved one?

Absolutely! You can request services on behalf of someone else, as long as they are aware of the request and agree to participate in the screening and assessment appointment.

What happens when I apply? What can I expect?

After reaching out to AccessMHA, you'll select a suitable time for an AccessMHA staff member to call you and discuss your needs. Following the call, you may be directed to one of AccessMHA's partner organizations for services, or our staff can assist you in finding the right service from a local organization.