

MENTAL HEALTH

South Asian Mental Health Program



What is South Asian Mental Health Program?

The South Asian Mental Health Program provides help and support to clients who are dealing with the problems associated with mental health. The Case Manager provides counseling to the individuals and their family members. In addition the clients are supported through psychiatrist consultation.

Who can benefit?

Individuals 18 years of age and over, who are suffering from Mental Illness.

What are the major benefits?

The benefits are substantial and include:

- Services are in Punjabi, Hindi, Tamil and Urdu
- Services are culturally and linguistically appropriate
- Psychiatrist consultation
- Outreach to the community, main stream and Ethno-Cultural agencies
- Assessment and appropriate referral services
- Provide individual counselling and supportive counselling to the clients & their family members
- Case management
- Home visits
- Collaborate with other mental health service providers and assist clients access services

How are referrals made?

Referrals are made by calling 905.790.0808. Community Based Agencies, Probation Officers, Lawyers, Religious leaders, Family Members, Family Physicians and individuals may make a referral.

Where is the Program located?

The program is located at 11730 Airport Road, Brampton, Ontario, L6R 0C7

What are the hours of operation?

Monday to Friday from 9:00 a.m. to 5:00 p.m. with extended hours based on clients' availability.