

What is Mental Illness?

Mental illnesses are characterized by alterations in thinking, mood or behaviour associated with significant distress and impaired functioning.

Examples of mental illness include:

- Mood disorders: major depression and bipolar disorder
- Schizophrenia
- Anxiety disorders
- Personality disorders
- Problem gambling
- Substance dependency

Risk Factors:

- Mental illness arises from a complex interaction of genetic, biological, personality and environmental factors.
- Mental illnesses affect people of all ages, education levels, income levels and cultures.

Specific Risk Factors Include:

- Family history of mental illness
- Age
- Sex
- Substance abuse
- Chronic diseases
- Family, workplace, life event stresses

Program and Locations

Case Management Programs:

Time: 9:00am - 5:00pm (Mon-Fri)

Sahara Concurrent Disorder Wellness Support

Group Time: 10am-12pm (Every Saturday)

Location: Hybrid (Online and In-Person) 60

West Drive, Brampton, ON L6T 3T6 Unit # 101

Virtual Mental Health Support Group

Time: 5:00pm to 6:30pm (Every Wednesday)

Location: Online (Link will be shared weekly)

Mobile Community Support Group:

Workshops and trainings are provided in the community upon request.

How to make a referral?

Individuals, family members, doctors, probation officers, or anyone can make a referral with client's consent. Please contact us for a referral form and more information.

The services are provided at NO COST to the participants.

PCHS Head Office:

2980 Drew Road, Unit 241, Mississauga, ON,
L4T 0A7

PCHS provides services in the Peel Region and surrounding areas.

For more information:

Telephone: (905) 677-0889 Fax: 1-855-326-7756

Email: intake.specialist@pchs4u.com

www.pchs4u.com

Funded by: Ontario Health

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Sahara Mental Health Program

pchs
Punjabi Community Health Services



Accredited
IMAGINE CANADA

Our facilities are
wheelchair accessible



www.pchs4u.com



905-677-0889

All programs are offered in-person and online.

What is Sahara Mental Health Program?

The Sahara Mental Health Program provides assistance and support to clients who are dealing with problems associated with mental illness. Our program uses a holistic approach by providing case management and supportive counselling services to individuals and family members.

Our Program Offers:

- Services in English and/or Punjabi, Hindi, Urdu, and Arabic.
- Services that are culturally and linguistically appropriate.
- Individual and supportive counselling to clients and their family members.
- Psycho-education for mental health related issues.
- Assistance with stabilizing mental health symptoms.
- Individual assessments and care plans.
- Assistance to clients in reaching personal, employment, educational and self-care goals.
- Assistance in mental and physical support and wellness, life skills, housing and social supports.
- Home visits (based on client needs).
- Collaboration with partners/agencies who specialize in Mental Health Services.
- Access to group programs that are linguistically and culturally appropriate.

Mission

"To use a holistic and culturally appropriate approach to stabilize and empower the lives of mental health clients and their families to help them lead a life of respect and dignity as an equal member of society."



Our Programs

Short Term Case Management Program (In-STED):

This is a short term case management program that offers support to individuals 16 years of age or older. This program aims to identify complex mental health needs in hopes of reducing unplanned repeat visits to hospital emergency departments. Clients receive services for three to six months and then are either transitioned to our long term case management program or connected with community agencies.

Long Term Case Management Program:

The long term case management program provides support to individuals aged 16 years or older. This program provides support to individuals and any family members for mental health related concerns. Clients receive long term case management up to two years.

Early Psychosis Intervention Program:

The EPI Program is a partnership between PCHS, SHIP, CMHA Peel Dufferin, and CAMH. It offers case management support to individuals aged 14 to 35 who are experiencing first episode psychosis or have had mental health concerns for less than two years. The program focuses on early intervention, recovery, and helping individuals and families build fulfilling lives in their communities.

Concurrent Disorder Case Management:

This program provides culturally and linguistically appropriate case management supports to individuals experiencing complex addictions and mental health issues and to their significant others. Services include, individualized assessment, care planning, supportive counseling, service co-ordination (linking service recipients with services and supports), and specific interventions related to concurrent disorders.

Crisis Rapid Response Program:

PCHS collaborates with community partners to deliver a continuum of crisis services through the 24/7 Crisis Support Peel Dufferin program. The program aims to address mental health crises by offering immediate, short-term responses that help individuals regain stability and reduce the likelihood of long-term trauma or distress. Our team provides culturally sensitive crisis interventions tailored to meet the unique needs of the South Asian community.

Sahara Mental Health and Addiction Wellbeing Program:

This program provides case management to individuals and their family members residing in Halton Region, for issues related to mental health. The program is offered to clients who are 16 years of age or older and identify with the South Asian, Newcomer and Muslim population. We accept referrals from all sources. This program is funded by the Halton Region.

Concurrent Disorder Wellness Support Group

The Concurrent Disorder Wellness Support Group is a linguistically and culturally appropriate psychoeducational group program. It aims to educate and support individuals and their caregivers to cope with the challenges they are experiencing due to mental health and addiction concerns.

The program offers:

- Interactive group discussions.
- Educational activities.
- Collaboration with agencies/partners who specialize in addictions and mental health services.
- On-going support to clients and their caregivers.

Mobile Community Support Group (MCSG) Who Are We?

PCHS is dedicated to providing services to the communities that we serve. The mobile community support group is made up of professionals specializing in mental disorders who work in partnership with other community allies. We represent a variety of cultures within the South Asian communities and are skilled in delivering culturally sensitive programs and presentations.

What Do We Do?

We inform, coordinate and facilitate engaging educational presentations in diverse institutions including schools and community centers. The MCSG provides youth and adults with practical information and skills that they can apply in their daily lives.

Objectives of Mobile Community Support Group:

- Increasing awareness on mental health.
- Strengthening and empowering the community to support those who are experiencing mental illness concerns.
- Eliminate stigma regarding mental illness and stereotypes within the community.
- Connecting individuals and families to access programs & mental health resources available within the community.