



Mental Health Services

Safe emotional support for newcomers adjusting to life in Canada

Areas of support:

- Coping strategies
- Integration and adjustment challenges
- Mental health and employment support
- Information and orientation
- Cultural shock
- Grief and loss
- Interpersonal conflict
- Parenting support
- Life skills support
- Skill development support

* **Mental Health programs may be available in multiple languages (English, Arabic, Farsi, Spanish, and Ukrainian)**

* **Intake required before accessing Mental Health programs**

* **This service is not for crisis or emergency. If you need help or are in crisis please contact or visit your local emergency department or call 911. Additional resources: Toronto Community Crisis Services (TCCS) call 211 or 911, Toronto Distress Centres (416) 408-4357**

Mental Health programs

- Individual short-term counselling (online and in person)
- Anger management support
- Women's support group
- BEAR Hikes support group
- Seniors support group
- Workshops and groups sessions
- Community referral to mental health Services

Services available based on program eligibility and availability

Programs may have specific eligibility criteria on funding requirements

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Contact us:

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For more information please visit mnlct.org/improving-your-wellbeing

