



**Canadian Mental  
Health Association**  
Lambton Kent  
*Mental health for all*

**Association canadienne  
pour la santé mentale**  
Filiale de Lambton Kent  
*La santé mentale pour tous*

**Public Statement  
CMHA Lambton Kent's Response to COVID-19  
March 23, 2020**

The Canadian Mental Health Association Lambton Kent (CMHA Lambton Kent) provides community-based clinical and social services to Ontarians living with mental health and addictions issues. Our work helps people stay out of hospital, away from the justice system and on the job or happy at home.

Like every other health provider, we are adjusting our service delivery in the wake of COVID-19. We are following the advice of local, provincial and federal health authorities as we strike a balance between abundant caution to help stop the spread of the coronavirus and providing appropriate support for the individuals we serve.

For clients and families, CMHA Lambton Kent is still here to provide help but you may experience changes to the services. Many programs have moved to virtual platforms or are now delivered via the phone while other services may have been temporarily postponed. We ask for your patience as we work to provide essential mental health and addictions services that support our most vulnerable, high-risk clients and those in immediate crisis.

For the general public who typically do not interact with CMHA Lambton Kent, we ask that you take a moment to consider your own mental health during these challenging times. Social distancing, self-quarantining and isolation in order to protect public health and safety is a new norm. These new circumstances may lead to heightened symptoms of anxiety and depression for many people. Take time to practice self-care, absorb news only from reliable sources and connect – over the phone or virtually – with friends and family to help you gain a sense of calm and balance amid the turmoil.

Finally, we would like to acknowledge the nearly 175 dedicated staff and volunteers at CMHA Lambton Kent. Our team members have exhibited poise, flexibility and incredible willingness to put client needs ahead of themselves. Many of our employees are practicing social distancing and working from home while supporting clients. Their contribution is immeasurable.

We will continue to monitor all the developments of COVID-19 and hope to return to regular service levels as soon as possible. Should you or someone you love need support during this time, please call our Mental Health First Response Service available 24/7 in Chatham Kent at 1-866-299-7447 or in Sarnia Lambton at 1-800-307-4319.

For general enquiries, please continue to contact us at our primary phone numbers in Chatham at 519-436-6100 and in Sarnia at 519-337-5411.