Canadian Mental Health Association
Lambton Kent

Association canadienne pour la santé mentale
Filiale de Lambton Kent

Information for the Public

CMHA Lambton Kent: Getting Started

About Us

CMHA Lambton Kent serves Chatham-Kent and Sarnia Lambton with programs, services and partnerships that help people maintain and improve their mental health. We offer similar services in each community with some differences. We work with our partners to make sure we are not all offering the same care and that we are working together for healthier communities.

The purpose of this information sheet is to help you understand where to start if you believe that you or someone close to you may need help with their mental health or substance use concerns. This is not a fulsome overview of all of our programs and services but it will be enough to get you started.

Getting Started

You can reach out to us directly by calling, walking in to one of our offices or filling out a referral form on our website. If you are working with a doctor, nurse practitioner or other health care provider, they can also refer you using the referral form on our website. A link to the Referral Forms is on the top of every page on our website so it is easy to find.

Location	Chatham	Sarnia
Address	100-240 Grand Ave West, Chatham, ON N7L 1C1	162 Lochiel Street, Unit B100 Sarnia, ON N7T 8H3
Telephone	519-436-6100	519-337-5411
Toll-free	1-866-299-7447	1-800-307-4319
Online	www.lambtonkent.cmha.ca	

24/7 Mental Health First Response

- **Chatham-Kent 1-866-299-7447**
- **Sarnia Lambton 1-800-307-4319**

The Mental Health First Response Team is available for people who may be experiencing mental health problems or crises and is also available for people who are looking for guidance on how to support someone close to them. Services include telephone crisis intervention (mental health assessment, suicide intervention), referrals, and family support. This team is also available to healthcare providers seeking assistance navigating community resources.

If you don't know if you should call or not, please pick up the phone and call us. We can share information about resources available to you and help you make decisions about your next step.

June 2024

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MobileCare, Community Health Outreach

MobileCare is a clinic on wheels that travels to both urban and rural communities and locations across Chatham-Kent and Sarnia-Lambton. With our partners in each county, our goal is to increase access to primary care, mental health care, addictions services, withdrawal management services and community referrals. MobileCare is a free walk-in service, no appointments are necessary.

Details about the MobileCare schedules, locations and services can be found on on the MobileCare website or on social media, which is updated frequently.

Location	Chatham	Sarnia
Toll-free	1-866-299-7447	1-800-307-4319
Online	www.ck.mobilecareclinic.ca	www.sl.mobilecareclinic.ca
Social Media	@mobilecareck	@slmobilecare

Chatham-Kent Youth Wellness Hubs Ontario & Sarnia Lambton Youth Wellness Hubs Ontario

For youth ages 12 - 25, the Youth Wellness Hubs are welcoming, youth-friendly spaces with services for young people and their families who are looking for supports related to mental health and substance use concerns.

You can reach out for support just by walking in or contacting the hub by phone or email. Our team of professionals are here to provide mental health, substance use, peer support, education, employment, wellness, and so much more. At your first appointment, we will spend some time getting to know you and we will get a better understanding of your needs through an assessment. From there, our team will work with you to determine the programs and services that will best meet your needs.

More information about the Youth Wellness Hubs can be found online, by phone, email or just by stopping in to speak with one of our YWHO team members.

Location	Chatham	Sarnia
Address	140 King Street West, Chatham, ON, N7M 1E3	190 Front Street North, Sarnia, ON N7T 7G6
Telephone	519-437-6329	519-491-1466
Toll-free	1-866-299-7447	1-800-307-4319
Email	ck@youthhubs.ca	sl@youthhubs.ca
Social Media	@ckyouthhub	@slyouthhub
Online	www.youthhubs.ca	

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