



Capital Health

NEW ACCESS TO COMMUNITY MENTAL HEALTH SERVICES

April 18, 2011

Community Mental Health is changing the way individuals access our services as of May 2, 2011. Our patients have often had to wait weeks or months to be seen by us. The changes we are making will drastically reduce the time they will have to wait. Each community Mental Health location will have a designated day or days each week when they will be seeing new clients. We are now calling this First Visit. It was referred to before as Access Redesign.

First Visit is a simple, easy way for adults* with mental illness and significant mental health problems to access help from Community Mental Health. We do not offer emergency services. Call Mental Health Mobile Crisis - 429.8167 or 1(888) 429.8167 – or go to your local emergency department.

Here is helpful information to share with patients, families and community support groups:

How can I make an appointment for a First Visit session?

We encourage you to talk to your family doctor. Each of our locations has a specific day, or days, each week when new clients are seen. You can book an appointment by calling during business hours the day before.

How will my family doctor have contact with Community Mental Health?

We encourage referrals from - and ongoing contact with - your family doctor. They will receive information about your visit in a timely manner.

What will happen at my First Visit?

You will meet with a therapist. In the appointment you will talk about what you identify as the mental health problem that prompted you to seek help. Together, you and the therapist will also talk about ways to help you manage, building on your strengths and resources. This is not a diagnostic assessment.

What if I need further treatment after my First Visit to Community Mental Health?

If you need further treatment you will be offered it and encouraged to participate.

How can the First Visit approach help my family and friends support me?

This approach may make it easier for your family and friends to assist you to come to our service.

What are the days and times of First Visit sessions in Community Mental Health?

We have five Community Mental Health locations. You are welcome to call us.

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Here are the days First Visit will be held at each location, with the contact number:

Dartmouth Community Mental Health

Belmont House, 33 Alderney Drive, Dartmouth

Tel: 466-1830

First Visit is offered on Thursdays.

Bayers Road Community Mental Health

Suite 109, Bayers Road Centre

7071 Bayers Road, Halifax

Tel: 454-1400

First Visit is offered on Tuesdays and Thursdays.

Bedford/Sackville Community Mental Health

Cobequid Community Health Centre

40 Freer Lane, Lower Sackville

Tel: 865-3663

First Visit is offered on Tuesdays and Thursdays.

Cole Harbour Community Mental Health

Cole Harbour Place

51 Forest Hills Parkway, Dartmouth

Tel: 434-3263

First Visit is offered on Tuesdays.

West Hants Community Mental Health

89 Payzant Drive, Windsor

Tel: (902)792-2042

First Visit is offered on Tuesdays.

This service is offered through Capital Health and there is no direct cost to the patient.

We provide consultation and individual and/or group therapy to people living with a mental illness or struggling with a mental health problem. We work closely with family doctors and community agencies.

* Adults are 19 years of age and older. West Hants supports adults, youth and children.

If you have any questions, please call me at 454.1402 or email cheryl.billard@cdha.nshealth.ca.

Thank you.

Cheryl Billard

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