



## What is Mental Illness?

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

### Examples of specific mental illnesses 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 (Monday to Friday)

### Sahara Concurrent Disorder Support Group:

Time: 12:00pm – 2:00pm (Every Saturday)

Location: 50 Sunny Meadow, Brampton Ontario

### Mobile Community Support Group:

To inquire about workshops and trainings please contact (905) 677-0889

### 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.

### For More Information:

Telephone: (905) 677-0889

Fax: (905) 677-9141

Email: admin.brampton@pchs4u.com

## PCHS Offices

### Head Office

2980 Drew Road  
Unit 241, Mississauga  
ON L4T 0A7

### PCHS Caledon

Southfields Community Centre  
225 Dougall Avenue, Caledon  
ON L7C 3M7

### PCHS Brampton

50 Sunny Meadow Blvd,  
Brampton ON L6R 0Y7

### PCHS Brampton

60 West Drive  
Suite 102B, 102C  
Brampton ON L6T 3T6

### PCHS Brampton

Community Door, Unit 1300,  
7700 Hurontario St,  
Brampton ON L6Y 4M3



## Punjabi Community Health Services



# SAHARA MENTAL HEALTH PROGRAM

905-677-0889

✉ info@pchs4u.com

🌐 www.pchs4u.com



## 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 supportive counselling services to individuals and family members.

### Our Programs Offer

- Services in English and/or Punjabi, Hindi, Urdu and Malayalam
- 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 in stabilizing mental health symptoms
- Individual assessments and care plans
- Assistance to clients in reaching personal, employment, educational and leisure 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 culturally, appropriate approach to stabilize and empower the lives of mental health clients and their families to help lead a life of respect and dignity as an equal member of society.”*

## Our Programs

### Short Term Case Management Program (Insted):

This is a short term case management program that offers support to individuals 16 years of age or older. This project aims to identify complex mental health needs in a timely manner in hopes of reducing unplanned repeat visits to hospital emergency departments. Clients receive services for three to six months and then transitioned to our long term case management program. This program accepts referrals from hospitals and health links.

### Long Term Case Management Program:

This program is offered to clients who are 16 years of age or older. This is a long term case management program that provides support to individuals and their family members for mental health related issues. Clients are welcome to stay within the program on a long term basis until client needs have been met. We accept referrals from all sources.

### Early Psychosis Intervention Program:

This is a case management program that offers support to individuals who require early intervention support for first episode psychosis or mental health concerns within the past two years. We offer services to clients between the ages of 14 to 37 years. We accept referrals from all sources.

### Concurrent Disorder Case Management

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

### Mobile Crisis Rapid Response Team (MCRRT)

PCHS has started new partnership with Canadian Mental Health Association, Peel Dufferin (CMHA PD). We serve clients on Crisis Support Line in collaboration with CMHA PD MCRRT and provide crisis intervention as an immediate and short-term emergency response to mental, emotional, physical, and behavioral distress.

## Sahara Concurrent Disorder Wellness Support Group

The Sahara Concurrent Disorder Support Group is a linguistically and culturally appropriate psycho-educational group program. It aims to educate and support individuals and their caregivers to cope with the challenges they are facing as a result of their mental health and addiction issues.

### This 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

### Community Support Group (CSG)

#### Who Are We?

PCHS is dedicated to providing services to the communities that we serve. The mobile community support group is made up of mental health professionals 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 such as schools, corporate offices and community centres. 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 health concerns.
- Eliminate mental health stigma and stereotypes within the community
- Connecting individuals and families to access programs & resources available within the community