

What is Mental Illness?

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

Examples of mental illness 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 (Mon-Fri)

Sahara Concurrent Wellness Support Group

Time: 10am-12pm (Every Saturday)

Location: Hybrid (Online and In-Person)

50 Sunny Meadow Blvd. Brampton ON Unit 108

Mobile Community Support Group:

Workshops and trainings are provided in the community upon request.

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: 1-855-326-7756

Email: intakespecialist@pchs4u.com

www.pchs4u.com

The services are provided at NO COST to the participants.

PCHS Offices:

Head Office:

2980 Drew Road, Unit 241
Mississauga, ON L4T 0A7

Southfields Community

Center
225 Dougall Ave.
Caledon, ON L7C 3M7

Brampton:

50 Sunny Meadow Blvd.
Suite 201
Brampton, ON L6R 0Y7

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

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



Sahara Mental Health Program

pchs 
Leading With Conviction And Courage



Our facilities are
wheelchair accessible



www.pchs4u.com  905-677-0889

Funded by: Ontario Health Central
Revised May, 2023

All programs are offered in-person and online.

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 Program Offers:

- Services in English and/or Punjabi, Hindi, Urdu, Arabic 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 and stabilizing mental health symptoms
- Individual assessments and care plans
- Assistance to clients and 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 illnesses related to the mind. 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 health concerns regarding mental illnesses 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 (linking service recipients with services and supports), 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). There are two Crisis Support workers to serve clients on Crisis Support Line in collaboration with CMHA PD Mobile Community Rapid Response Team (MCRRT). They provide crisis intervention as an immediate and short-term emergency response to mental, emotional, physical, and behavioral distress. Crisis interventions through a crisis support line help to restore an individual's equilibrium to their biopsychosocial functioning and minimize the potential for long-term trauma or distress.

Sahara Mental Health Wellness Program:

This program provides case management to individuals and their family members for mental health related issues residing in Halton Region. The program is offered to clients who are 16 years of age or older and identify with the South Asian, Newcomer and Muslim population. We accept referrals from all sources. Clients are welcome to stay within the program on a long term basis until their needs have been met.

Sahara Concurrent Disorder Wellness Support Group

The Sahara Concurrent Disorder Support Group is a linguistically and culturally appropriate psychoeducational 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.

The 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 professionals specializing in mental disorders 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 illness concerns.
- Eliminate stigma regarding mental illness and stereotypes within the community
- Connecting individuals and families to access programs & mental health resources available within the community.