



Hope Is Essential

DMHS Announces Virtual Client Support through our Crisis Services and Peer Support Programs

As an essential health service, DMHS has responded to the pandemic by adapting to keep our staff and our clients safe while continuing to serve the community. Today we are pleased to announce that we have now enhanced our service options by offering virtual client support through our Crisis Services and Peer Support programs.

To Request a Virtual Visit from Crisis Services

DMHS' Crisis Services now offers Virtual Visits using videoconferencing technology. It's a way for us to continue providing effective, accessible and immediate mental health support to Durham Region.

To access this service, please call our C.A.L.L. (Crisis Access Linkage Line) at

905-666-0483 or toll-free 1-800-742-1890

Crisis staff will set up the videoconference with you when you call.

This service is now offered daily – seven days a week – from 7:00am to 11:00pm.

Family Programs at DMHS

The Family Support Program offers individual support, family peer support group and family empowerment workshop Community and self-referrals are welcome

Family Support Group

Tuesdays 6:30-8:30

Family Empowerment Group

Wednesdays 6:30-8:30

For more information or to register, contact:

dgould@dmhs.ca or 905-666-0483

Virtual Groups Offered by Peer Support

DMHS' Peer Support program offers a wide variety of free psychoeducational and wellness-based group programming.

We have now moved these groups online, and joining is easy.

To register or for more information, please email peer@dmhs.ca or call 905-666-0483.

Mindfulness Practice Group

A 4 week introduction program

For those who experience symptoms of stress, anxiety, depression, intrusive thoughts and/or chronic pain.

Mindfulness assists in cultivating self-awareness and intentional action.

Mondays 2:30-3:30 and Thursdays 2:30-3:30.

Managing Emotions

6 Week Group

For those looking to manage emotions and learn calming techniques, effective communication strategies, and learn to maintain boundaries.

Wednesdays and Fridays 11:30-12:30 or 1-2

Starting May 6th

Wellness Social Group

Participants will have the opportunity to explore several topics of wellness and recovery tools, and look at ways to cope during physical distancing through information sharing and discussion

Mondays 11:30-12:30 and Wednesdays 2:30-3:30

For more information or to register, contact:

peer@dmhs.ca or 905-666-0483

Wellness Recovery Action Plan

8 Week Group

Tuesdays and Thursdays Starting May 26th 11:30 -12:30

For more information or to register, contact:

wrap@dmhs.ca or 905-666-0483

More groups to be announced

A donation to DMHS helps us provide valued support to our clients and programs. All donations are gratefully accepted.

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