

Each year, through all its different sites, Lakeridge Health has more than 100,000 mental health visits for adults, more than 12,000 visits a year for children, and youth, and more than 14,000 visits to our Emergency Departments related to mental health and substance use.



Those numbers easily highlight how widespread mental health issues are in our community. But we also know that there are many people who still need our help.

That is why Lakeridge Health is proud to introduce **Central Connect** – a new referral model to access mental health and addictions (MHA) services across the organization.

Central Connect streamlines the more than 30 referral methods previously used for the MHA program and creates a single point of access to more than 55 programs and services for outpatients, Durham Mental Health Services, and Pinewood Addiction Services.

A member of the Central Connect team will begin the intake process to find the right services, delivered by the right people, in the right place.

“Using a person-centred approach, Central Connect takes the navigation out of the hands of those who need us and simplifies access to our programs and services,” explains Beth Brannon, Senior Director, Mental Health and Addictions. “It’s a huge step forward in **Together, Best Mental Health**, our multi-year mental health and substance use services strategy, and will greatly improve the experience of those seeking mental health and addictions care across Durham Region.”

**Health-care providers and patients can now easily make new referrals into the Mental Health & Addictions program by:**

- **Calling: 905-440-7534 (or toll-free at 1-833-392-7363)**
- **Emailing: [CentralConnectMHA@lh.ca](mailto:CentralConnectMHA@lh.ca)**
- **Using the patient or health-care provider e-referral forms available on the [Lakeridge Health website](#).**

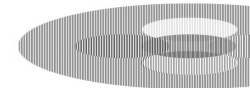
**PLEASE SHARE THIS IMPORTANT INFORMATION WITH AS MANY PEOPLE AS YOU CAN!**

“As one of Ontario’s largest MHA programs, Lakeridge Health is known for providing evidence-based mental health and substance use services delivered with care and compassion,” says Kirsten Burgomaster, Health System Executive, Regional and Community Care, Lakeridge Health.

“Central Connect will enable us to provide clients with the right care, in the right place in a way that makes it easy for people to seek help.” Dr. Kevin Chopra, Chief of Psychiatry and Medical Director, Mental Health and Addictions adds that “Central Connect is an important part of our goal to create a system that is accessible by all, tailored to individual needs, easy to navigate, person-focused, evidence-based, equitable, and compassionate.”

If you want to get in touch with me, just give the Foundation office a call at 905.683.2320 x11501 or drop us an email at [aphfoundation@lh.ca](mailto:aphfoundation@lh.ca).

Or "like" us on [Facebook](#) to check out even more about what we are up to!



Yours in Philanthropy,

Tracy L. Paterson

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