

LANARK, LEEDS AND GRENVILLE

## ADDICTIONS AND MENTAL HEALTH



### LLGAMH partners with AccessMHA to improve timely access to free mental health and addictions services

**May 15, 2024** – Lanark Leeds Grenville Addictions and Mental Health (LLGAMH) is pleased to announce it is one of the newest hub sites for AccessMHA, a one-stop place for individuals to access the most appropriate mental health, substance use health and addictions support and services in a straightforward, timely and equitable way.

AccessMHA is the result of a collaborative effort between healthcare and community services, primary care providers, and individuals with lived and living expertise. It has been operating in parts of Eastern Ontario since 2021 and has already helped more than 20,000 individuals by working with more than 65 partner agencies. LLGAMH soft-launched its partnership with AccessMHA in November 2023 as part of the expansion to help more people in more communities across Eastern Ontario.

“Partnering with AccessMHA became a priority for LLGAMH as part of our strategic commitment to ensure clients have access to the most appropriate services without long wait times,” says Domenic Ielo, CEO, LLGAMH. “I am very pleased our team progressed quickly to become an AccessMHA hub site so clients from the communities we serve can benefit from its coordinated access to care approach.”

Shawn Fisk, People and Families With Living Experience Transformative Lead, AccessMHA, and Education and Partnership Lead, CAPSA, shares: “I am reminded of my experiences accessing systems of care before we had this coordinated service, of how I was unsure how to find needed help. My friends and family didn’t know where to take me. AccessMHA provides a different experience. It never says, ‘you are in the wrong place,’ or ‘we don’t help people like you here.’ Instead, this service coordinates on my behalf, in a low-barrier way, that helps me to get to the right place, to walk through the right door.”

LLGAMH took the leadership to join AccessMHA as a hub site, which involves LLGAMH staff adopting new processes to provide clients with evidence-based intake services through the AccessMHA platform.

Chris Curry, Clinical Manager, Professional Practice and Education, LLGAMH, explains: “With the support of AccessMHA, we’re no longer putting everyone who asks for help in the same category, which opens much more space for the people who need it. For instance, people with more severe cases are referred to more intensive services, and those with milder cases are connected to less

intensive services. It has already cut down on wait lists by directing clients to the most appropriate level of care.”

Anyone in need of support for mental health, substance use health, and addictions can go directly to AccessMHA.ca for help, and it is entirely free. On the website, people can self-register for their initial phone appointment to discuss their needs and get connected with the most appropriate supports, at LLGAMH or elsewhere. Individuals can also ask a family doctor, Nurse Practitioner, or other healthcare provider to submit a referral on their behalf. If clients don’t have access to the website, they can call 1-833-527-8207 for intake.

Visit [www.accessmha.ca](http://www.accessmha.ca) to learn more.

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