

# Clinic has helped residents achieve wellness for 30 years

For 30 years, as part of the Halton Region Health Department, the North Halton Mental Health Clinic, with funding from the Ontario Ministry of Health and Long-Term Care and Halton Region, has been championing the delivery of quality mental health services in North Halton. With sites located in Acton, Georgetown and Milton, staff assist persons 16 years and older in recovering from mental health problems; helping clients to rediscover strengths and increase hope.

The World Health Organization (WHO) suggests that in western society 25 per cent of adults will have a mental health problem at some point in their life. The WHO also found that of the 10 lead-

ing causes of disability and premature death world-wide, five are psychiatric conditions. In Ontario it has been estimated by the Canadian Mental Health Association that 20 per cent of adults may have a psychiatric disorder in the course of a year. Also, 5.4 per cent of adults will have significant mental health issues. Specific to North Halton (The Town of Milton and The Town of Halton Hills) this would be approximately 6,000 individuals.

Recently, the Clinic has been the grate-

ful recipient of increased funding from the Ministry of Health and Long-Term Care which will help even more individuals and their families. However, as Halton Region is one of the fastest growing regions in Canada, with the significant growth here in the north, more help is needed. As Regional Chair I will continue to advocate on behalf of the North Halton Mental Health Clinic for increased resources to fulfill our commitment to a community where people affected by mental illness have access to

resources to achieve wellness and a meaningful quality of life.

Congratulations to the staff at all three locations for the past 30 years of outstanding service.

If you are, or know of, someone who may be having mental health concerns please share your concerns with your family physician discussing whether a referral to the Clinic is required. Readers should be aware that there is no fee for this program.

For more information on this Clinic and any other regional health issues, please visit our website at [www.halton.ca](http://www.halton.ca).

—Gary Carr is the chair of Halton Region

Gary Carr



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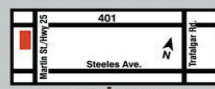
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