

Mental Health Clinic to celebrate 30 years of service this week

The North Halton Mental Health Clinic will celebrate 30 years of delivering quality, community-based mental health services to Milton and Halton Hills residents tomorrow (Thursday).

The clinic provides psychiatric assessment, treatment, counselling and support for individuals, as well as their friends and family.

"The North Halton Mental Health Clinic has been providing free, accessible mental health programs and services through dedicated employees and partnerships with other local health care providers for three decades," said Regional Chair Gary Carr. "Halton Region is proud to be able to offer this service particularly as our population continues to grow, especially in the north."

In 2006 the clinic provided services for more than 3,000 people. Over 1,000 of those individuals received ongoing support from clinic staff.

"The health department's North Halton Mental Health Clinic is very important because of the services, care and hope it gives each year to

hundreds of north Halton residents with mental illness," said Halton Medical Officer of Health Dr. Bob Nosal.

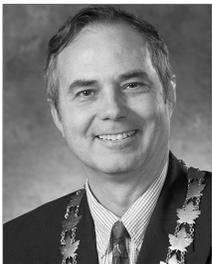
With locations in Milton, Acton and Georgetown, help is currently available for people with concerns such as depression, bi-polar disorder, schizophrenia, panic/anxiety disorder, concurrent disorder and psychosis.

A recent thank you note to one of the counsellors read: "Thank you for your listening ear and understanding. Even when (you're) not near I know there is someone there who cares and would be able to

help, which helps me cope. I just wanted to say thank you for your support. It means more to me than maybe you know."

Anyone who may have mental health concerns, or knows of someone who does, is advised to speak to a family physician to discuss whether a referral to the clinic is needed.

For more information on the North Halton Mental Health Clinic visit www.halton.ca.



GARY CARR



Paramedics graduate

Halton Region recently recognized nine paramedics who graduated from Halton Region's Emergency Medical Services (EMS) Advanced Care Paramedic (ACP) training course. Each of the nine paramedics were presented with certificates and are now able to offer patients a higher level of pre-hospital care. "By providing our paramedics with in-house training, Halton Region is now able to extend the coverage of Advanced Care Paramedics to all four of our local municipalities. Our residents can have the peace of mind to know that the highest level of pre-hospital care is available no matter where they live," said Regional Chair Gary Carr. Those paramedics honoured were, back row, from left, Scott Kubacki, Colin Copeland, Adam McPetrie, Cheryl Davies and David Ryckman. Front row, from left Robin Barrie, Dawn Marie Matthews and Ian Manson.

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