

# COPE Mental Health

Seniors and Adults (16 +)



## Overview

COPE (Creating Opportunities for Personal Excellence) is a unique community-based mental health service provided by Community Care Durham (CCD) that offers group support to adults aged 16 and older with emotional and/or mental health concerns. Our programming is focused on education, community connection, and coping strategies to assist with the management of mental health symptoms and overall wellbeing.

## Clients Supported

Individuals with mental health concerns; individuals with emotional concerns; individuals seeking to improve their mental wellbeing; socially isolated individuals seeking community connection; individuals with chronic pain; caregivers; bereaved individuals.

## We offer groups for:

- Anxiety and Depression Support
- Anxiety and Stress Management
- Depression Support
- Bipolar Support
- Bereavement Support
- Anxiety Support
- Men's Wellness
- Women's Wellness
- Chronic Pain Support
- Caregiver Support

We offer a variety of workshops for mental health concerns and the improvement of overall wellbeing. Some of our offered workshops are Anxiety and Depression, Self-Compassion, Self-Esteem, Self-Care and Distress Tolerance.

We also offer community educational events through our "Let's Talk About" evenings. These events promote community awareness for mental health, overall wellbeing, and recognition of organizations in the community available for support.

## **How can I join?**

To access COPE services, please call 905-668-6223. We also accept referrals from a variety of community sources, including:

- Self-referrals
- Referrals from family physicians
- Psychiatrists
- Community mental health services
- Social services-based case management programs
- Hospital crisis services

## **Program Locations**

Programming is offered in person at various locations throughout the Durham Region and on virtual platforms accessible by computer, tablet, or phone.

## **Availability**

Currently no waitlist.

## **Cost**

Free of charge.

## **Transportation**

Available through CCD's transportation service.

## **Program Hours**

Group times vary, with daytime and evening group support available.