

**Mental Health and Addiction Program New Video Series**

The Mental Health and Addiction Program is pleased to offer a new series of videos, which cover a range of topics, including eMental Health, Preparing for your first appointment, and our Intake Services etc.

* <https://vimeo.com/553001527> - e-Mental Health Support
* <https://vimeo.com/553001502> - Addictions Support
* <https://vimeo.com/553001567> - Your First Appointment with Mental Health and Addictions
* <https://vimeo.com/553001580> - Mental Health and Addictions Intake Service
* <https://vimeo.com/553001589> - Mental Health and Addictions Stepped Care Approach