

Mental Health Support Project (MHSP)

A program of North Lanark Community Health Centre

@ The Link

88 Cornelia St. W Unit A-4 Smiths Falls



[The Link CLOSED for Summer Holidays beginning June30th.](#)

[Tuesday July 14th 9:30am, The Link opens for Phone Support.](#)

Hours for Telephone Warm Line

Monday	Closed
Tuesday	9:30-4:30
Wednesday	9:30-4:30
Thursday	Closed
Friday	9:30-4:30

**The Link closes on all statutory holidays*

Individual One to One visits are available.

Appointments are 45 minutes in length and made in advance.

Guidelines are in place due to COVID-19. We have a screening protocol in place to ensure everyone's health and safety. **

We do not offer drop in or group activities at this time.

***Screening protocol includes guidelines from Leeds Grenville and Lanark Health Unit 1-800-660-5833*

Help/Support

- ❖ Lanark County Mental Health 1-833-283-9979
- ❖ Mental Health Crisis Line 1-866-281-2911
- ❖ Food Bank- Smiths Falls 613-283-6695
- ❖ Telehealth Ontario 1-866-797-0000
- ❖ Smiths Falls Hospital 613-283-2330