

# mesa

Mobile Outreach Team

Care that comes to you.  
Support that puts you first.

## Care Coordinator



*Financial contribution from*



Health  
Canada

Santé  
Canada

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# What We Do:

Provide support for you to navigate the system as easily as possible, including a social needs assessment, working on goals, getting referrals, having a care plan, and having someone to advocate for you.



Care planning and coordination



Personalized education sessions



System navigation



Connect you with Primary Care



Short-term counselling



Referrals to housing and community supports



Help in moments of crisis



Help with substance use, health, and mental health

**Need to contact a Mesa Case Manager?**



**1-877-819-4181**