



Canadian Mental
Health Association
Toronto

Quick Guide

Mental Health Resources
Serving Toronto



Ontario

Local Health Integration
Network



United Way

Toronto & York Region



ABUSE

Abrigo Centre	416-534-3434
Advocacy Centre for the Elderly	416-598-2656
Barbara Schlifer Clinic	416-323-9149 x 234
Boost - Child & Youth Advocacy Centre	416-515-1100
Canadian Centre for Victims of Torture	416-363-1066
Children's Aid Society	416-924-4646
Women's College Hospital - WRAP (Women Recovering from Abuse)	416-323-6400 x 4863
Victim Services	416-808-7066

ADDICTIONS

Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
The Access Point www.theaccesspoint.ca	1-888-640-1934
Breakaway Addiction Services	416-234-1942
DART - Drug and Alcohol Registry	1-800-565-8603
Ontario Problem Gambling Helpline	1-888-230-3505
The Salvation Army Homestead	416-431-4379
Toronto Detox	1-866-366-9513
Women's College Hospital Rapid Access Addiction Medicine (RAAM) Clinic: 76 Grenville Street, 3rd floor Monday, Tuesday, Thursday, 10:00 a.m. to 12:00 p.m. Walk-in clinic - arrive before 11:30 for registration.	

ANGER MANAGEMENT

Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
Central Toronto Youth Services	416-924-2100
Family Service Association of Toronto	416-595-9618
John Howard Society	416-925-4386
Salvation Army, Correctional & Justice Services (<i>by referral from probation officers only</i>)	416-304-1974
Tropicana Community Services	416-439-9009
Yorktown Family Services	416-394-2424

ASSERTIVE COMMUNITY TREATMENT (ACT)

The Access Point www.theaccesspoint.ca	1-888-640-1934
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BEREAVEMENT

Bereaved Families of Ontario-Toronto (Multi-Faith)	416-440-0290
Better Living Centre	416-447-7244
Distress Centre - Homicide Survivor Support	416-595-1716
Distress Centre - Suicide Survivor Support Program	416-595-1716
Equinox Centre for Grief and Trauma Counselling	416-926-0905
Wellspring Downtown Toronto	416-961-1928
Wellspring Westerkirk House at Sunnybrook	416-480-4440
Woodgreen Community Services	416-572-3575

CASE MANAGEMENT SERVICES

The Access Point www.theaccesspoint.ca	1-888-640-1934
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CONSUMER INITIATIVES

A-Way Express Courier Service	416-424-2266
Consumer/Survivor Information Resource Centre	416 595-2882
The Empowerment Council	416-535-8501
Fresh Start Cleaning and Maintenance	416-504-4262
Ontario Peer Development Initiative	1-866-681-6661
Peer Support Facilitator Training	
- Mood Disorders Association of Ontario	1-888-486-8236
Sound Times Support Services (West)	416-234-9245
Sound Times Support Services (East)	416-979-1700
Working for Change	416-504-1693

COMMUNITY HEALTH CENTRES

Etobicoke

LAMP Community Health Centre	416-252-6475
Rexdale Community Health Centre	416-744-0066
Rexdale's John Garland Satellite	647-288-0281
Stonegate Community Health Centre	416-231-7070

North York

Access Alliance Multicultural	416-760-8677
Community Health Centre and West End Non-Insured Walk-in Clinic	
The Four Villages Community Health Centre	416-604-3362
Black Creek Community Health Centre	416-249-8000
Flemingdon Health Centre - Don Mills-Eglinton	416-429-4991
Flemington Health Centre - Don Mills-Sheppard	416-640-5298
Unison Health and Community Svcs - Bathurst-Finch	647-436-0385
Unison Health and Community Svcs - Jane-Trethewey	416-645-7575
Unison Health and Community Svcs - Keele-Rogers	416-653-5400
Unison Health and Community Svcs - Lawrence Hts	416-787-1661

Scarborough

Access Alliance Multicultural Community Health Centre	416-693-8677
Scarborough Centre for Healthy Communities	416-642-9445
Scarborough Centre for Healthy Communities Satellite	416-297-7490
TAIBU Community Health Centre	416-644-3536

East York

East End Community Health Centre	416-778-5858
South Riverdale Community Health Centre	416-461-2493

Downtown Toronto

Access Alliance Multicultural Community Health Centre	416-324-8677
Anishnawbe Health Toronto	416-360-0486
The Anne Johnston Health Station	416-486-8666
Centre Francophone de Toronto	416-922-2672
Davenport-Perth Neighbourhood Centre	416-656-8025
The Four Villages Community Health Centre	416-604-3361
Parkdale Community Health Centre	416-537-2455
Parkdale Community Health Centre Satellite	416-537-8222
Parkdale Queen West Community Health Centre	416-703-8482
Regent Park Community Health Centre	416-364-2261
Sherbourne Health Centre	416-324-4180
Women's Health in Women's Hands	416-593-7655

CRISIS SUPPORT/DISTRESS LINES

Anishnawbe 24/7 (Aboriginal clients)

Mental Health Crisis Management Service	416-891-8606
Assaulted Women's Helpline	416-863-0511
Distress Line	416-408-4357
Gerstein Crisis Centre (Downtown)	416-929-5200
Good2Talk (post-secondary student mental health helpline)	1-866-925-5454
Kids Help Phone	1-800-668-6868
Scarborough Hospital (Scarborough, East York)	416-495-2891
Senior Crisis Access Line	416-217-2077
Toronto Rape Crisis Centre	416-597-8808
Warm Line (8pm - 12am)	416-960-9276
York Support Services (North York)	1-855-310-2673
Youthdale's Crisis Support Team	416-363-9990

COUNSELLING

Counselling (By Appointment)

519 Church Street Community Centre	416-392-6878 x 4000
Clinic for Person Centered Psychotherapy	416-229-2399
Family Service Toronto	416-595-9618
Malvern Family Resource Centre (Youth & Family)	416-284-4184 x 212
Polycultural Immigrant and Community Services	416-233-0055 x 1237

Counselling (Walk-In Clinics)

Family Service Toronto 202 -128A Sterling Road	416-595-9618
<u>Wed</u> from 3:30 pm-7:30 pm	
Catholic Family Services 101-1155 Yonge Street	416-921-1163
<u>Tues</u> 9:00 am-7:00 pm	
Catholic Family Services 300-5799 Yonge Street	416-222-0048
<u>Thurs</u> 9:00 am-7:00 pm	
LAMP Community Health Centre 185 Fifth Street, Etobicoke	416 252-6471 x 235
<u>Mon</u> 1-4 pm, <u>Thurs</u> 4-7 pm	
Woodgreen Community Services 815 Danforth Avenue, Suite 100	416-645-6000 x 1100
<u>Wed</u> 4-8 pm	

Counselling (Walk-In Clinics for Children/Youth/Families)

East Metro Youth Services 1200 Markham Road, 2nd Floor	416-438-3697
<u>Mon/Wed/Fri</u> 2pm-8pm, <u>Tues/Thurs</u> 10am-5pm, <u>Sat</u> 10am-2pm	
EdgeWest 1900 Davenport Rd	416-652-4363
<u>Mon & Wed</u> 4 pm-8 pm, <u>Sat</u> 10 am-2 pm	
Etobicoke Children's Centre 2267 Islington Ave	416-240-1111
<u>Mon & Thurs</u> 2pm-6pm, <u>Tues</u> 10am-3pm, <u>Wed</u> 12pm-8pm <u>Fri</u> 10am-2 pm	
Griffin Centre 16-1126 Finch Ave West	416-222-4380
<u>Mon & Wed</u> 1:30pm-7pm, <u>Tues & Sat</u> 9:30am-2pm, <u>Thurs</u> 2-7pm	
Oolagen 65 Wellesley Ave. E., Suite 500	416-395-0660
<u>Mon, Thurs, Fri</u> 9am-1pm, <u>Tues</u> 12pm-8pm, <u>Wed</u> 3pm-6pm	
Skylark 500-65 Wellesley Street	416-482-0081
<u>Mon & Thurs</u> 2pm-6pm <u>Tues</u> 10am-2pm, <u>Wed</u> 12-8pm, <u>Fri</u> 9am-2pm	
Skylark 102-40 Orchard View Blvd	416-482-0081
<u>Mon & Thurs</u> 2pm-6pm, <u>Tues</u> 2pm-5pm, <u>Wed</u> 4pm-7pm, <u>Fri & Sat</u> 10am-2pm	
Yorktown Child and Family Centre 300-2010 Eglinton Ave W	416-394-2424
<u>Mon & Thurs</u> 1:30pm-6pm, <u>Tues & Fri</u> 10am-3pm, <u>Wed</u> 2pm-8pm	
YouthLink 636 Kennedy Road	416-967-1773
<u>Mon</u> 10am-6pm, <u>Tues & Fri</u> 10am-2pm, <u>Wed</u> 2-8pm, <u>Thurs</u> 2-6pm	

Counselling is also available at many Community Health Centres.

See the Community Health Centres section of this pamphlet for more options.

DEVELOPMENTAL DISABILITIES

Developmental Services Toronto www.dsto.com 1-855-372-3858
Griffin Centre 416-222-1153

EARLY INTERVENTION IN PSYCHOSIS PROGRAMS

The Access Point www.theaccesspoint.ca 1-888-640-1934

EATING DISORDERS

The National Eating Disorder Information Centre
(NEDIC) - Helpline 416-340-4156
North York General Hospital 416-635-2400
Sheena's Place 416-927-8900
Sick Kids-Eating Disorders Program 416-813-7195
Toronto General Hospital 416-340-3041

EMPLOYMENT / VOCATIONAL

Booth Packaging & Supportive Services 416-255-7070
CMHA Toronto 416-789-7957 x 3441
Corbrook 416-245-5565
COSTI 416-789-7925
Gateway Opportunities Program 416-466-7489
JVS Toronto 416-787-1151
Plus & Transitional Employment Program 416-693-2116
Volunteer Toronto 416-961-6888

FAMILY SUPPORT

CMHA Toronto
– Living Life to the Full (Caregivers 55+) 416-789-7957 x 3342
CMHA Toronto – Family Outreach and Response 416-539-9449
Centre For Addiction and Mental Health 416-535-8501 Option 2
Concerned Parents of Toronto 416-492-1468
Family Association for Mental Health Everywhere 416-207-5032
Family Navigation Project (for families with youth) 1-800-380-9367
Family Support Program - Michael Garron Hosp. 416-461-2000 x 223
Family Support Program - Toronto Western 416-603-5747
Hong Fook Mental Health Association 416-493-4242
Mood Disorders Association of Ontario 416-486-8046
Schizophrenia Society of Ontario 416-449-6830

FINANCIAL SUPPORT

Canada Pension Plan (CPP) 1-800-277-9914
Canada Revenue Agency-General Inquiry 1-800-959-8281
Credit Counseling Service of Toronto 416-228-3328
GST Refund Cheque Information 1-800-959-1953
Office of the Public Guardian and Trustee 416-314-2800
Ontario Disability Support Program 416-325-5666
Ontario Works (OW) 416-397-0330
OW or ODSP Social Benefits Tribunal 416-326-0978
Workplace Safety and Insurance Board (WSIB) 416-344-1000

FOOD BANKS

Daily Bread food Bank 416-203-0050
Foodshare Foodlink Hotline 416-392-6655
Street Health 416-921-8668
The Stop Community Food Centre 416-652-7867

GOVERNMENT / HEALTH SYSTEM

Local Health Integration Networks (LHIN)

CENTRAL 905-948-1872 **CENTRAL EAST** 905-427-5497
CENTRAL WEST 905-455-1281 **TORONTO CENTRAL** 416-921-7453

Ombudsman Toronto 416-392-7062
Ombudsman Ontario Complaints Line 1-800-263-1830
Mental Health Commission of Canada 613-683-3755

HEALTH CARE

Association of Ontario Health Centres 416-236-2539
Aids and Sexual Health Info Line 416-392-2437
Birth Control & STD Clinic (*OHIP not required*) 416-789-4541
Hassle Free Clinic 416-922-0566
Health Care Connect 1-800-445-1822
Health Centre-Queen West (*OHIP not required*) 416-703-8482
National Home Doctor Service 416-631-3000
Public Health Clinic 416-392-6683
(*Low Cost Dental Services for Children & Seniors*)
Service Ontario 416-314-5518
Street Health Community Clinic 416-921-8668
Telehealth Ontario 1-866-797-0000
Toronto Public Health 416-338-7600
University of Toronto (*Low Cost Dental Services for Adults*) 416-864-8000

HEALTH CLINICS - offering services for refugees with no or limited interim federal health (IFH) coverage

Access Alliance

761 Jane Street 2nd Floor Mon & Thurs 4-7:30pm 416-760-2815
Canadian Centre For Refugee & Immigrant Health Care 647-267-2176
4158 Sheppard Avenue East, Tues & Thurs 5-8pm
Muslim Welfare Centre (call for clinic schedule) 416-291-1027
FCJ Refugee Centre 208 Oakwood Ave. 416-469 9754
Wed. 9:30am-12pm, Sat. 9am-1pm
Women's College Hospital Crossroads Refugee Clinic 416-323-6031
76 Grenville Street, 3rd Floor Mon-Fri 8 am-4 pm

HOMELESSNESS/SHELTERS/OUTREACH

416 Drop In Centre (Women) 416-928-3334
Adelaide Centre for Women 416-392-9243
Agincourt Community Services 416-321-6912
Central Intake - Emergency Shelter Services 1-877-338-3398
Christie Refugee Welcome Centre Emergency Shelter 416-588-9277
Cummer Avenue Clinic (Wed 8 am-2 pm) 416-222-5417
Haven Toronto 416-366-5377
Hostel Outreach Program - COTA (Men) 416-785-9230 x 1311
Hostel Outreach Program – Fred Victor (Women) 416-482-4103
St. Stephen's Corner Drop In 416-925-2103 x 3000
(primary care and psychiatry consults available)
Street Health (Downtown) 416-921-8668
Streets to Homes Assessment & Referral Centre 416-392-0090
The Meeting Place Drop In 416-504-4275
Youth Hostel Outreach Program - CTYS 416-504-6100

HOSPITALS

Most hospitals have mental health services which may include Psychiatric Assessments, Psychologists, Psychiatrists, Social Workers and other professionals.

Programs offered typically include:

- Outpatient programs, where one comes to the hospital for mental health services;
- Day treatment, or partial hospitalization programs, where a person comes for treatment for longer periods or more frequently, for more intensive therapy than one would receive from simply seeing an outpatient therapist or clinician;
- Inpatient programs, where a person is admitted to hospital in order to provide a high level of supervision and care until the condition improves enough so that the person can be treated as an outpatient.

Baycrest	416-785-2500
CAMH (<i>Centre for Addiction and Mental Health</i>)	416-535-8501
Humber River Hospital	416-242-1000
Michael Garron Hospital	416-461-8272
Mount Sinai	416-596-4200
North York General	416-756-6000
Scarborough and Rouge Hospital: Birchmount Site:	416-495-2400
Centenary Site:	416-281-7318
SickKids	416-813-1500
St Joseph's Health Centre	416-530-6717
St Michael's	416-864-5120
Sunnybrook	416-480-6100
Toronto General Hospital	416-340 3111
Toronto Western Hospital	416-603 2581
Trillium Health Partners	416-259-6671
William Osler Health System	416-494-2120
Women's College	416-323-6400

HOUSING HELP CENTRES

Agincourt Community Services	416-321-6912
Albion Neighbourhood Services (South Etobicoke)	416-252-5990
Albion Neighbourhood Services (North Etobicoke)	416-740-3704
COSTI (North York)	416-244-0480
The Housing Help Centre (THHC)	416-285-8070
Thorncliffe Neighbourhood Office	416-424-2900
West Toronto Housing Help Services	416-531-0841
Woodgreen (East York)	416-645-6000
Unison Health & Community Services	416-653-5400
Toronto Western Hospital	416-603 2581
Trillium Health Partners	416-259-6671
William Osler Health System	416-494-2120
Women's College	416-323-6400

HOUSING

Federation of Metro Tenants' Associations	416-921-9494
Landlord and Tenant Board	416-645-8080
The Access Point www.theaccesspoint.ca	1-888-640-1934
Housing Connections	416-981-6111

INFORMATION & REFERRAL

Access Toronto	311
CAMH - McLaughlin Information Centre	416-595-6111
Findhelp Toronto	211
Home and Community Care	416-506-9888
Hospice Palliative Care of Ontario	416-304-1477
MAAR-Metro Addiction Assessment Referral Services	416-599-1448
Mental Health Service Information (Connex)	1-866-531-2600
Obsessive Compulsive Disorder Helpline	416-920-5887
Ontario Society of Psychotherapists	416-923-4050

JUSTICES OF THE PEACE

444 Yonge Street (Toronto)	416-325-8967
60 Queen St West (Old City Hall)	416-327-5179
1000 Finch Ave West (North York)	416-314-4213
1911 Eglinton Ave East (Scarborough)	416-325-0354
2201 Finch Ave West (Etobicoke)	416-314-3973

LEGAL/ADVOCACY

ACE (Advocacy Centre for the Elderly)	416-598-2656
ARCH Disability Law Centre	416-482-8255
Canadian Civil Liberties Association	416-363-0321
Community Legal Education Ontario (CLEO)	416-408-4420
Equality Rights in Accommodation	416-944-0087
Legal Aid	416-979-1446
Ontario Human Rights Commission	416-326-9511
Ontario Human Rights Legal Support Centre	416 597 4900
Psychiatric Patient Advocates Office	416-327-7000
Schizophrenia Society of Ontario	416-449-6830

LGBTQ+ SERVICES

Rainbow Health Ontario - Sherbourne Health Centre	416-324-4100
Supporting Our Youth (SOY) - Sherbourne Health Centre	416-324-5078
Pride & Prejudice - Central Toronto Youth Services:	416-924-2100
The 519	416-392-6874
David Kelley Services - Family Service Toronto	416-595-9618
LGBT Youthline	1-800-268-9688

PROFESSIONAL ASSOCIATIONS

Canadian Counselling and Psychotherapy Association	1-877-765-5565
Canadian Psychiatric Association	613-234-2815
College of Physicians & Surgeons of Ontario	416-967-2600
College of Psychologists of Ontario	416-961-8817
Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists	416-298-7333
Ontario College of Social Workers and Social Service Workers	416-972-9882
Ontario Psychological Association	www.psych.on.ca
Ontario Society of Psychotherapists	416-923-4050

SENIORS

Home and Community Care (prev CCAC)	416-310-2222
Community Seniors Mental Health Services	www.csmhas.com
Geriatric Mental Health Services - COTA	416-785-9230
Geriatric Psychiatry Service - Toronto Rehab	416-597-3422 x 3041
Malvern Family Resource Centre	416-284-4184
Neighborhood Link Support Services	416-691-7407
Psychiatric Services for the Elderly - Sunnybrook	416-480-4663
Seniors Helpline	416-217-2077

MENTAL HEALTH & JUSTICE NETWORK

MENTAL HEALTH & JUSTICE PREVENTION PROGRAMS

North Toronto - COTA Health	416-785-9230
East Toronto - CMHA Toronto	416-458-9466
South Toronto - Sound Times Support Services	416-979-1700
West Toronto - Reconnect Mental Health Services	416-248-2050
City-Wide (ages 16 - 24) - CTYS New Outlook	416-924-2100
Fred Victor Centre	416-364-8228

POLICE MOBILE CRISIS INTERVENTION TEAM

NW Toronto – Humber River Hosp. & Div 12, 13, 31	416-808-2222 or 911
SW Toronto – St. Josephs & Div 11, 14	416-808-2222 or 911
East Toronto – Tor. East Gen & Div 54, 55	416-808-2222 or 911
Scarborough – Scar. Hosp. & Div 41, 42, 43	416-808-2222 or 911
Downtown – St. Michaels & Div 51, 52	416-808-2222 or 911

COURT AND CUSTODY-BASED MENTAL HEALTH SERVICES

College Park Court – Fred Victor	416-598-8103
East Toronto - Scarborough Court - CMHA	416-285-4177
North Toronto - North York Court - COTA Health	416-667-0933
South Toronto - Old City Hall Court – Fred Victor	416-364-8394
West Toronto - Finch Court - Etobicoke - CMHA	416-745-5775

RESIDENTIAL SERVICES

The Access Point	www.theaccesspoint.ca	1-888-640-1934
Safe Bed Registry (CMHA, COTA, Reconnect, Gerstein)		416-248-4174

SETTLEMENT SERVICES

Access Alliance	416-760-8677
Afghan Women's Organization	416-588-3585
Agincourt Community Services	416-321-6912
Bloor Information & Life Skills Centre	416-531-4613
Catholic Crosscultural Services	416-757-7010
Culture Link	416-588-6288
Malvern Family Resource Centre	416-281-1376
Polycultural Immigrant & Community Services	416-533-9471
Scadding Court Community Centre	416-392-0335
South Asian Women's Centre	416-537-2276
Toronto Chinese Community Association	416-977-4026
Working Skills Centre	416-703-7770

SOCIAL ACTIVITIES/GROUPS

Among Friends (Lakeshore & Islington)	416-251-8666
Jane Finch Community & Family Centre - Getting in Touch	416-663-2733
Our Place Community of Hope (Davenport & Ossington)	416-598-2919
Salvation Army-PLUS (Lawrence & Don Valley)	416-693-2116
Progress Place (Church & Wellesley)	416-323-0223
Routes (North York)	416-781-4199
Sistering (Bloor & Dovercourt)	416-588-3939
Sound Times East (Dundas & Parliament)	416-979-1700
Sound Times West (Bloor & Dundas)	416-234-9245
WoodGreen Community Services (Danforth)	416-645-6000

SUPPORT GROUPS / SELF HELP

Choices For Living (Women's Support Group)	416-961-5446 x261
Emotions Anonymous	www.emotionsanonymous.org
FindHelp	1-888-340-1001
Mood Disorders Association	416-486-8046
North York Women's Centre	416-781-0479
Scarborough Women's Centre	416-439-7111
The Scarborough Hospital Mental Health App Library	www.tsh.to
<i>(listed on their Adult Mental Health Outpatient Program Page)</i>	

TRANSPORTATION SERVICES

Toronto Transit Commission (TTC)	416-393-4636
Wheel Trans	416-393-4111

East York

Call A Service Inc./ Harmony Hall Centre for Seniors	416-752-8868
Neighbourhood Link Support Services	416-691-7407
Storefront Humber	416-259-4207
Woodgreen Community Services	416-572-3575

North York

Circle of Care	416-635-2860
Better Living Health & Community Services	416-447-7244
Lumacare	416-398-5510
NeighbourLink North York	416-221-8283
North York Seniors Centre	416-225-1231

Scarborough

Agincourt Community Services Association	416-321-6912
Warden Woods	416-694-1138
Carefirst Seniors and Community Services Association	416-502-2323
St. Paul's L'Amoreaux Seniors' Centre	416-493-3333
Scarborough Centre For Healthy Communities	416-847-4125
Trans Care Community Support Service	416-750-9885

Toronto

Canadian Red Cross Society	416-236-3180
Dignity Transportation Inc	416-398-2222
Dixon Hall Neighbourhood Services	416-962-9449 x 31
West Neighbourhood House	416-532-4828
West Toronto Support Services	416-653-3535

TRAUMA SUPPORT SERVICES

Polycultural Immigrant & Community Services	416-233-0055 x1237
- Crisis Counselling (Newcomers, refugees)	
Elizabeth Fry Society	
- Healing from Abuse & Trauma Services	416-924-3708
(Women who are, have been, or are at risk of conflict with the law (both in community and institutions)	
YWCA Breakthrough Program	416-487-7151 x266
(Women who have experienced violence or abuse)	
Canadian Centre for Victims of Torture	416-363-1066
Canadian Centre for Men and Families (CCMF)	647-479-9611
(Men who have experienced or are experiencing domestic violence, sexual assault and all forms of trauma)	
CAMH Women & Trauma Service Access CAMH	416-535-8501 Option 2
(Women who have a history of trauma in combination with mental illness. Psychiatrist or GP referral required)	
The Gatehouse	416-255-5900
(Adult survivors of childhood sexual abuse)	
Victim Services Toronto	416-808-7066
Distress Centre-Survivor of Suicide	416-595-1716
or Homicide Loss Support	
Family Services Toronto – Trauma Counselling (Adults)	416-595-9618
Barbara Schlifer Clinic (Women)	416-323-9149 ext. 234
Shoniker Clinic (Youth 19 and under)	416-281-7301
Assaulted Women’s Helpline	Toronto: 416-863-0511
- 24/7 in over 200 languages	Toll free: 1-866-863-0511
Toronto Rape Crisis Centre - 24/7	416-597-8808

YOUTH

Central Toronto Youth Services	416-924-2100
Children’s Mental Health of Ontario	416-921-2109
East Metro Youth Services	416-438-3697
George Hull Centre	416-622-8833
Kids Help Phone	1-800-668-6868
MDAO-Youth Living Well Group	416-486-8046 x237
Shoniker Clinic (RVHS)	416-281-7301
Sick Kids Centre for Community Mental Health	416-924-1164
Skylark	416-482-0081
Stella’s Place	416-461-2345
Yorktown Family Services	416-394-2424
YouthLink	416-967-1773

CMHA ONTARIO BRANCHES

CMHA Ontario Division:	416-977-5580
• Brant Haldimand Norfolk Branch - Brant Site	519-752-2998
• Brant Haldimand Norfolk Branch- Simcoe Site	1-888-750-7778
• Champlain East Branch	613-933-5845
• Cochrane Timiskaming Branch	705-267-8100
• Durham Branch	905-436-8760
• Elgin Branch	519-633-1781
• Fort Frances Branch	807-274-2347
• Grey-Bruce Branch	519-371-3642
• Haliburton, Kawartha, Pine Ridge Branch	705-748-6687
• Halton Region Branch	1-877-693-4270
• Hamilton Branch	905-521-0090
• Hastings & Prince Edward Counties Branch	613-969-8874
• Huron Perth Branch	1-888-875-2944
• Kenora Branch	807-468-1838
• Kingston Branch	613-549-7027
• Lambton Kent Branch	519-436-6100
• Middlesex Branch	1-855-668-0624
• Muskoka-Parry Sound Branch	705-645-2262
• Niagara Branch	905-641-5222
• Nipissing Regional Branch	1-888-474-1299
• Ottawa Branch	613-737-7791
• Oxford County Branch	1-800-859-7248
• Peel Branch	905-451-2123
• Sault Ste. Marie Branch	705-759-0458
• Simcoe County Branch	1-800-461-4319
• Sudbury-Manitoulin Branch	1-866-285-2642
• Thunder Bay Branch	807-345-5564
• Toronto Branch	416-789-7957
• Waterloo Wellington Dufferin Branch	519-821-8089
• Windsor-Essex County Branch	519-255-7440
• York & South Simcoe Branch	1-866-345-0183



**Canadian Mental
Health Association**
Toronto



CMHA Toronto Branch - Information & Decision Support

700 Lawrence Ave. West, Suite 480, Toronto ON M6A 3B4

Tel: 416-789-7957 x3631 Fax: 416-789-9079

westdecisionsupport@cmhato.org

1200 Markham Rd., Suite 500, Scarborough ON M1H 3C3

Tel: 416-789-7957 x3800 Fax: 416-289-4306

eastdecisionsupport@cmhato.org