

Mental Health Services Guide

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General Inquiries and Information

CAMH Emergency Department

For adults in need of emergency assessment and treatment for mental health and substance abuse. Open 24/7.

Address: 250 College Street. Toronto, Ontario

Phone: 416-535-8501

camh.ca/en/your-care/programs-and-services/emergency-department

ConnexOntario

Provides immediate information about health, mental health and social support services.

Mental Health Helpline: 1-866-531-2600

Drug and Alcohol Helpline: 1-800-565-8603

Ontario Problem Gambling Helpline: 1-888-230-3505

connexontario.ca

Medical Psychotherapy Association Canada (MDPAC)

Helps people find an MD psychotherapist (family physician or psychiatrists who can provide high-quality psychotherapy) near them.

Phone: 416-410-6644

mdpac.ca/cgi/page.cgi/Public/membership.html?pro=advanced_search

Ontario 211

Guides people to supportive resources and information about mental health and social services.

Phone: 211

211ontario.ca/211-topics/mental-health-addictions

Crisis Support and Distress Lines 24/7

Assaulted Women's Health line

A free 24-hour crisis line for assaulted women.

Phone: 1-866-863-0511

awhl.org/home

Crisis Services Canada

Services to anyone thinking about or affected by suicide. Prevention and support.

Phone: 1-833-456-4566

Text: 45645

crisisservicescanada.ca/en

Emergency Shelter Access

Support services for individuals who need temporary accommodation.

Phone: 416-338-4766

toronto.ca/community-people/housing-shelter/homeless-help/#shelters

Fem'aide

Mental health support for women who speak French.

Phone: 1-866-860-7082

femaide.ca

Good2Talk

Free counselling and mental health referrals for post-secondary students in Ontario.

Phone: 1-866-925-5454

Good2talk.ca

Gerstein Centre

24/7 mental health crisis line.

Phone: 416-929-5200

<http://gersteincentre.org/>

Hope for Wellness Helpline

24/7 mental health counselling for Indigenous Peoples in Canada in both English and French.

Phone: 1-855-242-3310

Online chat: hopeforwellness.ca

Minwaashin Lodge Indigenous Women's Support Centre

Prevention and intervention services to First Nations women who are survivors of family violence and who experienced challenges within the residential school system.

Address: 100-1155 Lola Street, Ottawa

Phone: 613-741-5590

Minlodge.com

Mobile Crisis Intervention Team (MCIT)

Mental health crisis intervention team (non-emergency).

Phone: 416-808-2222

Seniors Crisis Access Line (SCAL)

Specialized services for seniors.

Phone: 416-619-5001

selfhelp.on.ca/2015/01/seniors-crisis-access-line

Toronto Distress Centre Helpline

Emotional support and crisis intervention to vulnerable individuals in the community.

Phone: 416-408-4357

torontodistresscentre.com/408-help-line

Toronto Rape Crises Line

Support to survivors of sexual violence, harassment, assault, and gender-based violence.

Phone: 416-597-8808

E-mail: crisis@trccmwar.ca

trccmwar.ca/contact-us/24-hour-crisis-line

Toronto Substance Withdrawal Management System

Open 24/7 and acts as a central access point for withdrawal management services in Toronto.

Phone: 416-864-5040

Toronto Victims Services

Crisis intervention and prevention services for individuals and families in the community who are affected by crime and sudden tragedies.

Phone: 416-808-7066

victimservicestoronto.com

Trans LifeLine

Peer support hotline, suicide prevention, and emotional support services for trans people.

Phone: 1-877-330-6366

translifeline.org

Youthdales Crises Service Line

Clinical services including outpatient consultation, residential treatment, and psychiatric crisis response for children and their families.

Phone: 416-363-9990

youthdale.ca/en/crisis_services/crisis_line.php

Trauma

CAMH – Trauma

Provides information and support to people who have experienced trauma.

Address: 1451 Queen Street West

Phone: 416-535-8501, option 2

camh.ca/en/health-info/mental-illness-and-addiction-index/trauma

Canadian Centre for Victims of Torture (CCTV)

Provides individualized mental health counselling and support services for survivors and individuals who have experienced trauma.

Address: 194 Jarvis Street, 2nd Floor

Phone: 416-363-1066

ccvt.org

Centre for MindBody Health

Private, clinical trauma services for individuals, groups, couples and families.

Address: 250 Eglinton Ave West #200

Phone: 416-855-2624

cmbh.space

Family Services Toronto (FST)

Offers confidential trauma informed counselling and psychotherapy to adults.

Address: 355 Church Street

Phone: 416-595-9618

familyservicetoronto.org/contact-us/find-a-location

Gerstein Crisis Centre

Delivers individualized crisis intervention to individuals experiencing a mental health crisis.

Address: 100 Charles Street East

Phone: 416-929-5200

gersteincentre.org

The 519

Provides short-term trauma informed counselling services to individuals, groups, and couples.

Address: 519 Church Street

Phone: 416-392-6874

the519.org/programs/community-counselling

The Gatehouse

Provides support and resources for individuals impacted by childhood sexual abuse.

Address: 3101 Lake Shore Blvd West

Phone: 416-255-5900

thegatehouse.org

The Jean Tweed Centre

Provides clinical services for women and families who have experienced trauma.

Address: 215 Evans Ave

Phone: 416-255-7359

jeantweed.com

The Trauma Centre

Private counselling and therapy for individuals and families affected by trauma.

Address: 18642 Leslie Street – Sharon, Ontario

Phone: 905-478-8826

Intake: 905-478-2226

thetraumacentre.ca/contact.html

Trauma Recovery

Provides information about what trauma is and introduces ways to deal with the symptoms.

trauma-recovery.ca

Women's College Hospitals Trauma Therapy Program

Specialized trauma-focused therapy.

Address: 76 Grenville Street 6th Floor, Toronto

Phone: 416-323-6356

womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program

Depression, Anxiety and Mood

CAMH Mood and Anxiety Ambulatory Services (MAAS)

Evidence-based clinical services for individuals who are experiencing mood and anxiety disorders.

Address: 1451 Queen Street West

Phone: 416-535-8501

camh.ca/en/science-and-research/clinical-divisions/mood-and-anxiety-division

Canadian Mental Health Association Toronto (CMHA)

Connects individuals to mental health support and resources.

Address: 180 Dundas Street West, Suite 505

Phone: 416-539-9444

Family Recovery Support: 416-539-9444

Early Psychosis Intervention Family Support: 416-539-9449

cmha.ca

Cota

Person-centered support including case management, supportive housing, short-term residential beds, court, and justice-related services for adults with mental health and cognitive challenges.

Address: 550 Queen Street East, Suite 201

Phone: 416-785-9230

cotainspires.ca

Community Mental Health Clinic

Mental health services for individuals and groups in English and Spanish.

Phone: 416-603-5747

uhn.ca/MCC/Clinics/Community_Mental_Health

Griffin Centre

Flexible and accessible mental health services to children, youth, transitional-aged youth, adults, and their families.

Address: 1126 Finch Ave West, Unit 16

Phone: 416-222-1321

griffin-centre.org/index.php

Emotion-Focused Therapy Clinic

A training clinic at the York University, where they provide Emotion-Focused Therapy.

Phone: 416-650-8488

Eft.info.yorku.ca

Institute for Advancements in Mental Health

Serving people with complex mental health needs, including schizophrenia and psychosis, and their support circles.

Phone: 1-855-449-9949

<https://www.iamentalhealth.ca/>

Mood Disorders Association of Ontario (MDAO)

Free Weekly Support Groups around Ontario for people living with depression, anxiety, bipolar, psychosis, addictions etc.

Phone: 416-486-8046 ext. 222

mooddisorders.ca

Free Counselling

Aids Committee of Toronto (ACT)

Free counselling for individuals concerned with HIV/AIDS, sexual health, mental health, and substance abuse.

Address: 543 Yonge Street, 4th floor

Phone: 416-340-2437

actoronto.org/counselling

Anishnawbe Health Toronto

Traditional healing, peer support and counselling services for two-spirit and indigenous trans people.

Address: 179 Gerrard Street East

Phone: 416-920-2605

Aht.ca

Family Service Toronto's Open Door Walk-In Counselling

Free counselling offered every Wednesday 3-7.30 pm.

Address: 202-128 Sterling Road

Phone: 416-595-9230

familyservicetoronto.org

Sherbourne Health Centre Walk-In Counselling

Counselling for people of all ages, genders, and sexual orientations on Tuesdays 12 pm.

Address: 333 Sherbourne Street

Phone: 416-324-4180

sherbourne.on.ca

Skylark "What's Up" Walk-In

Immediate mental health counselling for children, youth, young adults, and families with infants.

Address: 65 Wellesley Street East

whatsupwalkin.ca

WoodGreen Community Walk-In Counselling

Provides a single session counselling on Tuesdays & Wednesdays at 4 pm.

Address: 815 Danforth Ave #100

Phone: 416-595-9230

woodgreen.org

Harm Reduction Drop-Ins

Parkdale Community Health Centre

Harm reduction resources and services for youth and adults who use substances. Primary health care, social and community outreach services.

Address: 1229 Queen Street West

Phone: 416-537-2455 ext. 1271

pqwchc.org/programs-services/harm-reduction

Pieces to Pathways

Harm reduction services and addiction treatment for LGBTQ2SIA youths (ages 16-29).

Address: 21 Strickland Ave

Phone: 647-209-2043

breakawayaddictions.ca/p2p

South Riverdale Community Health Centre (SRCHS)

Harm reduction resources and services for youth and adults who use substances. Primary health care, social and community outreach services.

Address: 955 Queen Street East

Phone: 416-461-2493

srchc.ca

The Works

Harm reduction programs and services.

Address: 277 Victoria St. (Yonge & Dundas)

Phone: 416-392-0520

toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works

Bereavement Support

Bereaved Families of Ontario (BFO)

Services and resources (one-to-one support, 8-week support groups) to individuals who are grieving the death of a loved one.

Address: 250 Merton St. Suite 202

Phone: 416-440-0290

bfotoronto.ca

Better Living Health Hospice Services (BLHHS)

A broad range of community support services to adults and seniors.

Address: 1 Overland Sr.

Phone: 416-447-7244 ext. 748

mybetterliving.ca/hospice-services/hospice-care

Dorothy Ley Hospice

Two key services (24-hours of in-home support or residential support) to individuals with the challenges of a life-limiting illness or loss.

Address: 220 Sherway Drive, Etobicoke

Phone: 416-626-0116

dlhospice.org/contact

Emily's Houses Children's Hospice

Caring services (in-home health care) for children with complex needs while supporting their families.

Address: 45 Jack Layton Way

Phone: 416-363-6983

emilyshouse.ca/contact

Hospice Toronto

In-home hospice palliative services (children's support, meal preparation, spiritual support) for individuals with the challenges of life-threatening illness and losing loved ones.

Address: 55 Eglinton Avenue East

Phone: 416-364-1666

hospicetoronto.ca

Mount Sinai Hospitals Dr. Jay Children's Grief Centre

Compassionate care, support, and education to grieving children, youth, and their families.

Address: 250 Davisville Ave

Phone: 416-360-1111

drjaychildrensgriefcentre.ca

Philip Aziz Centre

Emotional, spiritual, and bereavement support to individuals with life-limiting illnesses in the comfort of their own homes or in residential hospice.

Address: 558 Gerrard Street East

Phone: 416-363-9196

philipazizcentre.ca

Private Counselling Centre's

BeWell Health Clinic

Focuses on the connection between mind and body and offers therapy for eating disorders, PTSD, substance abuse and more.

Phone: 647-715-3900

bewellclinic.ca

Hard Feelings

Counselling in a short-term model of up to 12 sessions to individuals with financial barriers.

Phone: 416-792-4393

hardfeelings.org

Remedy

Individual therapy, couples therapy and group therapy that focus on growth and being able to lead the life one desires.

Phone: 647-362-8822

remedycentre.ca

The Calm Collective

Therapy for families, individuals, and couples.

Phone: 647-695-7171

thecalmcollective.ca

The Centre for Interpersonal Relationships

A range of different psychological treatments. CBT, DBT, emotional-focused therapy and more.

Phone: 647-417-0182

cfir.ca

The Mindfulness Clinic

Psychotherapy combined with mindfulness for individuals or groups, in different languages.

Phone: 416-847-7118

themindfulnessclinic.ca

Private Addiction Treatment Centre's

Emergo Recovery

Residential treatment and wellness services for individuals who wish to recover from a range of conditions, including addictions, ADD/ADHD, anxiety, concussions, depression, and PTSD.

Phone: 249-877-8776

emergorecovery.com

GreenStone Muskoka

Residential addiction services for individuals who seek to overcome addictions of opioids, alcohol, drug dependency, etc.

Address: 3571 Muskoka Road

Phone: 1-844-955-5501

greenestone.net/contact-us

The Farm Rehab

Services for individuals with challenges of opiate-based addictions, alcohol addictions, prescription addictions and/or recreational drug addictions.

Phone: 1-877-353-2777

thefarmrehab.com

Trafalgar Residence

Addiction treatment services in either residential settings or in an outpatient clinic to treat mental health and addictions.

Phone: 1-855-972-9760

trafalgarresidence.com