



Canadian Mental
Health Association
Toronto

Quick Guide

Mental Health Resources

Serving Toronto

Integrity

Partnership

Accessibility

Recovery &
Wellbeing

Quality

Safety &
Privacy

Diversity
& Equity

CMHA Toronto Branch

Information & Decision Support

Member of Inform Canada/AIRS and Inform Ontario



Ontario

Central Local Health
Integration Network



United Way
Member Agency

ABUSE

| | |
|---|---------------------|
| Advocacy Centre for the Elderly | 416-598-2656 |
| Barbara Schlifer Clinic | 416-323-9149 x 234 |
| Boost - Child Abuse Prevention and Intervention | 416-515-1100 |
| Canadian Centre for Victims of Torture | 416-363-1066 |
| Children's Aid Society | 416-924-4646 |
| Lesbian and Gay Bashing Reporting Line | 416-392-6877 |
| Sunnybrook (WRAP) | 416-323-6400 x 4863 |
| - Women Recovering from Abuse | |
| Victim Services | 416-808-7066 |

ADDICTIONS

| | |
|---|----------------|
| DART - Drug and Alcohol Registry | 1-800-565-8603 |
| MAAR - Metro Addiction Assessment Referral Services | 416-599-1448 |
| Ontario Problem Gambling Helpline | 1-888-230-3505 |

ANGER MANAGEMENT

| | |
|---------------------------------------|---------------------|
| CAMH-Centralized Assessment | 416-535-8501 x 6878 |
| Central Toronto Youth Services | 416-924-2100 |
| Family Service Association of Toronto | 416-595-9618 |
| John Howard Society | 416-925-4386 |
| North York Women's Centre | 416-781-0479 |
| West End Walk-in Counselling Centre | 416-394-2424 x 34 |

ANXIETY/PANIC

| | |
|--|------------------------------|
| Centre For Addiction and Mental Health | |
| -Mood and Anxiety Disorders Program | 416-535-8501 x 4747 |
| Humber River Regional Hospital | 416-249-8111 |
| North York General Hospital | 416-756-6642 |
| North York Women's Centre | 416-781-0479 |
| Obsessive Compulsive Disorder Helpline | 416-920-5887 |
| Sunnybrook Women's College | 416-480-4611 |
| Toronto East General Hospital | 416-469-6204 or 416-469-7608 |

ASSERTIVE COMMUNITY TREATMENT (ACT)

| | |
|---|--------------------|
| Access 1 | 1-888-640-1934 |
| CMHA East Metro Act Team | |
| Steeles - Lake, Victoria Park - Port Union | 416-289-6285 x 243 |
| CMHA New Dimensions ACT Team | |
| Steeles - Lake, Victoria Park - Port Union | 416-289-6285 x 243 |
| CMHA West Metro ACT Team | |
| Steeles - St Clair, Humber-Allen | 416-789-7957 x 282 |
| COMPASS - Toronto East Gen Hospital | |
| St. Clair - Lake, Don River - Victoria Park | 416-461-2000 x 226 |
| CONTACT - St. Michael's Hospital | |
| Bloor - Lake, Yonge - Victoria Park | 416-864-5120 |
| IMPACT - Toronto Western Hospital | |
| St. Clair - Lake, Keele - Yonge | 416-603-5800 |

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ASSERTIVE COMMUNITY TREATMENT (ACT) *Cont'd.*

| | |
|--|---------------------|
| Mount Sinai Hospital ACT Team | |
| Eglinton - Lake, Hwy 427 - Victoria Park | 416-586-9900 |
| North York General Hospital ACT Team, | |
| Hwy 7 - St. Clair, Keele - Victoria Park | 416-632-8708 |
| Reconnect ACT Team | |
| Vic Park - Islington, Eglinton - Lake | 416-248-2050 x 239 |
| Scarborough Hospital ACT Team | |
| Steeles - Lake, Victoria Park - Port Union | 416-431-8230 |
| South Central Etobicoke ACT -Trillium | |
| Islington to Hwy 10, Eglinton - Lake | 416-521-4051 |
| SUNPACT - Sunnybrook Hospital | |
| Sheppard - St Clair, Bathurst - Don Valley | 416-480-6100 x 7079 |
| West End ACT Team - St. Joseph's HC | |
| Eglinton - Lake, Humber River - Dufferin | 416-530-6130 |

BEREAVEMENT

| | |
|--|------------------------------|
| Adult Grief Support Program-East Toronto | 416-926-0905 or 416-496-6431 |
| Adult Grief Support Program-West Toronto | 416-515-0197 |
| AIDS Committee of Toronto (ACT) | 416-340-2437 |
| Bereaved Families of Ontario-Toronto (Multi-Faith) | 416-440-0290 |
| Bereaved Jewish Families of Ontario: | 416-638-7800 x 202 |
| Bereavement Support Group-Wellspring | 416-480-4440 |
| C.O.P.E.S (Community Of People Extending Support) | 416-767-6793 |
| Distress Centre Suicide Survivor Support Program | 416-595-1716 |
| Taylor Place Self-Help Recovery Group | 416-447-7244 |
| The Canadian Centre for Bereavement Education | 416-926-0905 |

CASE MANAGEMENT SERVICES

| | |
|---|----------------|
| Access 1 | 1-888-640-1934 |
| Across Boundaries | 416-787-3007 |
| Alternatives (East York) | 416-285-7996 |
| Bayview Community Services | |
| (Eglinton - Steeles, Bathurst-Kennedy) | 416-495-7778 |
| Central Toronto Youth Services | 416-924-2100 |
| CMHA - East (Yonge - Port Union, Steeles-Lake) | 416-289-6285 |
| CMHA - West (Yonge - Hwy 427, Steeles-Lake) | 416-789-7957 |
| Community Care Access Centre | 416-310-2222 |
| Community Resource Connections Toronto | 416-482-4103 |
| COTA Health | 416-785-9230 |
| Hong Fook | 416-493-4242 |
| Reconnect Mental Health Services | 416-248-2050 |
| St Elizabeth Health Care | 416-498-8600 |
| Scarborough Hospital (Scarborough) | 416-495-2627 |
| TEGH-Reach Services (Yonge - Vic Pk, Eglinton-Lake) | 416-461-2000 |
| Tor North Support (Humber - Vic Pk, Steeles-Eglinton) | 416-499-5969 |
| Wilkenson (Downtown) | 416-461-5629 |
| Woodgreen (DVP-Vic Pk, Danforth-Lake) | 416-645-6000 |

COMMUNITY HEALTH CENTRES

Etobicoke

| | |
|---|--------------|
| Access Alliance Multicultural Community Health Centre and West End Non-Insured Walk-in Clinic | 416-760-8677 |
| The Four Villages Community Health Centre | 416-604-3362 |
| 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 |
| Unison Health and Community Services - Keele-Rogers | 416-653-5400 |

North York

| | |
|--|------------------------------|
| Black Creek Community Health Centre | 416-249-8000 or 416-246-2388 |
| Flemingdon Health Centre | 416-429-4991 |
| Unison Health and Community Svcs - Bathurst-Finch | 647-436-0385 |
| Unison Health and Community Svcs - Jane-Trethewey | 416-645-7575 x 3 |
| 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 |

Toronto / East York

| | |
|---|--------------|
| 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 | 416-656-6812 |
| East End Community Health Centre | 416-778-5858 |
| The Four Villages Community Health Centre | 416-604-3361 |
| Parkdale Community Health Centre | 416-537-2455 |
| Parkdale Community Health Centre Satellite | 416-537-8222 |
| Queen West Community Health Centre | 416-703-8482 |
| Regent Park Community Health Centre | 416-364-2261 |
| Sherbourne Health Centre | 416-324-4180 |
| Shout Clinic Central Toronto Community Health Centre | 416-703-8480 |
| South Riverdale Community Health Centre | 416-461-2493 |
| Women's Health in Women's Hands | 416-593-7655 |

CONSUMER INITIATIVES

| | |
|---|---------------------|
| A-Way Express Courier Service | 416-424-2266 |
| Consumer/Survivor Information Resource Centre | 416 595-2882 |
| The Empowerment Council | 416-535-8501 x 4022 |
| Fresh Start Cleaning and Maintenance | 416-504-4262 |
| Friends and Advocates | 416-234-9245 |
| Ontario Council of Alternative Businesses | 416-504-1693 |
| Sound Times Support Services | 416-979-1700 |

COUNSELLING

| | |
|--|---------------------|
| 519 Church Street Community Centre | 416-392-6874 |
| Clinic for Person Centered Psychotherapy | 416-229-2399 |
| East Toronto Health Centre | 416-778-1496 |
| Psychotherapy and Counselling Centre | 416-516-6969 |
| Sunnybrook Psychotherapy for Women | 416-591-2000 |
| Toronto Family Service Association | 416-595-9618 |
| Toronto General-Women's Mental Health Clinic | 416-340-3048 |
| Woodgreen Walk-In Counseling | 416-645-6000 x 2512 |

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 |
| Kids Help Phone | 1-800-668-6868 |
| Saint Elizabeth (North York, Etobicoke) | 416-498-0043 |
| Scarborough Hospital (Scar, East York) | 416-495-2891 |
| Senior Crisis Access Line | 416-619-5001 |
| Toronto Rape Crisis Centre | 416-597-8808 |
| Warm Line (8pm - 12am) | 416-960-9276 |
| Youthdale's Crisis Support Team | 416-363-9990 |

DEVELOPMENTAL DISABILITIES

| | |
|--------------------------------|--|
| Developmental Services Toronto | www.dsto.com |
| Griffin Centre | 416-222-1153 |

EARLY INTERVENTION IN PSYCHOSIS PROGRAMS

| | |
|---|--------------|
| CAMH - Mood & Anxiety | 416-535-8501 |
| CAMH - Schizophrenia Program (Downtown) | 416-535-8501 |
| Central Toronto Youth Services | 416-504-6100 |
| CMHA Toronto (Vic Pk – Islington, Bloor - Steeles) | 416-789-7957 |
| Community Resource Connections Toronto | |
| COPE (Scarborough) | 416-482-4103 |
| Family Outreach & Response Program With HASTE | |
| - Family (Downtown) | 416-539-9449 |
| Family Outreach & Response Program | |
| - With HASTE - Family (Scarborough) | 416-482-4103 |
| Humber River Hospital | 416-658-2022 |
| Mood Disorders Assoc. Family & Youth | |
| (North & Central Toronto) | 416-486-8046 |
| Rouge Valley HS - FITT (Scarborough) | 416-281-7301 |
| St. Michael's Hospital - STEPS (Vic Pk-Yonge, Lake-Bloor) | 416-864-6060 |
| Schizophrenia Society of Ontario - Family | 416-449-6830 |
| University Health Network - AIM | 416-603-5071 |

EATING DISORDERS

| | |
|---|----------------------|
| Bellwood Health Services | 866-475-3254 |
| Centre for Addiction and Mental Health - Eating Disorders and Addiction Clinic | 416-535-8501 x 36482 |
| The Kyla Fox Therapy Centre | 416-518-0440 |
| The National Eating Disorder Information Centre - (NEDIC) - Helpline | 416-340-4156 |
| Sheena's Place | 416-927-8900 |
| Sick Kids-Eating Disorders Program | 416-813-7195 |

EMPLOYMENT / VOCATIONAL

| | |
|--|--------------------|
| Booth Packaging & Supportive Services | 416-255-7070 |
| CMHA Toronto | 416-789-7957 x 228 |
| Corbrook | 416-245-5565 |
| COSTI | 416-789-7925 |
| Goodwill Industries | 416-362-4711 |
| JVS Toronto | 416-787-1151 |
| Plus & Transitional Employment Program | 416-693-2116 |
| Volunteer Toronto | 416-961-6888 |

FAMILY SUPPORT

| | |
|---|---------------------|
| CMHA Toronto | 416-789-7957 x 260 |
| Concerned Parents of Toronto | 416-492-1468 |
| Family Assoc for Mental Health Everywhere | 416-207-5032 |
| Family Outreach and Response | 416-539-9449 |
| Family Resource Centre | 416-535-8501 x 4015 |
| Family Support Program - Toronto East Gen | 416-461-2000 x 223 |
| Family Support Program - Toronto Western | 416-603-5747 |
| Hong Fook Mental Health Association | 416-493-4242 x 2264 |
| 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

| | |
|----------------------------|--------------|
| Foodshare Foodlink Hotline | 416-392-6655 |
|----------------------------|--------------|

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 |
| Adelaide Centre for Women (OHIP not required) | 416-392-9243 |
| 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 Centre-Queen West (OHIP not required) | 416-703-8482 |
| Med Visit Doctors House Call Service | 416-631-3000 |
| Public Health Clinic (Free/Low Cost Dental Services) | 416-392-6683 |
| Service Ontario | 416-314-5518 |
| Street Health Community Clinic | 416-921-8668 |
| Telehealth Ontario | 1-866-797-0000 |
| Toronto Public Health | 416-338-7600 |

HOMELESSNESS/SHELTERS/OUTREACH

| | |
|--|----------------|
| 416 Drop In Centre (Women) | 416-928-3334 |
| Assessment and Referral Centre | 1-877-338-3398 |
| Families (Central Family Intake) | 416-397-5637 |
| Hostel Outreach Program - COTA (Men) | 416-785-9230 |
| Hostel Outreach Program - CRCT (Women) | 416-482-4103 |
| St. Stephen's Corner Drop In | 416-964-8747 |
| Street Health (Downtown) | 416-921-8668 |
| Street Outreach (North York) | 416-990-3317 |
| Streets to Homes | 416-392-0090 |
| The Meeting Place Drop In | 416-504-4275 |
| Youth Hostel Outreach Program - CTYS | 416-504-6100 |

HOUSING HELP CENTRES

| | |
|---------------------------------------|--------------|
| Albion Services (South Etobicoke) | 416-252-5990 |
| Albion Services (North Etobicoke) | 416-740-3704 |
| COSTI (North York) | 416-244-0480 |
| East York Housing Help Centre | 416-698-9306 |
| Flemington Neighborhood Services | 416-424-2900 |
| Scarborough Help Centre | 416-285-8070 |
| West Toronto Community Legal Services | 416-531-0841 |
| Woodgreen (East York) | 416-645-6000 |
| Unison Health & Community Services | 416-653-5400 |

HOUSING

| | |
|---|--------------|
| Federation of Metro Tenants' Associations | 416-921-9494 |
| Landlord and Tenant Board | 416-645-8080 |
| Toronto Mental Health and Addictions Supportive Housing Network (CASH) | 416-979-5496 |
| Toronto Social Housing Connections | 416-981-6111 |

INFORMATION & REFERRAL

| | |
|---|----------------|
| Access Toronto | 311 |
| CAMH - McLaughlin Information Centre | 416-595-6111 |
| Community Care Access Centre | 416-506-9888 |
| Findhelp Toronto | 211 |
| Hospice Association of Ontario | 416-304-1477 |
| Mental Health Service Information (Connex) | 1-866-531-2600 |
| Palliative Care Information Centre of Toronto | 416-480-4844 |

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 |
| Psychiatric Patient Advocates Office | 416-327-7000 |
| Schizophrenia Society of Ontario | 416-449-6830 |

MENTAL HEALTH & JUSTICE NETWORK

MENTAL HEALTH & JUSTICE PREVENTION PROGRAMS

| | |
|---|--------------|
| North Toronto - COTA Health | 416-514-1425 |
| 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 |
| Toronto Friendship Centre | 416-368-8179 |

POLICE MOBILE CRISIS INTERVENTION TEAMS

| | |
|--|---------------------|
| 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 4 | 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 - CRCT | 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 - CRCT | 416-364-8394 |
| West Toronto - Finch Court - Etobicoke - CMHA | 416-745-5775 |

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MENTAL HEALTH AND JUSTICE NETWORK *Cont'd.*

COMMUNITY SUPPORT SERVICES

- A)** North Toronto - North York General Hospital
- Adult Mental Health Case Mgmt Program 416-632-8701
East Toronto - Scarborough Court - CMHA 416-285-4177
West Toronto - Finch Court (Etobicoke) - CMHA 416-745-5775
South Toronto - Old City Hall Court-CRCT 416-364-8394
- B)** Specialized Supports for Individuals with Dual Diagnosis
(mental illness and developmental disability)
COTA Health CM (city - wide) - Dual Diagnosis 416-785-9230
- C)** Specialized Supports for Individuals with Concurrent Disorders
(mental illness and substance abuse)
CTYS, New Outlook (ages 16 - 24) 416-924-2100
Reconnect (West Tor) - with The Jean Tweed 416-255-7359

RESIDENTIAL SERVICES

- Long-term Housing with Support Services Registry
(CMHA, COTA, HouseLink, LOFT) 416-757-6454
- Safe Bed Registry
(CMHA, COTA, Reconnect, Gerstein) 416-248-4174

PROFESSIONAL ASSOCIATIONS

- Canadian Counselling and
Psychotherapy Association 1-877-765-5565
- Canadian Psychiatric Association 613-234-2815
- College of Physicians & Surgeons of Ont 416-967-2600
- College of Psychologists of Ont 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 Gerontology Association 416-535-6034
- Ontario Psychological Association 416-961-5552
- Ontario Society of Psychotherapists 416-923-4050

PSYCHIATRIC ASSESSMENTS

- CAMH - Centralized Assessment,
Triage & Support (CATS) 416-535-8501 x 6878
- CAMH – Forensic Brief Assessment Unit 416-535-8501 x 2936
- Mount Sinai – General Assessment Service 416-586-4800 x 4568
- St. Michael's - Assessment Clinic 416-864-5120
- Sick Kids - Urgent Care Clinic 416-813-7005
- Toronto Western - Asian Initiative 416-603-5349
- Toronto Western - Community Mental Health Clinic 416 603 5747
- Toronto Western - Portuguese Mental Health & Addictions 416-603-5747
- Women's College - Mental Health in Medicine 416-323-6010

SENIORS

| | |
|---|---------------------|
| CCAC - Community Care Access Centre | 416-310-2222 |
| Chinese Seniors Health Centre - Mt. Sinai | 416-321-5785 |
| Community Seniors Mental Health Services | www.csmhas.com |
| Geriatric Community Service - Baycrest | 416-785-2500 x 2730 |
| Geriatric Mental Health Services - COTA | 416-785-9230 |
| Geriatric Psychiatry Service - Toronto Rehab | 416-597-3422 x 3041 |
| Neighborhood Link Support Services | 416-691-7407 |
| Psychiatric Day Hospital - Baycrest | 416-785-2500 x 2700 |
| Psychiatric Services for the Elderly - Sunnybrook | 416-480-4663 |

SETTLEMENT SERVICES

| | |
|---|--------------|
| Access Alliance | 416-760-8677 |
| Afghan Women's Organization | 416-588-3585 |
| Bloor Information & Life Skills Centre | 416-531-4613 |
| Catholic Crosscultural Services: | 416-757-7010 |
| Culture Link Settlement | 416-588-6288 |
| Polycultural Immigrant & Comm. Services | 416-533-9471 |
| Scadding Court Community Centre | 416-392-0335 |
| South Asian Women's Centre | 416-537-2276 |
| Toronto Chinese Comm. Association | 416-977-4026 |
| Working Skills Centre | 416-703-7770 |
| West End Walk-in Counseling Centre | 416-394-2424 |

SOCIAL ACTIVITIES/GROUPS

| | |
|--|--------------|
| Among Friends (Lakeshore & Islington) | 416-251-8666 |
| Friends and Advocates (Bloor & Dundas) | 416-234-9245 |
| Friendship Club (Queen & Logan) | 416-645-6000 |
| Getting in Touch (Jane & Driftwood) | 416-663-2733 |
| Our Place (Yonge & Dundas) | 416-598-2919 |
| PLUS (Lawrence & Don Valley) | 416-693-2116 |
| Progress Place (Church & Wellesley) | 416-323-0223 |
| Sistering (Dufferin & Queen) | 416-588-3939 |
| Sound Times (Dundas & Parliament) | 416-979-1700 |
| What Next! (Sheppard & Dufferin) | 416-449-4555 |

SUPPORT GROUPS/SELF HELP

| | |
|---------------------------------------|---------------------------|
| Emotions Anonymous | www.emotionsanonymous.org |
| Mood Disorders Association | 416-486-8046 |
| Self - Help Resource Centre Info Line | 416-487-4355 |

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 |

North York

| | |
|--|--------------------|
| Care-Ring North West | 416-961-0447 |
| Circle of Care | 416-635-2860 x 431 |
| Don Mills Foundation for Seniors (DMF) | 416-447-7244 x 41 |
| Downsview Services to Seniors | 416-398-5510 |
| NeighbourLink North York | 416-221-8283 |
| North York Seniors Centre | 416-225-1231 x 31 |

Scarborough

| | |
|--|-------------------|
| Agincourt Community Services Assoc | 416-321-6912 |
| Warden Woods | 416-694-1138 x 35 |
| Carefirst Seniors and Community Services Assoc | 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 |
| Good Neighbours Club | 416-366-5377 |
| Mid-Toronto Community Services | 416-962-9449 x 31 |
| NeighbourLink Downtown | 416-921-7214 |
| St. Christopher House | 416-532-4828 |
| Scott Mission | 416-923-8872 |
| Silver Circle: West Toronto Support Services | 416-653-3535 |
| WoodGreen Community Centre of Toronto | 469-5211 x 1247 |

YOUTH

| | |
|-------------------------------------|----------------|
| Central Toronto Youth Services | 416-924-2100 |
| Children's Mental Health of Ontario | 416-921-2109 |
| Delisle Youth Services | 416-482-0081 |
| East Metro Youth Services | 416-438-3697 |
| George Hull Centre | 416-622-8833 |
| Hincks - Dellcrest | 416-924-1164 |
| Kids Help Phone | 1-800-668-6868 |
| Shoniker Clinic (RVHS) | 416-281-7301 |
| West End Walk-in Counseling Centre | 416-394-2424 |

CMHA ONTARIO BRANCHES

CMHA Ontario Division: 416-977-5580

- Brant County Branch 519-752-2998
- Champlain East Branch 613-933-5845
- Cochrane Timiskaming Branch 705-267-8100
- Durham 905-436-8760
- Elgin Branch 519-633-1781
- Fort Frances Branch 807-274-2347
- Grey-Bruce Branch 519-371-3642
- Haldimand and Norfolk Branch 519-428-2380
- Haliburton, Kawartha, Pine Ridge Branch 705-748-6687
- Halton Region Branch 905-693-4270
- 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
- Leeds and Grenville Branch 613-345-0950
- London-Middlesex Branch 519-434-9191
- Niagara Branch 905-641-5222
- Nipissing Regional Branch 705-474-1299
- Ottawa Branch 613-737-7791
- Oxford County Branch 519-539-8055
- Peel Branch 905-451-2123
- Sault Ste. Marie Branch 705-759-0458
- Simcoe County Branch 705-726-5033
- Sudbury-Manitoulin Branch 705-675-7252
- 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 Region Branch 905-841-3977



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