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**Newcomer Mental Health & Emotional Supports  
Forum for Frontline Staff**

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*Scan of Newcomer Health Guides*

**I. GENERAL HEALTH**

**A. Newcomer Health, Mental Health and Dental Resources**

**By: Toronto South Local Immigration Partnership (TSLIP)**

<http://www.torontolip.ca/publications>

- Compilation of newcomer health, mental health and dental resources for the Toronto South region

**B. Toronto Community Resources Guide (for non-status immigrants)**

**By Social Planning Toronto - 2010**

[http://socialplanningtoronto.org/wp-](http://socialplanningtoronto.org/wp-content/uploads/2010/10/Toronto_Community_Services_Resource_Guide_2010.pdf)

[content/uploads/2010/10/Toronto\\_Community\\_Services\\_Resource\\_Guide\\_2010.pdf](http://socialplanningtoronto.org/wp-content/uploads/2010/10/Toronto_Community_Services_Resource_Guide_2010.pdf)

- Available in multiple languages
- Organized by health topic/service
- Includes hotlines, emergency shelters, etc.
- Services denoted by a symbols whether payment, ID or wait-listing are required
- Specific resources for women, LGBTQ, seniors, youth, ethno-specific
- Resources for immigrant rights, legal, financial, job skills, social
- Includes tips for front-line workers

**C. Resource Listings of Services for Newcomers Living with HIV/AIDS**

**By The Committee for Accessible AIDS Treatment - 2005**

<http://www.hivimmigration.ca/wp-content/uploads/2011/08/2005-Resources-for-newcomer-PHAs.pdf>

- Health Services
- Legal Services
- Social Services
- Appendix – HIV/AIDS and Immigration: Common questions and answers
- Glossary of terms

**D. Settlement.Org**

[www.settlement.org](http://www.settlement.org)

- “Services Near Me” - map and directory of services and supports in Toronto (populated by info collected through 211)
- Includes services offered, eligibility, hours, contact info, website link
- Possible to contribute to website content with authorship credit
- Info regarding health insurance

**E. Healthcare for Newcomers - Immigration Portal - Living in Toronto  
By The City of Toronto**

<http://www1.toronto.ca/wps/portal/toronto/content?vgnextoid=f006683e98fa2310VgnVCM100003dd60f89RCRD&vgnextfmt=default>

- Lists free services available to newcomers

**F. Community Care Access Centre – Community Care Resources**

[http://www.toronto.communitycareresources.ca/index.php?option=com\\_content&view=article&id=52&Itemid=81](http://www.toronto.communitycareresources.ca/index.php?option=com_content&view=article&id=52&Itemid=81)

- Connections to websites and health resources
- Newcomer Health Resources listings
- Dental and Eye Care services listings
- Seniors' resources
- Help finding a family doctor/walk in clinic/health screening/hospital

**G. Hamilton Health Sciences -Refugee & Immigrant Health**

<http://www.hamiltonhealthsciences.ca/body.cfm?id=1965>

- Cultural and diversity health resources for health care professionals
- Health resources in multiple languages
- Cultural diversity in health policy and research

## **II. MENTAL HEALTH**

**A. Navigating Mental Health Services in Toronto: A Guide for Newcomer Communities  
By Community Resource Connections of Toronto - 2007**

<http://yourlegalrights.on.ca/resource/76318>

- Not a list of services, but a guide explaining through a newcomer lens: what is mental health; what are the different types of mental illnesses; what are the different treatment options, what various health care professionals can do/provide; what can cause mental illness; what services and supports exist to help you.

**B. Schizophrenia Society of Ontario**

<http://www.schizophrenia.on.ca/jamh/11-resources-a-links/98-resources.html?active=5>

- Consists of resources on understanding the justice system, navigating the mental health system and coping with mental illness

**C. Making Choices: Guide to Adult Mental Health Services and Supports in Toronto  
By Community Resource Connection of Toronto - 2010**

<http://www.crct.org/choices/MakingChoicesGuide-v4-web.pdf>

<http://www.crct.org/lanresources/PDFs/CRCT-NMHS-English.pdf>

- Includes, other than health and mental health, info about taxes, legal and justice system, access to free/cheap food and clothing, housing, income supports, work, education, social activities, information systems, and more

**D. Mental Illness, Criminal Offences & Deportation: Tips for Front-Line Workers  
By CLEO (Community Legal Education Ontario) – 2011**

<http://www.cleo.on.ca/en/publications/mentill#full>

- Provides information on legal matter pertaining to newcomers and mental health

**E. Spanish Language Mental Health Guide for Women**  
**By York University Institute for Health Research & Black Creek Community Health Centre-2009**  
[http://www.bcchc.com/Media/Guia%20para%20mujeres\\_final.pdf](http://www.bcchc.com/Media/Guia%20para%20mujeres_final.pdf)

- Written entirely in Spanish
- Identifies Spanish mental health resources in Toronto
- Lists Spanish-speaking clinical professionals
- Gives descriptions of common mental health concerns and illnesses
- Was created, researched and written by community women

**F. Mental Health Resources for Newcomers in Toronto**  
**By The Toronto North LIP – 2012**  
<http://torontonorthlip.ca/resources>

- Guides
- Periodicals, articles and presentations
- Training workshops for service providers
- Newcomer health programs
- Newcomer phone services
- Free/low fee treatment services

### **III. CHILDREN’S HEALTH**

**A. CMAS – Dedicated to the Settlement of Newcomer Children**  
<http://cmascanada.ca/>

- Info for anyone working with newcomer children and their families
- Parent resources
- Health and safety
- Programs
- Special needs children in diverse cultures

**B. Children’s Mental Health Ontario (CMHO)**  
<http://www.kidsmentalhealth.ca/professionals/introduction.php>

- Evidence Base Practice
- Clinical Tools and Interventions
- Information for Parents
- Links to Professional Development Opportunities