

TORONTO CASE MANAGEMENT SERVICES

Access 1	1-888-640-1934
COTA Health	416-785-9230
Across Boundaries	416-787-3007
Hong Fook	416-493-4242
Alternatives (East York)	416-285-7996
Reconnect Mental Health Services (Etobicoke W of Keele & York)	416-248-2050
Bayview Community Services (Eglinton - Steeles, Bathurst-Kennedy)	416-495-7778
Scarborough Hospital (Scarborough)	416-495-2627
CMHA-East (Yonge - Port Union, Steeles-Lake)	416-289-6285
St Elizabeth Health Care	416-498-8600
CMHA-West (Yonge - Hwy 427, Steeles-Lake)	416-789-7957
TEGH-Reach Services (Yonge - Vic Pk, Eglinton-Lake)	416-461-2000
Central Toronto Youth Services	416-924-6100
TO North Support (Humber - Vic Pk, Steeles-Eglinton)	416-499-5969
Community Care Access Centre	416-310-2222
Wilkenson (Downtown)	416-461-5629
Community Resource Connections	416-482-4103
Woodgreen, (DVP-Vic Pk, Danforth-Lake)	416-645-6000

TORONTO ASSERTIVE COMMUNITY TREATMENT TEAMS (ACT)

CMHA West Metro ACT Team, Steeles - St Clair, Humber-Allen	416-789-7957 x 282
CMHA New Dimensions ACT Team, Steeles - Lake, Victoria Pk - Port Union	416-289-6285 x 243
CMHA East Metro Act Team, Steeles - Lake, Victoria Pk - Port Union	416-289-6285 x 243
COMPASS-Toronto East Gen Hospital St. Clarence - Lake, Don River - Vic Pk	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 - Sherbourne	416-925-3350
Mount Sinai Hospital ACT Team Eglinton-Lake, Hwy 427 - Victoria Pk	416-586-9900
North York General Hospital ACT Team, Hwy 407 - Eglinton, Dufferin - Vic Park	416-632-8708
Reconnect ACT Team Etobicoke (Steeles - Eglinton) & York	416-248-2050 x 239
Scarborough Hospital ACT Team Steeles - Lake, Victoria Pk - Port Union	416-431-8230
South Central Etobicoke ACT - Trillium Etobicoke (South of Eglinton)	416-521-4051
SUNPACT-Sunnybrook Hospital Sheppard - St Clair, Bathurst - Don Valley	416-480-6100 x 7079
West End ACT Team - SJHC Eglinton - Lake, Humber River - Dufferin	416-530-6130

TORONTO EARLY INTERVENTION IN PSYCHOSIS PROGRAMS

CAMH - Mood & Anxiety	416-535-8501 x 6283
CAMH - Schizophrenia (DVP - Humber, Lake - Egl)	416-535-8501 x 6528
CMHA Toronto	416-789-7957 x 253
Central Toronto Youth Services	416-504-6100 x 241
CRCT - COPE (Scarborough)	416-482-4103 x 424
HRRH (Yonge-Islington, Bloor - Major Mac)	416-658-2022
RVHS - FITT (Scarborough)	416-281-7301 x 3092
SMH - STEPS (Vic Pk-Yonge, Lake-Bloor)	416-864-6060 x 7183
UHN - AIM	416-603-5071
MDAO - Family & Youth (North & Central Toronto)	416-486-8046 x 300
SSO - Family	416-449-6830 x 252
FOR - With HASTE - Family (Scarborough) (Downtown)	416-439-2253 416-535-8501 x 1935

TORONTO MENTAL HEALTH AND JUSTICE NETWORK

MENTAL HEALTH AND 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
Toronto Friendship Centre	416-368-8179
Fred Victor Centre	416-364-8228
West Toronto - Reconnect Mental Health Services	416-248-2050
City-Wide (ages 16 - 24) - CTYS New Outlook	416-924-2100

POLICE MOBILE CRISIS INTERVENTION TEAMS

North and West Tor - HRRH & 32 Division	416-808-2222 or 911
East Tor - Scar Gen Hosp & 41, 42 & 43 Divisions	416-808-2222 or 911
South Tor St. Michael's Hospital & 51 Division	416-808-2222 or 911
St. Joseph's Health Centre & 14 Division	416-808-2222 or 911

COURT AND CUSTODY-BASED MENTAL HEALTH SERVICES

North Toronto - North York Court - COTA Health	416-667-0933
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
College Park Court - CRCT	416-598-8103

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

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

TORONTO 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

CMHA ONTARIO BRANCHES

CMHA Ontario Division: 416-977-5580

• Brant County Branch	519-752-2998
• Champlain East Branch - Cornwall	613-933-5845
• Cochrane Timiskaming - Timmins	705-267-8100
• Cochrane Timiskaming - Kirkland	705-567-9596
• Cochrane Timiskaming - New Liskeard	705-647-4444
• Durham Region Branch	905-436-8760
• Elgin County Branch	519-633-1781
• Fort Frances Branch	807-274-2347
• Grand River Branch	519-766-4450
• Grand River Branch - Cambridge	519-740-7782
• Grand River Branch - Guelph	519-836-6220
• Grand River Branch - Kitchener	519-744-7645
• Grand River Branch - Orangeville	519-938-8776
• Grey Bruce Branch	519-371-3642
• Haldimand & Norfolk Branch	519-428-2380
• Halton Region Branch	905-693-4270
• Hamilton Branch	905-521-0090
• Hastings & Prince Edward Branch	613-969-8874
• Huron - Perth Branch	519-273-1391
• Kawartha Lakes Branch	705-328-2704
• Kenora Branch	807-468-1838
• Kingston Branch	613-549-7027
• Lambton Branch - Sarnia	519-337-5411
• Lambton Branch - Chatham	519-436-6100
• Leeds - Granville 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
• Peterborough Branch	705-748-6711
• 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
• Windsor - Essex County Branch	519-255-7440
• York Region Branch	905-853-8477

CMHA Toronto Branch Intake Services

700 Lawrence Ave. West, Suite 480 Toronto, ON M6A 3B4 Tel: 416-789-6880 Fax: 416-789-6895 westintake@cmha-toronto.net	1200 Markham Rd., Suite 500 Scarborough, ON M1H 3C3 Tel: 416-289-6880 Fax: 416-289-4306 eastintake@cmha-toronto.net
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Quick Guide

Mental Health Resources

Serving Toronto



CMHA Toronto Branch
Intake, Information and Referral Services
Member of Inform Canada/AIRS and Inform Ontario

ABUSE

Advocacy Centre for the Elderly	416-598-2656
Assaulted Women's Helpline	416-863-0511
Children's Aid Society	416-924-4646
Distress Centres (Toronto)	416-408-4357
Lesbian and Gay Bashing Reporting Line	416-392-6877
Toronto Rape Crisis Centre	416-597-8808
Toronto Child Abuse Centre	416-515-1100
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 Anger and Addictions Clinic	416-535-8501 x 6483
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

COUNSELLING AND RELATED ASSOCIATIONS

519 Church Street Community Centre	416-392-6874
CAMH Cognitive Behavioral Therapy	416-535-8501 x 4877
Clinic for Person Centered Psychotherapy	416-229-2399
College of Physicians and Surgeons	www.cpso.on.ca
East Toronto Clinic for Psychotherapy	416-778-1496
Interpersonal Therapy Clinic	416-535-8501 x 6925
Ontario Association of Social Workers	416-923-4848
Ontario Psychological Association	416-961-5552
Ontario Society of Psychotherapists	416-923-4050
Psychotherapy and Counseling 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

Distress Line	416-408-4357
Gerstein Crisis Centre (Downtown)	416-929-5200
Scarborough Hospital (Scar, East York)	416-495-2891
Saint Elizabeth (North York, Etobicoke)	416-498-0043
Warm Line (8pm - 12am)	416-960-9276

DEVELOPMENTAL DISABILITIES

Developmental Services Toronto	www.dsto.com
Griffin Community Support Network	416-222-3563

EMPLOYMENT/VOCATIONAL

Booth Industries	416-255-7070
Corbrook	416-245-5565
COSTI	416-789-7925
Goodwill Industries	416-362-4711
JVS of Toronto	416-787-1151
The Plus Program	416-693-2116
Volunteer Toronto	416-961-6888

ETHNOCULTURAL/ETHNORACIAL

Access Alliance Multicultural Centre	416-324-8677
Across Boundaries	416-787-3007
Canadian Centre for Victims of Torture	416-363-1066
COSTI	416-658-1600
Catholic Cross-Cultural Services	416-757-7010
Davenport-Perth Neighborhood Centre	416-656-8025

FAMILY SUPPORT

Concerned Parents of Toronto	416-492-1468
Family Outreach and Response	416-535-8501 x 2011
Family Association for Mental Health Everywhere	416-207-5032
Family, Friends of People with Eating Disorders	416-927-8900
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
Freedom from Fear Outreach	416-761-6006
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
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GERIATRIC/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 Mental Health Services - COTA	416-785-9230
Geriatric Community Service - Baycrest	416-785-2500 x 2730
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
Psychiatric Assessment & Consultation-CAMH	416-535-8505

GETTING AROUND TOWN

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

HEALTH CARE

Association of Ontario Health Centres	416-236-2539
Adelaide Centre for Women (OHIP not required)	416-398-5003
Aids and Sexual Health Info Line	416-392-2437
Birth Control & STD Clinic (OHIP not required)	416-789-4541
Hassle Free Clinic (Women & Trans)	416-922-0566
Hassle Free Clinic (Men & Trans)	416-922-0603
Health Centre-Queen West (OHIP not required)	416-703-8482
Med Visit Doctors House Call Service	416-631-3000
Ontario Ministry of Health Info Line	416-314-5518
Public Health (Toronto Health Connection)	416-338-7600
Public Health Clinic (Free/Low Cost Dental Services)	416-392-6683
Street Health Community Clinic	416-921-8668
Telehealth Ontario	1-866-797-0000

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 x 240
Mental Health Outreach - TNS	416-499-5969 x 223
Mental Health Outreach - Street Health	416-921-8668 x 240
St. Stephen's Corner Drop In	416-964-8747 x 266
The Meeting Place Drop In	416-504-4275
Streets to Homes	416-338-4766
Youth Hostel Outreach Program - CTYS	416-504-6100 x 226

HOUSING HELP CENTRES

Albion (Etobicoke)	416-252-6471
COSTI (North York)	416-244-0480
Neighborhood Centre (East York)	416-698-9306
Scarborough Help Centre	416-285-8070
WoodGreen (Toronto)	416-645-6000 x 1175
Unison Health & Community Services	416-653-5400

HOUSING

Federation of Metro Tenants' Associations	416-921-9494
Ontario Rental Housing Tribunal	416-645-8080
Toronto Mental Health and Addictions Supportive Housing Network (CASH)	416-979-1994 x 261
Toronto Social Housing Connections	416-981-6111

INFORMATION SERVICES

Access Toronto	311
Consumer/Survivor Information Centre	416-595-2882
Findhelp Toronto	211
CAMH - McLaughlin Information Centre	416-595-6111
Mental Health Service Information (Connex)	1-866-531-2600

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 Legal Aid	416-944-0087
Legal Aid	416-979-1446
Ontario Human Rights Commission	416-314-4500
Psychiatric Patient Advocates Office	416-327-7000
Schizophrenia Society of Ontario	416-449-6830

SETTLEMENT SERVICES

Access Alliance	416-760-8677
Afghan Women's Organization	416-588-3585
Bloor Information & Life Skills Centre	416-531-4613
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

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
Progress Place (Church & Wellesley)	416-323-0223
PLUS (Lawrence & Don Valley)	416-693-2116
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
Freedom From Fear Foundation	416-761-6006
Mood Disorders Association	416-486-8046
Self - Help Resource Centre Info Line	416-487-4355

YOUTH

Central Toronto Youth Services	416-924-2100
Clear Directions	416-646-0700 x 21
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



Toronto Branch

Living Working Belonging