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

ADDITIONS
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
Continued on next page
ASSERATIVE 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-Wellsping  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 416-760-8677
and West End Non-Insured Walk-in Clinic
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)           416-891-8606
- Mental Health Crisis Management Service
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 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

Continued on next page
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 416-961-2600
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 416-536-6034
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 - Dellscrest  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
- Haliburton and Norfolk Branch 519-428-2380
- 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

700 Lawrence Ave. West, Suite 480, Toronto ON M6A 3B4
Tel: 416-789-6880   Fax: 416-789-6895
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