

# North York Community Mental Health Resource List

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## FREE SERVICES

Agency	Service Description	Fee	Languages	Contact Info
<b>Access Alliance – Multicultural Health and Community Services</b>	<ul style="list-style-type: none"> <li>Primary health care services (family practice clinics, mental health services, therapy, etc)</li> <li>Community programs (family, youth, senior workshops and programs, financial literacy, community events/activities)</li> <li>Food programs (food insecurity/literacy)</li> <li>Green access program</li> <li>LGBTQ+ programs</li> <li>Settlement services</li> </ul>	Free	English  Interpretation services upon request	Downtown: 416-324-8677  Danforth: 416-693-8677  Jane (North York): 416-760-8677  Email is through website only  <a href="http://www.accessalliance.ca">www.accessalliance.ca</a>
<b>Across Boundaries – An Ethno-racial Mental Health Centre</b>	<ul style="list-style-type: none"> <li>Counselling for radicalized communities</li> <li>Addictions, mental illnesses and mental health issues</li> <li>Wide range of mental health services (psycho therapy, cognitive-behavioural therapy, clinical assisted bibliography, etc)</li> </ul>	Free	English	416-787-3007 ext. 222  Email is through website only  <a href="http://www.acrossboundaries.ca">www.acrossboundaries.ca</a>
<b>Baycrest Hospital – Outpatient Psychiatric Consultation Service</b>	<ul style="list-style-type: none"> <li>Psychiatric consultations and assessments for older adults</li> <li>Outpatient mental health program</li> </ul>	Free	English	416-785-2500 ext.2700  Email is through website only  <a href="http://www.baycrest.org">www.baycrest.org</a>
<b>Black Creek Community Health Centre</b>	<ul style="list-style-type: none"> <li>Mental health counselling</li> <li>New comer services</li> <li>Health services (physiotherapy, foot care, lung care, nutrition, diabetes, pregnancy and breastfeeding, sexual health, etc)</li> <li>This is a People Accessing Care Teams (PACT) service</li> </ul>	Free  OHIP not needed  PACT services require a referral form completed by a nurse or physician.	English	416-249-8000 or 416-246-2388  <a href="mailto:info@bcchc.com">info@bcchc.com</a>  <a href="http://www.bcchc.com">www.bcchc.com</a>
<b>Circle of Care</b>	<ul style="list-style-type: none"> <li>Serving people 55+ years</li> <li>Short-term, goal oriented intervention and case management</li> <li>Information and referrals</li> <li>Supportive counselling</li> <li>Support groups (bereavement, stress management, caregiver support)</li> <li>Vulnerable Populations Abuse Prevention and Intervention</li> </ul>	Free	English and Russian	416-635-2860 ext.2860 (intake)  <a href="mailto:info@circleofcare.com">info@circleofcare.com</a>  <a href="http://www.circleofcare.com">www.circleofcare.com</a>
<b>Flemingdon Health Centre – Fairview Site</b>	<ul style="list-style-type: none"> <li>Case management</li> <li>Individual counselling</li> <li>Wellness and mental health workshops</li> </ul>	Free	English	416-640-5298  <a href="mailto:info@fhc-chc.com">info@fhc-chc.com</a>  <a href="http://www.fhc-chc.com">www.fhc-chc.com</a>
<b>Madison Community Services</b>	<ul style="list-style-type: none"> <li>Mental health case management</li> <li>Mental health supportive housing</li> <li>Recovery during immigration and settlement (RISE)</li> <li>Crisis counselling</li> <li>Mental health vocational support</li> <li>Education bursary</li> <li>Mental health and settlement related group workshops</li> <li>Skills for Life program (online for MH support and stress management)</li> <li>Solution-focused women’s dance group</li> <li>Social recreation</li> </ul>	Free programs and services are exclusively for registered clients.  Workshops are free and open to anyone	<ul style="list-style-type: none"> <li>English</li> <li>Arabic</li> <li>Dari</li> <li>Farsi</li> <li>Spanish</li> </ul> Interpretation available upon request	416-977-1333  <a href="mailto:info@madisoncs.org">info@madisoncs.org</a>  <a href="http://www.madisoncs.org">www.madisoncs.org</a>

Agency	Service Description	Fee	Languages	Contact Info
<b>Mennonite New Life Centre of Toronto (MNLCT)</b>	<ul style="list-style-type: none"> <li>• Newcomer services</li> <li>• Mental health support for trafficked victims</li> <li>• Individual, couple and family counselling</li> <li>• Group workshops</li> <li>• Virtual and in person services by appointment only</li> </ul>	Free for newcomers to Canada and trafficked victims	<ul style="list-style-type: none"> <li>• English</li> <li>• Arabic</li> <li>• Farsi</li> <li>• Dari</li> <li>• Portuguese</li> <li>• Spanish</li> </ul>	647-812-1332 info@mnlct.org www.mnlct.org
<b>North York Community House</b>	<ul style="list-style-type: none"> <li>• Wide range of mental health and wellness supports</li> <li>• One to one support for newcomers to Canada</li> <li>• Group sessions for families, schools, and community organization</li> <li>• Information and referral services</li> </ul>	Free	English	Lawrence Ave W: 416-782-1494  Renee Ave Suites: 416-784-0920  Email through the website  www.nych.ca
<b>North York General Hospital – Adult Outpatient Services</b>	<ul style="list-style-type: none"> <li>• Group therapy</li> <li>• Stress management</li> <li>• Addiction programs</li> <li>• individual counselling</li> <li>• Day hospital program to (4 week in-person program 9-3pm for adults experiencing primary mental health conditions)</li> <li>• The Assertive Community Treatment Team (ACTT) – for adults suffering from schizophrenia, bipolar affective disorder and schizoaffective disorder and require intensive follow-up services in their communities</li> <li>• Mindfulness for Medical Conditions (MFMC) (for adults with chronic medical illnesses. Services such as CBT, group sessions and yoga)</li> </ul>	Free	English	416-756-6642  <a href="https://www.nygh.on.ca/areas-care/mental-health/adult-mental-health-outpatient-services">https://www.nygh.on.ca/areas-care/mental-health/adult-mental-health-outpatient-services</a>  Fill out form from the website
<b>The Access Point (The Toronto Mental Health and Addictions Access Point)</b>	<ul style="list-style-type: none"> <li>• Individual support services</li> <li>• Intensive case management</li> <li>• ACTT (Assertive community treatment teams)</li> <li>• Mental health supportive housing program</li> <li>• Problematic substance use housing program</li> <li>• Mental health and justice housing program</li> </ul>	<ul style="list-style-type: none"> <li>• Free (self-referral)</li> <li>• Needs OHIP</li> <li>• Must be 14+</li> <li>• Have mental health/addictions problems that is seriously affecting their lives</li> </ul>	English  Interpretation services available upon request	416-640-1934  info@theaccesspoint.ca  www.theaccesspoint.ca
<b>The Neighbourhood Organization (TNO)</b>	<ul style="list-style-type: none"> <li>• Case management</li> <li>• Mental health and addictions counselling</li> <li>• Group education sessions and activity programs (yoga through a trauma-informed lens)</li> </ul>	Free	English  Interpretation services available upon request	647-236-0553  wellnessprograms@tno-toronto.org  www.tno-toronto.org
<b>Toronto New Life Wellness Place (TNLWP) – MNCLT’s sister organization</b>	<ul style="list-style-type: none"> <li>• Free psychotherapy services for refugee claimants</li> <li>• Reduced-rate psychotherapy available for those with low income</li> <li>• Open to the public (may be covered under insurance plans)</li> <li>• Anger management programs</li> <li>• Virtual services available</li> </ul>	Free for refugee claimants only, no waiting list	<ul style="list-style-type: none"> <li>• English</li> <li>• Arabic</li> <li>• Bengali</li> <li>• Farsi</li> <li>• Dari</li> <li>• Korean</li> <li>• Portuguese</li> <li>• Spanish</li> <li>• Tagalog</li> </ul> Interpretation services available upon request	647-340-5433  info@newlifeplace.ca  www.newlifeplace.ca

Agency	Service Description	Fee	Languages	Contact Info
<b>Trauma Practice for Healthy Communities</b>	<ul style="list-style-type: none"> <li>• Accessible and transformative care for trauma recovery</li> <li>• Online clinician-led group programs</li> <li>• Self-directed programs and resources</li> </ul>	Free for residents of Ontario only	<ul style="list-style-type: none"> <li>• English is only available for trauma recovery and group programs</li> <li>• Italian</li> <li>• Farsi</li> <li>• German</li> </ul>	416-733-3838 programs@traumapractice.org traumapractice.org

**FREE THROUGH REFERRALS**

Agency	Service Description	Fee	Languages	Contact Info
<b>Emery Keelesdale Nurse Practitioner Clinic</b>	<ul style="list-style-type: none"> <li>• Social worker services: individual counselling, assistance with system navigation</li> </ul>	Free OSP (Ontario Structured Psychotherapy) referrals for mild/moderate depression/anxiety.  Up to 3 free sessions for non-patients.	English	647-476-1351 info@eknplc.ca eknplc.ca <a href="https://www.eknplc.ca/our-services/counselling-services/">https://www.eknplc.ca/our-services/counselling-services/</a>
<b>Sunnybrook Health Sciences Centre</b>	<ul style="list-style-type: none"> <li>• Inpatient programs</li> <li>• Outpatient programs</li> <li>• Day treatment programs for youth</li> <li>• General mental health services (psychotherapy and other supports) for ages 18-64</li> </ul>	Free referrals only (for all ages)	English	416-480-6100 Contact form is on website <a href="http://www.sunnybrook.ca">www.sunnybrook.ca</a>
<b>Unison Health and Community Services</b>	<ul style="list-style-type: none"> <li>• Case management</li> <li>• individual and family counselling</li> <li>• On-going psychotherapeutic counselling</li> <li>• Ethic-sisters virtual group program. Emotional/mental support (women of East African Heritage)</li> <li>• Labour of love. Post-natal mental support (new-mothers)</li> <li>• LGBTQ2+ Support (Free services for mental health support and counselling)</li> <li>• <b>West Reach (mental health and substance abuse counselling. Referrals must be made by physician)</b></li> </ul>	Free and referrals	English	416-787-1661 or 647-436-0385  No email available <a href="http://www.unisonhcs.org">www.unisonhcs.org</a>

## SLIDING SCALE

A flexible pricing system that adjusts the cost of a service based on a person's income or financial circumstances.

Agency	Service Description	Fee	Languages	Contact Info
<b>Bernard Betel Centre</b>	<ul style="list-style-type: none"> <li>• Mindfulness/meditation programs</li> <li>• Health promotion and wellness</li> <li>• Friendly visiting</li> </ul>	Sliding Scale	English	416-225-2112 reception@betelcentre.org www.betelcentre.org
<b>Catholic Family Services of Toronto</b>	<ul style="list-style-type: none"> <li>• Individual counselling</li> <li>• Couple counselling</li> <li>• Group counselling</li> <li>• Family counselling</li> <li>• Marriage counselling</li> <li>• Wellness programs</li> </ul>	Sliding Scale	English	416-222-0048 info@cfstoronto.com www.cfstoronto.com
<b>CMHA – Canadian Mental Health Association (Lawrence Square)</b>	<ul style="list-style-type: none"> <li>• Case management services</li> <li>• Variety of mental health supports (suicide, family, new-comers, caregivers, employers. Etc)</li> <li>• Mental health and justice program</li> </ul>	Sliding Scale  Individuals can submit a self-referral online or have a health care provider submit one on their behalf	English  Programs offered in other languages upon request	416-789-7957 info@cmha.ca www.cmha.ca
<b>Costi (North York Centre)</b>	<ul style="list-style-type: none"> <li>• Individual and family counselling</li> <li>• Mental health services and education</li> <li>• Therapeutic groups and workshops (women's depression group, men's intervention group, partner abuse)</li> </ul>	Sliding Scale	English	416-244-7714 info@costi.org www.costi.org/programs/location_details.php?location_id=55

## CULTURALLY SPECIFIC

Agency	Service Description	Fee	Languages	Contact Info
<b>Abu Huraira Centre</b>	<ul style="list-style-type: none"> <li>Individual support counselling</li> <li>Marital and family support counselling</li> <li>Weekly workshops on mental health</li> </ul>	Tailored to the Muslim community  By appointment only	English	416-752-1200  No email available  <a href="http://www.abuhuraira.org">www.abuhuraira.org</a>
<b>Afghan Women's Organization Refugee and Immigrant Services</b>	<ul style="list-style-type: none"> <li>Mental health counselling for Afghan refugees</li> <li>Culturally appropriate and linguistically appropriate mental health services</li> <li>Parent support counselling</li> <li>Visible minority women services</li> <li>Youth aggression replacement training (ART)</li> </ul>	Free  Tailored to the Afghan community	<ul style="list-style-type: none"> <li>English</li> <li>Farsi</li> <li>Dari</li> <li>Pashto</li> </ul>	Culturally sensitive: 437-233-7536  Patient support counselling: 437-522-0018  Crisis counselling: 437-533-6212  Visible minority women services: 437-488-6686  ART: 416-358-6720
<b>Caribbean African Canadian Social Services (CAFCCAN)</b>	<ul style="list-style-type: none"> <li>Mental health support</li> <li>Employment services and opportunities</li> <li>Children's services</li> <li>Youth services</li> <li>Family services</li> </ul>	Free  Tailored to the African community	English	416 – 740 – 1056  <a href="mailto:info@cafccan.org">info@cafccan.org</a>  <a href="http://www.cafccan.org">www.cafccan.org</a>
<b>Centre for Immigrant and Community Services (Newcomer Mental Health Program)</b>	<ul style="list-style-type: none"> <li>Short-term case management</li> <li>Group activities</li> <li>Community engagement</li> </ul>	Tailored to the Chinese community	<ul style="list-style-type: none"> <li>English</li> <li>Mandarin</li> <li>Cantonese</li> </ul>	416-292-7510  <a href="mailto:info@cicscanada.com">info@cicscanada.com</a>  <a href="http://www.cicscanada.com">www.cicscanada.com</a>
<b>For You Telecare Family Service (FUTFS)</b>	<ul style="list-style-type: none"> <li>Case management</li> <li>Addiction counselling</li> <li>Individual, couple, group, family counselling</li> <li>24-hour crisis intervention line</li> <li>Wellness and mental health educational workshops</li> <li>Ongoing psychotherapy counselling</li> <li>Outreach services for the isolated and underserved</li> </ul>	Tailored to the Korean community	<ul style="list-style-type: none"> <li>English</li> <li>Korean</li> </ul>	Office Line: 416-477-3535  24-hour crisis line: 416-241-5456  <a href="mailto:webmaster@futfs.org">webmaster@futfs.org</a>  <a href="http://www.futfs.org/">www.futfs.org/</a>
<b>Hong Fook Mental Health Association</b>	<ul style="list-style-type: none"> <li>Community and group programs</li> <li>Clinical services for mental health</li> <li>Mental health case management</li> <li>Mental health awareness</li> <li>Family support programs</li> <li>Psychotherapy programs</li> <li>Recovery programs</li> </ul>	Tailored to the Chinese community	<ul style="list-style-type: none"> <li>English</li> <li>Mandarin</li> </ul>	647-920-9013  Email through website  <a href="http://www.hongfook.ca">www.hongfook.ca</a>
<b>Iranian Centre of Imam Ali</b>	<ul style="list-style-type: none"> <li>Psychotherapy through a consultation with a psychologist</li> </ul>	Tailored to the Persian community	<ul style="list-style-type: none"> <li>English</li> <li>Farsi</li> </ul>	416-836-9222  <a href="mailto:imamali.toronto.it@gmail.com">imamali.toronto.it@gmail.com</a>  <a href="http://www.imamali.ca">www.imamali.ca</a>

Agency	Service Description	Fee	Languages	Contact Info
<b>Iranian Women's organization of Ontario</b>	<ul style="list-style-type: none"> <li>• 3 free mental health counselling sessions in Farsi and English</li> <li>• Individual counselling, relationship counselling</li> <li>• Anger management classes</li> <li>• Well-being webinars and group workshops</li> <li>• Mental health clinic</li> </ul>	<p>3 Free mental health counselling sessions</p> <p>Tailored to Iranian women</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Farsi</li> </ul>	<p>Mental health clinic: 416-496-9566</p> <p>info@iwontario.com</p> <p>www.iwontario.com</p>
<b>KCWA Family and Social Services</b>	<ul style="list-style-type: none"> <li>• Individual and family counselling</li> <li>• Bereavement counselling</li> </ul>	<p>Free</p> <p>Tailored to the Korean community</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Korean</li> </ul>	<p>416-340-1234 or 416-340-1527 (Veronica Chow)</p> <p>kcwa@kcwa.net</p> <p>www.kcwa.net</p>
<b>Khalil Centre</b>	<ul style="list-style-type: none"> <li>• Individual, family, marital, group counselling</li> <li>• Support groups</li> </ul>	<p>Sliding Scale</p> <p>Tailored to the Muslim community</p> <p>By appointment only</p>	<p>English</p>	<p>416-901-2244</p> <p>info@khalilcenter.com</p> <p>www.khalilcenter.com</p>
<b>Mount Sinai Hospital Community Program (Seniors Wellness Centre)</b>	<ul style="list-style-type: none"> <li>• Clinical services (psychogeriatric assessment, treatment, psycho-education, supportive counselling, outreach, shared care and referrals, skills training for family and caregivers, CARERS group for caregivers, group therapy)</li> <li>• Wellness programs (mental health education and promotion, relaxation and stress management through holistic health, traditional Chinese exercises and medicine, adjusting to positive aging)</li> </ul>	<p>Free Services &amp; Referrals for other services</p> <p>Tailored to the Chinese community</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Mandarin</li> </ul>	<p>416-291-3883</p> <p>No email available</p> <p>www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/community-support/</p>
<b>Naseeha</b>	<ul style="list-style-type: none"> <li>• Mental health counselling</li> <li>• Marriage and divorce</li> <li>• Pornography</li> <li>• Bullying</li> <li>• Relationships</li> <li>• Spirituality/religion</li> <li>• Drugs/alcoholic abuse</li> </ul>	<p>Free</p> <p>Tailored to Muslim youth but open to all Muslims and people of all backgrounds</p> <p>Naseeha means advice. It is a helpline but available in person for individuals needed. Intake form needs to be filled out</p>	<p>Web therapy program:</p> <ul style="list-style-type: none"> <li>• English</li> <li>• French</li> <li>• Urdu</li> <li>• Hindi</li> <li>• Punjabi</li> <li>• Arabic</li> <li>• Bengali</li> <li>• Somali/Shamini</li> <li>• More available upon request</li> </ul> <p>Help line:</p> <ul style="list-style-type: none"> <li>• English</li> <li>• Arabic</li> <li>• French</li> <li>• Urdu</li> <li>• Punjabi</li> <li>• Hindi</li> <li>• Turkish</li> <li>• Bengali</li> </ul>	<p>Admin Line: 1-866-627-3342</p> <p>Helpline: 905-890-2365</p> <p>info@naseeha.org</p> <p>www.naseeha.org</p>
<b>San Lorenzo Latin American Community Centre</b>	<ul style="list-style-type: none"> <li>• Drug and substance abuse counselling</li> <li>• individual, group and family counselling</li> <li>• Case management</li> </ul>	<p>Tailored to the Spanish-speaking community</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Spanish</li> </ul>	<p>416-785-8729</p> <p>Fill form on website</p> <p>www.sanlorenzo.ca</p>

Agency	Service Description	Fee	Languages	Contact Info
<p><b>Sinai Health System: Assertive Community Treatment Team (ACTT)</b></p>	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Case management</li> <li>• Support with medication management</li> <li>• Assistance with activities of daily living</li> <li>• Advocacy and help with accessing community services</li> <li>• Psycho-educational and support groups</li> </ul>	<p>Referrals needed through access point</p> <p>Primarily tailored to the Asian and South East Asian communities</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Mandarin</li> <li>• Cantonese</li> <li>• Korean</li> <li>• Vietnamese</li> <li>• Tamil</li> </ul>	<p>416-586-9900</p> <p>No email available</p> <p><a href="http://www.mountsinai.on.ca/care/psych/community-based-programs">www.mountsinai.on.ca/care/psych/community-based-programs</a></p>
<p><b>Sinai Health System: Mental Health Court Support Program</b></p>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Consultation and advice for Old City Hall Mental Health Court</li> <li>• Brief service and case management support</li> <li>• Court diversion, as appropriate</li> <li>• Education and advocacy</li> </ul>	<p>Referral needed (phone call)</p> <p>Tailored to adults with an ethno-racial background with mental health difficulties and involved in the criminal justice system as a result of their mental illness</p> <p>18-65 years of age</p>	<ul style="list-style-type: none"> <li>• English</li> </ul>	<p>416-586-9900</p> <p>no email available</p> <p><a href="http://www.mountsinai.on.ca/care/psych/community-based-programs">www.mountsinai.on.ca/care/psych/community-based-programs</a></p>
<p><b>Ukrainian Canadian Social Services</b></p>	<ul style="list-style-type: none"> <li>• Supportive counselling (individual, family, health, marital, new-comer adjustments)</li> <li>• Friendly visiting services</li> </ul>	<p>Tailored to the Ukrainian community</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Ukrainian</li> </ul>	<p>416-763-4982</p> <p><a href="mailto:info@ucsst.ca">info@ucsst.ca</a></p> <p><a href="http://tor.ucsst.info/">http://tor.ucsst.info/</a></p>



## YOUTH SERVICES

Agency	Service Description	Fee	Languages	Contact Info
<b>CAMH SAPACCY (Substance Use Program for African-Canadian Caribbean Youth)</b>	<ul style="list-style-type: none"> <li>• Services for African and Caribbean youth and their families – who are struggling with substance use and mental health concerns</li> <li>• Assessment services</li> <li>• Individual treatment</li> <li>• Group treatment</li> <li>• Counselling services</li> </ul>	<p>Tailored to the African Caribbean community under 25 years old</p> <p>Self-referrals &amp; physicians/professionals referrals accepted</p>	<p>English</p>	<p>416 535-8501, press 2</p> <p>No email address available</p> <p><a href="http://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth">www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth</a></p>
<b>Denise House  DYS – Denise Youth Services (Mount Pleasant Location)</b>	<ul style="list-style-type: none"> <li>• Wide range of mental health services</li> <li>• Residential services for women and children/youth with complex special needs</li> <li>• Education sessions, support, counselling and therapy</li> </ul>	<p>Free for ages 13-21</p>	<p>English</p>	<p>416-481-0081</p> <p><a href="mailto:info@thedenisehouse.com">info@thedenisehouse.com</a></p> <p><a href="http://www.thedenisehouse.com">www.thedenisehouse.com</a></p>
<b>Eva's Place</b>	<ul style="list-style-type: none"> <li>• Emergency and homeless shelter for youth ages 16-24</li> <li>• Harm reduction</li> <li>• Mental health services that are online/virtual with a psychologist</li> </ul>	<p>Free for those at the shelter only</p>	<p>English</p>	<p>416-977-4497</p> <p><a href="mailto:info@evas.ca">info@evas.ca</a></p> <p><a href="http://www.evas.ca">www.evas.ca</a></p>
<b>Lumenus</b>	<ul style="list-style-type: none"> <li>• School focused mental health counselling for ages 12-18 (must be referred by a school board social worker under the TDSB/TDCSB)</li> <li>• Youth mental health court services ages 12-28 (access through self-referral)</li> <li>• Court services: development of service plans, identify mental health challenges</li> </ul>	<p>Free</p> <p>Referrals needed for certain services</p>	<p>English</p>	<p>416-495-8832</p> <p><a href="mailto:info@lumenus.ca">info@lumenus.ca</a></p> <p><a href="http://www.lumenus.ca/contact/">www.lumenus.ca/contact/</a></p>
<b>Ragesh Family and Child Services</b>	<ul style="list-style-type: none"> <li>• Family support therapy</li> <li>• Anger management</li> <li>• Child and adolescent therapy (ages 3-16) through CBT/TF-CBT focusing on a wide range of mental health concerns</li> </ul>	<p>Sliding Scale</p>	<p>English</p>	<p>416-495-8832</p> <p><a href="mailto:info@regesh.com">info@regesh.com</a></p> <p><a href="http://www.wregesh.com">www.wregesh.com</a></p>

## CRISIS SUPPORT SERVICES

### CRISIS LINE

### PHONE NUMBER

Assaulted Women's Help Line

416-863-0511

CONNEX

1-866-531-2600

Gerstein Centre Crisis Line

416-929-5200

Good2Talk

1-866-925-5454

Kids Help Phone

1-800-668-6868

LGBT Youth-line

1-800-268-9688

Toronto Distress Centre

416-408-4357(HELP) or text: 45645

Toronto Seniors Help Line

416-217-2077

Warm Line, Progress Place

416-960-9276

211 Ontario

211

## SUPERVISED CONSUMPTION SITES IN TORONTO

### SITE NAME

### ADDRESS

### PHONE NUMBER

Fred Victor

139 Jarvis St.

416-644-3081

Moss Park Overdose Prevention Site

134 Sherbourne St.

odpreventionsite@gmail.com

Parkdale Queen West Community Health Centre

168 Bathurst St.

416-703-8482

Parkdale Queen West Community Health Centre

1229 Queen St. W

416-537-2455

Regent Park Community Health Centre

456 Dundas St. E

416-203-4506

South Riverdale Community Health Centre

955 Queen St. E

416-461-1925

St. Stephen's Community House

260 Augusta St.

416-925-2103

Street Health

338 Dundas St. E

416-921-8668

The Works (Toronto Public Health)

277 Victoria St.

416-338-7600

## BLOGS

## NEWSLETTERS

### NORTH YORK COMMUNITY CLUSTER MENTAL HEALTH AND WELL-BEING RESOURCES NEWSLETTERS 2023

[JANUARY 2023](#)

[FEBRUARY 2023](#)

[MARCH 2023](#)

[APRIL 2023](#)

[MAY 2023](#)

## CREDITS

Original Compiled and prepared by Oksana Babii from the Unison Community Centre in relation to North York Cluster's Equity Action Plan (June 2022)

Updated by Volunteers from Toronto North Local Immigration Partnership Mental Health Task Group (May 2023)

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