



Toronto Services for Women

with Postpartum Depression and Anxiety

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Help Lines

Distress Line

 (416) 408-HELP (4357)
24 hours a day, 7 days a week

 www.torontodistresscentre.com

Provide confidential 24 hour emotional support, crisis intervention and suicide prevention to persons in distress. There is access to confidential interpreter for 151 languages.

The Mental Health Helpline

 1-866-531-2600
24 hours a day, 7 days a week

 www.mentalhealthhelpline.ca

Provide information about mental health services in Ontario such as counselling and community services. Translation services available. Services are free, confidential and anonymous.

Mobile Crisis

Gerstein Crisis Centre

100 Charles St. East
Toronto, ON M4Y 1V3
Major Intersection: Bloor St. E. / Jarvis St.

 (416) 929-5200 (**crisis line**)
(416) 929-9897 (**referral**)

 www.gersteincentre.org

Catchment:
City of Toronto Residents

Eligibility:
Within catchment

Accessibility:

Who offers services?
• Community Crisis worker

Who can make a referral
• Self

What do these services include:

- 24 hr Crisis Telephone Line
- 24 hr Mobile Crisis Service
- Short Stay Crisis Beds - Contact Gerstein on Bloor, 1045 Bloor St. West, (416) 604-2337
- Waitlist – none
- Interpretation: Through translation agencies
- Hours of service:
24-hr



Mobile Crisis

Mobile Crisis Intervention Team (MCIT)

 (416) 808-2222 or 911

 No e-mail access

Catchment:

12 Divisions across Toronto

Eligibility:

Anyone in the catchment areas who is in crisis, requires police support, and would benefit from presence of a mental health professional.

Accessibility:

Who offers services?

- This service can only be accessed with the police
- Each team consists of a specially trained police officer and a mental health nurse

Who can make a referral

- Anyone (family, worker, self)

What do these services include:

- Mental health assessment in the community
- Crisis intervention on scene
- Offering community resources as needed
- Brief follow-up visit by phone or on site, if needed
- Transport to hospital for those at risk and support through the triage process
- Waitlist – none
- Interpretation – when required through TPS

Scarborough Regional Mobile Crisis Program

Birchmount Campus
3030 Birchmount Road
Scarborough, ON M1P 2V5

 (416) 495-2400
(416) 495-2891 (Telephone crisis response)

 www.tsh.to/areas-of-care/mental-health/Regional-Crisis-Programs.

Catchment:

Scarborough and East York

Eligibility:

Live in catchment area

Accessibility:

Who offers services?

- Police officer
- Collaborative partnership between Toronto Scarborough Hospital and Toronto Police Service
- Registered Practical Nurse

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Assessment and intervention on the telephone or in home
- Crisis management
- Waitlist - no
- Hours of service:
24-hr telephone Crisis Line
16-hr Mobile Team



Mobile Crisis

St. Elizabeth Community Crisis Response Program

 (416) 498-0043

 www.saintelizabeth.com

Catchment:
North York and Etobicoke

Eligibility:
Residents of North York and Etobicoke

Accessibility:

Who offers services?

- Mental Health Community Crisis workers

Who can make a referral

- Public health nurse (may be asked to stay for a mobile visit)
- Self

What do these services include:

- Individual – Telephone, in home or elsewhere in the community
- Crisis management
- Referrals for ongoing support
- Waitlist – none
- Interpretation services available
- Hours of service:
24 hr Telephone Crisis Line, 7 days a week

Hospitals

Centre for Addiction and Mental Health (CAMH)

250 College St.
9th Floor

Toronto ON M5T 1R8

Major Intersection: College St. / Spadina Ave.

 (416) 535-8501 Ext. 34702 (main)
(416) 260-4208 (intake fax line)

 www.camh.net

Mental health services include assessment, brief interventions, inpatient/ residential programs, continuing care, outpatient/ambulatory services, and family support. There are 10 major clinical care programs at CAMH – one of them focuses on mood and anxiety.

PMD Services: Women experiencing PPD or anxiety disorders could be seen in the Mood and Anxiety Program which provides inpatient and outpatient services to clients with major depression, bipolar disorder, anxiety disorders and obsessive-compulsive disorders. Treatment includes psychiatric consultation, pharmacotherapy recommendations and cognitive behavioural therapy.

Catchment:
Open

Cultural/Language Services:
English

Who can make a referral?

- Family doctor or Psychiatrist needs to fill out referral and fax to intake line. Referral forms can be downloaded from their website.



Hospitals

Humber River Regional Hospital – Keele Site

2175 Keele St.

Toronto, ON M6M 3Z4

Major Intersection: Finch Ave. W. / Hwy 400

 (416) 249-8111 (main)

(416) 249-8111 (Keele Mental Health Program)

 www.hrrh.on.ca

Mental health services include crisis and inpatient services to children, adolescents and adults, adult outpatient services and Cognitive Behavioural Therapy groups. If a client is in an Emergency situation, they are to access the hospital through the Emergency department

PMD Services: Services can be accessed through the Keele Mental Health Program or through the Emergency Department.

Catchment:

Open

Cultural/Language Services:

English

Humber River Regional Hospital – Church Site

200 Church St.

Weston, ON M9N 1N8

Major Intersection: Hwy 400 / 401 / Jane St.

 (416) 249-8111

 www.hrrh.on.ca

Mental health services are not offered at this site. A Crisis team is available in the Emergency Department at this site.

PMD Services: Not Available

Catchment:

Open

Cultural/Language Services:

English

Humber River Regional Hospital – Finch Site

2111 Finch Ave. West

Downsview, ON M3N 1N1

Major Intersection: Finch Ave. W. / Hwy 400

 (416) 744-2500

 www.hrrh.on.ca

Mental health services are not offered at this site. If a client is in an Emergency situation, they are to access the hospital through the Emergency departments at Keele or Church sites.

PMD Services: Not Available

Catchment:

Open

Cultural/Language Services:

English



Hospitals

Mount Sinai Hospital

600 University Ave.

Toronto ON M5G 1X5

Major Intersection: University Ave. / College St.

 (416) 586-4800

 www.mountsinai.on.ca
www.mgoldband@mt.sinai.on.ca

Mental health services include clinical care, consultation, crisis and emergency services and treatment in inpatient, ambulatory and community settings.

PMD Services:

Perinatal Mental Health Program - (416) 586-4800 ext. 5461

The Perinatal Mental Health Program sees women at risk of mental health problems or with active mental health concerns that are planning to get pregnant, are pregnant, or are within one year postpartum. Treatment includes medication, individual psychotherapy and group therapy.

Support Groups:

Late Loss Bereavement Support Group: group for women who have experienced a recent spontaneous late pregnancy loss or neonatal death. No catchment, no physician referral needed.

Postpartum Support Group: group for women who are at risk for or currently suffering from postpartum anxiety and/or depression, following delivery and up to one year postpartum.

Catchment:

Priority to those who deliver at MSH but will take other clients

Cultural/Language Services:

English

Who can make a referral?

- Physician (a referral form can be downloaded from their website. PHN's may initiate a referral but a physician needs to sign it)
- Groups – anyone can refer

North York General Hospital

4001 Leslie St.

Toronto ON M2K 1E1

Major Intersection: Leslie St. / Sheppard Ave. E.

 (416) 756-6000

(416) 756-6671 (Fax)

(416) 756-6642 (Mental Health Services)

 www.nygh.on.ca

Mental health services include in-patient, day hospital, out-patient, emergency and crisis intervention, child and adolescent mental health and women's clinic.

PMD Services: Women with PMD will be seen by a psychiatrist at the Branson Site or women in crisis can access service through the emergency department or by calling Mental Health Services. There is no wait list.

Catchment:

Dufferin St. / Victoria Park Ave. / Steeles Ave. E. / Eglinton Ave. E.

Cultural/Language Services:

English

Who can make a referral?

- Physician (if outside the catchment area, a referral from an in-house physician is required)



Hospitals

North York General Hospital – Branson Site

555 Finch Ave. West
Toronto ON M2R 1N5

Major Intersection: Finch Ave. W. / Bathurst St.

☎ (416) 633-9420

(416) 756-6642 (Mental Health Services)

🌐 www.nygh.on.ca

Mental health services include addiction programs, Mental Health Clinic, outpatient groups, Assertive Community Treatment Team (ACTT), Child and Adolescent Outpatient Mental Health and day treatment programs.

PMD Services: Women with PMD will be seen by a psychiatrist at the Branson Site or women in crisis can access service through the emergency department. There is no wait list.

Catchment:

Dufferin St. / Victoria Park Ave. / Steeles Ave. E. / Eglinton Ave. E.

Cultural/Language Services:

English

Who can make a referral?

- Physician (if outside the catchment area, a referral from an in-house physician is required)

Rouge Valley Health System Centenary and Ajax and Pickering Sites

Centenary Site:

2867 Ellesmere Rd.
Scarborough, ON M1E 4B9

Major Intersection: Neilson Rd. / Ellesmere Rd.

☎ (416) 284-8131 Ext. 4209

🌐 www.rougevalley.ca

Ajax and Pickering Site:

580 Harwood Ave. S.
Ajax, ON L1S 2J4

Major Intersection: Bayly St. /Harwood Ave.

☎ (905) 683-2320

Mental health services include in-patient, day hospital, out-patient, emergency and crisis intervention, psychiatric intensive care unit, mood disorders clinic and child and adolescent mental health. The Ajax/Pickering site also has an Assertive Community Treatment Team (ACTT).

PMD Services: Women with PMD will be seen at both sites either through emergency or by referral from a physician.

Catchment:

Scarborough residents (some exceptions), Ajax and Pickering residents

Cultural/Language Services:

English, Tamil, Arabic

Who can make a referral?

- Physician (if outside the catchment area, a referral from an in-house physician is required)



Hospitals

St. Joseph's Health Centre

30 The Queensway
5th Floor, Unit 5M5G
Toronto, ON M6R 1B5

Major Intersection: Roncesvalles Ave. / Queensway

 (416) 530-6000

(416) 530-6860 (The Toronto Centre for Substance Use in Pregnancy)

 www.stjoe.on.ca

Mental Health Services include a mobile Crisis Team, 34 bed inpatient Mental Health Unit, Withdrawal Management Services, Child and Adolescent Mental Health Programs, Community Mental Health Programs and the Toronto Centre for Substance Use in Pregnancy.

PMD Services:

Women's Connection Program

Parkdale CHC, 27 Roncesvalles Ave., Suite 301 & 503

 (416) 537-8222

Individual and group counselling for women dealing with pre and postpartum mood disorders, parenting issues, relationship violence, childhood and adult trauma and newcomer settlement issues.

Post Partum Depression Program: a weekly support group, individual counselling, couple intervention, information and education. A doctor's referral is not needed.

Catchment:

Postal codes beginning with M6, M8, M9

Who can make a referral?

- Physician
- Self
- Public Health Nurse

Cultural/Language Services:

Counselling services available in English, Polish, Spanish and Tamil.

St. Michael's Hospital

30 Bond St.
Toronto ON M5B 1W8

Major Intersection: Queen St. E. / Yonge St.

 (416) 360-4000

(416) 864-5120 (Mental Health Assessment Clinic)

 www.stmichaelshospital.com

Mental health services include emergency and crisis intervention, a crisis stabilization unit, and assessment, treatment, rehabilitation, linkage to community agencies and support to individuals with mental illness in the out-patient mental health assessment clinic.

PMD Services: Women experiencing PMD would be seen in the Mental Health Assessment Clinic. There is a wait list but priority can be given to women who need to be seen quickly. Women in crisis can access service through the Emergency Department.

Catchment:

East of Yonge / West of Victoria Park / South of Bloor St. / Danforth Ave. / North of Lakeshore Blvd.

Cultural/Language Services:

English

Who can make a referral?

- Physician



Hospitals

Sunnybrook Health Sciences Centre

2075 Bayview Ave
Toronto ON M4N 3M5

Major Intersection: Bayview Ave. / Eglinton Ave. E.

 (416) 480-6100

 www.sunnybrook.ca

Mental health services include outpatient and inpatient care.

PMD services:

Women's Mood and Anxiety Clinic: Reproductive Transitions

416-480-5677

416-480-5318 (fax)

This clinic specializes in mood and anxiety disorders that women experience across the lifespan. Assessment, consultation and short-term treatment are provided.

Catchment:

Open

Cultural/Language

Services:

English

Who can make a referral?

- Physician
- Midwife

(A referral form can be downloaded from the website

http://sunnybrook.ca/uploads/Womens_Mental_Health_Program_Referral_From_-_121025.pdf)

The Scarborough Hospital – Birchmount Campus

3030 Birchmount Rd.
Toronto, ON M1W 3W3

Major Intersection: Birchmount Rd. / Finch Ave. E.

 (416) 495-2400

(416) 431-8135 (Community Mental Health Outpatient Program)

 www.tsh.to

Mental Health Services include in-patient, emergency, crisis intervention and out-patient services. As TSH is the designated Regional Crisis Program for Scarborough, they have an on-site crisis worker available 24 hours a day, 7 days a week to see individuals who come into the Emergency Department.

Community Mental Health Outpatient Program

1225 Kennedy Rd., Unit J

TSH's Mental Health Outpatient Clinic is designed to help people in the community who are experiencing emotional distress associated with major psychiatric disorders. A referral from a doctor is required.

PMD Services: Women with PMD can be seen in the Mental Health Outpatient Clinic. Women with PPD are not usually waitlisted. Women in crisis can access services through the Emergency Department.

Catchment:

Scarborough: Victoria Park / Steeles Ave./
Markham Rd. / Lake Ontario

Cultural/Language Services:

English

Who can make a referral?

- Physician



Hospitals

The Scarborough Hospital – General Campus

3050 Lawrence Ave. East

Toronto ON M1P 2V5

Major Intersection: Lawrence Ave. E. / McCowan Rd.

 (416) 438-2911

(416) 431-8135 (Community Mental Health Outpatient Program)

 www.tsh.to

Mental Health Services include in-patient, emergency, crisis intervention and out-patient services. A crisis program is offered at the Birchmount site.

Community Mental Health Outpatient Program

2425 Eglinton Ave. East. Suite 301

TSH's Mental Health Outpatient Clinic is designed to help people in the community who are experiencing emotional distress associated with major psychiatric disorders. A referral from a doctor is required.

PMD Services: Women with PMD can be seen in the Mental Health Outpatient Clinic. A referral from a doctor is needed. Women with PPD are not usually waitlisted. Women in crisis can access services through the Emergency Department at the Birchmount site.

Catchment:

Scarborough area: Victoria Park Ave. /
Steeles Ave./ Markham Rd. / Lake Ontario

Cultural/Language Services:

English, Tamil, Cantonese, Mandarin,
Vietnamese, Punjabi, Hindi

Who can make a referral?

- Physician

Toronto East General Hospital

825 Coxwell Ave.

Toronto, ON M4C 3E7

Major Intersection: Coxwell Ave. / Mortimer Ave.

 (416) 461-8272

(416) 469-6310 (Intake)

 www.tegh.on.ca

Mental health services include individual counselling/psychotherapy, medication monitoring, community linkage and discharge-planning. There is a crisis intervention unit in the ER from 9:00am to 11:00pm and a psychiatrist is on call 24 hours/day.

PMD Services:

East Toronto Postpartum Adjustment Program (ETPAP)

955 Queen St. E., (416) 469-7608

ETPAP is a community-based collaboration involving South Riverdale Community Health Centre, Toronto East General Hospital, Toronto Public Health and Alternatives East York Mental Health Agency. The program is for women who are experiencing postpartum adjustment difficulties. There is a weekly support group operating at the South Riverdale Community Health Centre as well as short term individual counselling and referrals from a PHN or Social Worker. Childcare, TTC and snacks are provided to program participants.

Catchment:

East of Yonge St. / South of Steeles Ave. / Scarborough East border /
Lake Ontario

Cultural/Language Services:

English

Who can make a referral?

- Physician
- Self
- Public Health Nurse



Hospitals

University Health Network – Toronto General Hospital

200 Elizabeth St.

Toronto, ON M5G 2C4

Major Intersection: University Ave. / College St.

 (416) 340-4800

(416) 340-4462 (Women’s Mental Health Program)

(416) 603-5751 (Urgent Care Clinic)

 www.uhn.ca

Mental Health Services include emergency and crisis intervention and out-patient services.

PMD Services:

Women’s Mental Health Program

The Women's Mental Health program provides assessment, consultation, treatment and short term therapy for women's mental health concerns that are associated with all aspects of the reproductive cycle (pregnancy, infertility, postpartum disorders, premenstrual disorders and menopause).

Catchment:

Open

Cultural/Language Services:

English

Who can make a referral?

- Physician
- Clients may access service through the ER

University Health Network – Toronto Western Hospital

399 Bathurst St.

Toronto ON M5T 2S8

Major Intersection: Bathurst St. / Dundas St. W.

 (416) 603-5800

(416) 603-5809 (Urgent Care Clinic)

(416) 603-5747 (Community Mental Health Clinic)

 www.uhn.ca

Urgent Care Clinic: provides services to those who are not in need of immediate hospitalization or emergency department assessment, but are unable to wait weeks for an outpatient assessment. Referrals are accepted from a physician or from the Emergency department.

Community Mental Health Clinic: provides mental health services including individual and group therapy in English, Spanish and Italian. A doctor's referral is needed. Referral forms available online.

Psychiatric Emergency Services Unit: located within the Toronto Western Hospital’s Emergency Department. Services provided 24 hours, 7 days-a-week, for most psychiatric emergencies.

Catchment:

Open for ER

Clinics: Parkside Dr. /Yonge St. /Lake Ontario/Eglinton Ave.

Cultural/Language Services:

English, Portuguese, Chinese, Italian and Spanish

Who can make a referral?

- Physician
- Clients may access service through the ER



Hospitals

William Osler – Etobicoke General Site

101 Humber College Blvd.

Etobicoke, ON M9V 1R8

Major Intersection: Humber College Blvd. / Hwy 27

 (416) 747-3400 Ext. 32362 (Centralized Intake and Triage (CIT))

 www.williamoslerhc.on.ca

Mental Health Services include emergency, crisis intervention, in-patient and out-patient services. **Mobile Crisis** (416) 498-0043– Residents of EGH service area

PMD Services: Women with PPD can be seen in the Outpatient Mental Health Department or access services through Emergency.

Day treatment: (416) 494-2121 Ext. 32156

Catchment:

Open

Cultural/Language Services:

Interpretation services available

Who can make a referral?

- Physician
- Psychiatrists
- Clients may access service through the ER

Women’s College Hospital

76 Grenville St.

Toronto ON M5S 1B2

Major Intersection: College St. / Bay St.

 (416) 323-6400

Ext 5635 (Reproductive Life Stages Program)

 www.womenscollegehospital.ca

www.womenshealthmatters.ca/mothermatters

Mental Health Services include emergency and crisis intervention and out-patient services.

PMD Services: For women at risk for PMD and anxiety.

Reproductive Life Stages Program

This specialized Women’s Mental Health Program provides assessment and short-term treatment for women experiencing mood and anxiety disorders related to menstrual cycle, pregnancy, postpartum and menopause. This program offers education, short-term psychotherapy, group and couple therapy and medication.

Group therapy includes:

- **Symptom Management Group:** a program to increase awareness of depression and anxiety symptoms and to develop the capacity to manage these symptoms using a variety of strategies. Babies under 12 months are welcome.
- **Postpartum Support Group:** a program to support challenges associated with the transition to motherhood. Babies under 12 months are welcome.
- **Parenting Group:** a program for women with babies aged 5 – 12 months which focuses on encouraging and developing the relationship between mother and baby while improving symptoms of anxiety and depression. Babies must attend.
- **Mother Matters:** a 10 week on-line support group for mothers with infants between 0 – 12 months who have access to a computer and proficiency navigating the web. See the web site.

Catchment:

Open

Cultural/Language Services:

English

Who can make a referral?

- Physician
- Midwife (A referral form can be downloaded from their website)



Community Health Centre – No boundary restrictions

Access Alliance Multicultural Health and Community Services

3079 Danforth Ave.
Toronto, ON M1L 1A8

Major Intersection:

Victoria Park Ave. / Danforth Ave.

☎(416) 693-8677

🌐 www.accessalliance.ca

Catchment:

City wide

Who offers services?

- Social Worker
- Counsellor Therapist
- Psychiatrist – once a week
- Settlement Services
- Nurse practitioner
- Dietitian

Who can make a referral

- Public health nurse
- Self

340 College St. Suite 500
Toronto, ON M5T 3A9

Major Intersection:

College St. / Spadina Ave.

☎(416) 324-8677

Eligibility:

Newcomers, Immigrants

What do these services include:

- Individual
- Couple
- Family
- Waitlist
- Interpretation services available

761 Jane St., 2nd Floor
Toronto, ON M6N 4B4

Major Intersection:

Jane St. / St. Clair Ave. W.

☎(416) 760-8677

Accessibility:

Wheelchair accessible building

Anishnawbe Health Toronto

179 Gerrard St. East
Toronto, ON M5A 2E5

Major Intersection:

Gerrard St. E. / Jarvis St.

☎(416) 920-2605

🌐 www.aht.ca

Catchment:

Open

Who offers services?

- Social Worker
- Mental Health and Addiction workers
- Psychologist – Part time
- Psychiatrist – 4 days/week
- Traditional healers
- Nurse practitioner
- Physician
- Mental Health Crisis Line – (416)891-8606 (24 hr)

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

225 Queen St. East
Toronto, ON M5A 1S4

Major Intersection:

Queen St. E. / Sherbourne St.

☎(416) 360-0486

Eligibility:

Aboriginal people

22 Vaughan Rd.
Toronto, ON M6G 2N1

Major Intersection:

Vaughan Rd. / Bathurst St.

☎(416) 657-0379

Accessibility:

Wheelchair accessible building

What do these services include:

- Individual – counselling
- Couple
- Family
- Case management
- Groups – Community Mental Health Nurse
- Waitlist



Community Health Centre – No boundary restrictions

Anne Johnston Health Station

2398 Yonge St.

Toronto, ON M4P 2H4

Major Intersection: Yonge St. / Eglinton Ave.

☎ (416) 486-8666

(416) 486-6759 (TTY)

🌐 www.ajhs.ca

Catchment:

Bloor St. / Hwy 401 / Bathurst St. / Bayview Ave. / GTA – for people with disability

Eligibility:

Youth 13-29 years and seniors with physical disabilities

Accessibility:

Wheelchair accessible building

Who offers services?

- Physicians
- Nurses
- Nurse practitioner
- Psychiatrist
- Counsellors, Social Workers, Occupational Therapist
- Health Promoters, Peer support workers
- Dietitian

What do these services include:

- Individual (Counselling for people with physical disabilities)
- Groups – Mothering
- Waitlist – Program dependent
- Interpretation services available

Who can make a referral

- Self-referral
- Service providers

Centre Francophone de Toronto

A. (Temporary Location)

790 Bay St

Suite 820

Toronto, ON M5G 1K3

(New Location – Jan. 2015)

303 Richmond St. Unit 308

☎ (416) 922-2672

Major Intersection:

Queen St. / Yonge St.

B. 5 Fairview Mall Dr Unit 280

Toronto, ON M2J 2Z1

☎ (416) 492-2672

Major Intersection:

Don Mills Rd. / Sheppard Ave. E.

C. 20 Lower Spadina Rd.

Toronto, ON M5V 2Z1

☎ (416) 203-1220

Major Intersection:

Spadina Ave. / Lakeshore Blvd.

🌐 www.centrefranco.org

Catchments:

Open

Eligibility:

French speaking people living in Toronto

Accessibility:

Wheelchair accessible

Who offers services?

- Mental Health counsellors
- Infant mental health counsellor
- Community health worker
- Therapist

What do these services include:

- Individual
- Couple
- Family
- Groups

Who can make a referral

- Public health nurse
- Self



Community Health Centre – No boundary restrictions

Evergreen Health Centre

381 Yonge St.

Toronto, ON M5B 1S6

Major Intersection: Yonge St. / Gerrard St. E.

 (416) 977-7259

 www.ysm.on.ca

Catchments:

Open

Eligibility:

Clients up to 24 years of age

Accessibility:

Not accessible

Who offers services?

- Psychiatrist – every Thursday
- Counsellor

What do these services include:

- Individual

Who can make a referral

- Public health nurse
- Self

Women's Health in Women's Hands

2 Carlton St. Suite 500

Toronto, ON M5B 1J3

Major Intersection: Yonge St. / Carlton St.

 (416) 593-7655

 www.whiwh.com

Catchment:

Open

Eligibility in the GTA:

Black women and women of colour from Africa, Caribbean, South Asian and Latin America in the GTA

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Mental Health Therapist
- Physicians
- Nurse practitioners, Registered nurses
- Community health workers
- Counsellors
- Health promoters
- Dietitians

What do these services include:

- Individual
- Groups
- Waitlist
- Interpretation services available

Who can make a referral

- Self

Community Health Centre – West of Yonge

Black Creek Community Health Centre

2202 Jane St., Unit 5
Toronto, ON M3M 1A4

Major Intersection: Jane St. / Wilson Ave.

 (416) 249-8000

 www.bcchc.com

Catchment:

Keele St. / Steeles Ave. W. / Humber
River / Wilson Ave.

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Therapist
- Nurse Practitioner
- Family doctors

What do these services include:

- Individual
- Groups – Maternal support groups
- Waitlist
- Interpretation services available

Who can make a referral

- Public health nurse
- Self

Davenport Perth Neighbourhood Centre

1900 Davenport Rd.
Toronto, ON M6N 1B7

Major Intersection: Caledonia Park Rd. / Davenport Rd.

 (416) 658-6812

 www.dpnc.ca

Catchment:

Rogers Rd. / Ossington Ave. / Bloor
St. / Railway at Old Weston Rd.

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Counsellor/Therapists
- Psychiatrist – Client must have a General Practitioner at Davenport-Perth

What do these services include:

- Individual
- Couple (limited)
- Family (limited)
- Groups
- Waitlist

Who can make a referral

- Public health nurse
- Self



Community Health Centre – West of Yonge

Four Villages Community Health Centre

1700 Bloor St. West
Toronto, ON M6P 4C3

Major Intersection: Bloor St. W. / Keele St.

 (416) 604-0640

 www.4villageschc.ca

3446 Dundas St. West,
Toronto, ON M6S 2S1

Major Intersection: Dundas St. W. / Jane St.

 (416) 604-0640

Catchment:

St. Claire Ave. W. / Lake Ontario /
Roncesvalles Ave. / Humber River

Eligibility:

Registered clinical clients

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychiatrist once a month (client must have a General Practitioner at the Community Health Centre to see the psychiatrist)

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Family
- Groups
- Interpretation services available

LAMP Community Health Centre

185 Fifth St.
Toronto, ON M8V 2Z5

Major Intersection: Islington Ave. / Lake Shore Blvd. W.

 (416) 252-6471

 www.lampchc.org

Catchment:

Etobicoke / South of Queensway

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker works with high risk families with children 0-6 years. Would refer to CAMH if necessary
- Nurse practitioners
- Family doctors

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Family
- Case management
- Groups
- Home visiting
- Interpretation services available



Community Health Centre – West of Yonge

Parkdale Community Health Centre

1229 Queen St. West
Toronto, ON M6K 1L2

Major Intersection: Queen St. W. / Dufferin St.

☎ (416) 537-2455

Satellite Office (Women’s Connection Program)

27 Roncesvalles Ave., Suite 301, Toronto, ON, M6R 3B2

Major Intersection: Roncesvalles Ave / Queen St. W.

☎ (416) 537-8222

🌐 www.pchc.on.ca

Catchment:

Bloor St. W. / Lake Shore Blvd. /
Dovercourt Rd. / Parkside Dr.

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Clinical counsellor
- Psychiatrist

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Family
- Groups – PMD support group at Women’s Connection Program
- Case management
- Interpretation services available

Queen West Community Health Centre

168 Bathurst St.
Toronto, ON M5V 2R4

Major Intersection: Bathurst St. / Queen St. W.

☎ (416) 703-8480 – Health Services

(416) 703-8482 Ext. 400 – Counselling Services

🌐 www.ctchc.com

Catchment:

College St. / Lake Ontario /
University Ave. / Dovercourt Rd

Eligibility:

Registered clinical clients

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychiatrist

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Groups
- Waitlist
- Interpretation services available



Community Health Centre – West of Yonge

Rexdale Community Health Centre

8 Taber Rd.

Toronto, ON M9W 3A4

Major Intersection: Kipling/Finch

 (416) 744-0066

(416) 744-6312

Jamestown Hub

21 Panorama Court, Unit 3

Major Intersection: Kipling/Finch

 (647) 288-0282

 www.rexdalechc.com

Catchment:

Hwy 427 / Steeles Ave. / Humber River / Dixon Rd.

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Physicians
- Nurse practitioners – run Well Women clinics
- Dietitians
- Mental health nurse

What do these services include:

- Individual
- Group
- Well Women's Clinic
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

Stonegate Community Health Centre

150 Berry Rd.

Toronto, ON M8Y 4H6

Major Intersection: Royal York Rd. / Queensway

 (416) 231-7070 Ext. 282 – Women's Programs

 www.stonegatechc.org

Catchment:

Bloor St. W. / QEW / Royal York Rd. / Humber River

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Physician
- Nurse practitioner
- Dietitian

What do these services include:

- Individual (mental health counselling)
- Family
- Groups – Women's Program – offers referral and advocacy (child care and TTC tickets available)
- Waitlist
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self



Community Health Centre – West of Yonge

Unison Health and Community Services

12 Flemington Rd.
Toronto, ON M6A 2N4
Major Intersection:
Lawrence Ave. W/Allen Rd.

1541 Jane St.
Toronto, ON M9N 2R3
Major Intersection:
Jane St. /Trethawey

1651 Keele St.
Toronto, ON M6M 3W2
Major Intersection:
Keele St. / Rogers Rd.

 (416) 787-1661
(416) 645-7575
(416) 653-5400

 www.unisonhcs.org

Catchment:
Wilson Ave. / Eglinton Ave.
W/Bathurst St. /Keele St.
St. Clair /401/
Humber River /Keele St.

Eligibility:
Registered clients as well as clients
with own family physician

Accessibility:
Wheelchair accessible building

Who offers services?

- Social Worker
- Counsellors
- Physicians

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Family
- Case management
- Waitlist – short if referred by own family physician
- Interpretation services available



Community Health Centre – East of Yonge

Community Volunteer Clinic for the Medically Uninsured

1125 Markham Rd.
Toronto, ON M1H 2Y5

Major Intersection: Markham Rd. / Ellesmere Rd.

 (416) 264-4446



Catchment:
Scarborough residents

Eligibility:
No Health Card (no service to
tourists/visitors)

Accessibility:
Wheelchair accessible building

Who offers services?

- Family physician
- Paediatricians

What do these services include:

- Individual
- Interpretation services available

Who can make a referral

- Public health nurse
- Self

East End Community Health Centre

1619 Queen St. East
Toronto, ON M4L 1G4

Major Intersection: Queen St. E. / Coxwell Ave.

 (416) 778-5858

 www.eastendhc.on.ca

Catchment:
Danforth Ave. / Lake Ontario /
Greenwood Ave. / Victoria Park Ave.

Eligibility:
Within catchment area

Accessibility:
Wheelchair accessible building

Who offers services?

- Counsellors
- Psychotherapists (for registered clinical clients only)

What do these services include:

- Individual
- Couple
- Groups
- Interpretation services available

Who can make a referral

- Doctor or Nurse from clinic
- Self



Community Health Centre – East of Yonge

Flemingdon Community Health Centre

10 Gateway Blvd.

Toronto, ON M3C 3A1

Major Intersection: Don Mills Rd. / Eglinton Ave. E.

 (416) 429-4991

 www.fhc-chc.com

Catchment:

Lawrence Ave. / Laird Dr./ Victoria
Park Ave. / O'Connor Dr.

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Waitlist
- Interpretation services available

Flemingdon Community Health Centre Satellite – Fairview Community Health

5 Fairview Mall Dr.

Toronto, ON M2J 2Z1

Major Intersection: Don Mills Rd. / Sheppard Ave. E.

 (416) 640-5298

 www.fhc-chc.com

Catchment:

Bayview Ave. / Victoria Park Ave. /
Lawrence Ave. / Steeles Ave.

Eligibility:

Within Catchment

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual – Ongoing counselling
- Couple
- Family
- Waitlist
- Interpretation services available.



Community Health Centre – East of Yonge

Regent Park Community Health Centre

465 Dundas St. East

Toronto, ON M5A 2B2

Major Intersection: Dundas St. / Parliament St.

 (416) 364-2261

 www.regentparkchc.org

Catchment:

Sherbourne St. / Gerrard St. E. / King
St. E. / Don Valley Pkwy.

Eligibility:

Within catchment area

Accessibility:

Wheelchair accessible building

If no Health card or Homeless:

Bloor St./ Lakeshore Blvd. / Yonge
St. / Don River

Who offers services?

- Social Worker
- Mental Health Consultant
- Psychiatrist
- Physicians
- Nurse practitioner

What do these services include:

- Individual
- Groups
- Interpretation services available

Who can make a referral

- Self

Sherbourne Health Centre

333 Sherbourne St.

Toronto, ON M5A 2S5

Major Intersection: Sherbourne St. / Gerrard St. E.

 (416) 324-4180

 www.sherbourne.on.ca

Catchment:

Bloor St. / Lake Ontario/ Yonge St. /
Don River
(open for LGBT people)

Eligibility:

Within catchment, however services
geared to homeless and under housed
newcomers and the LGBT population.

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Mental Health Counsellor
- Physician
- Psychiatrist

What do these services include:

- Individual
- Couple
- Waitlist
- Interpretation services available

Who can make a referral

- Public health nurse
- Self



Community Health Centre – East of Yonge

South Riverdale Community Health Centre

955 Queen St. East
Toronto, ON P6A 2C3

Major Intersection: Queen St. E. / Carlaw Ave.

 (416) 461-2493

 www.srchc.ca

Catchment:

Mortimer Ave. / Lake Ontario / DVP/
Coxwell Ave.

Eligibility:

Registered clinical clients only for
Health Centre Services

Accessibility:

Wheelchair accessible building

Who offers services?

- Psychiatrist
- Social Worker
- Partner agency with **East Toronto Postpartum Adjustment Program** (416-469-7608)

Who can make a referral

- Self

What do these services include:

- Individual
- Couple
- Case management
- Groups – **East Toronto Postpartum Adjustment Program**
- Interpretation – through TPH

TAIBU Community Health Centre

27 Tapscott Rd, Unit 1
Scarborough, ON M1B 4Y7

Major Intersection: Neilson Rd. / Tapscott Rd.

 (416) 644-3536

 www.taibuchc.ca

Catchment:

Malvern area
401 / Steeles Ave. / McCowan Rd./
Pickering border

Eligibility:

Malvern catchment or from Black
community

Accessibility:

Who offers services?

- Social Worker
- Therapists

Who can make a referral

- Self

What do these services include:

- Individual
- Groups – **Scarborough Postpartum Support Network**
- Interpretation services available



Community Health Centre – East of Yonge

Scarborough Centre for Healthy Communities

(Formerly West Hill Community Health Centre)

The Hub Mid Scarborough

2660 Eglinton Ave. East
Scarborough ON M1K 2S3

Major Intersection: Eglinton Ave. / Brimley Rd.

☎ (416) 642-9445

🌐 www.schcontario.ca

Catchment:

Markham Rd. / Victoria Park Ave. / Kingston Rd. /
Ellesmere Rd.

Eligibility:

Within catchment area

Who offers services?

- Social Worker

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

Community Health Centre Satellite

4002 Sheppard Ave. East Unit 401,
Scarborough ON M1S 4R5

Major Intersection: Sheppard Ave. / Kennedy Rd.

☎ (416) 642-9445

Catchment:

Markham Rd. / Victoria Park Ave. / Ellesmere Rd. /
Steeles Ave.

Accessibility:

Wheelchair accessible building

What do these services include:

- Individual – 10 sessions
- Couple
- Family
- Waitlist
- Interpretation services available



Counselling Services

519 Church Street Community Centre

519 Church St.

Toronto, ON M4Y 2C9

Major Intersection: Church St. / Wellesley St. E.

 (416) 392-6874

 www.the519.org

Catchment:

Open

Eligibility:

LGBTQ

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Counsellors

What do these services include:

- Individual short-term LGBTQ counselling
- Couple
- Family – support for families of diverse identities and structures
- Waitlist

Who can make a referral

- Self

Aberfoyle Clinic

304 The East Mall, Unit102

Toronto, ON M9B 6E2

Major Intersection: Bloor St. W. / East Mall Rd.

 (416) 231-7968



Catchment:

Open

Eligibility:

OHIP covered

Accessibility:

Wheelchair accessible building

Who offers services?

- Psychiatrist
- General practitioner
- Psychotherapist

What do these services include:

- Individual
- Couple
- Waitlist

Who can make a referral

- Primary health care practitioner



Counselling Services

Across Boundaries, an Ethno racial Mental Health Centre

51 Clarkson Ave.

Toronto, ON M6E 2T5

Major Intersection: Caledonia Rd. / Eglinton Ave. W.

 (416) 787-3007

 www.acrossboundaries.ca

Catchment:

Open

Eligibility:

Member of a racialized community
(Black/African, South Asian, West
Asian, Arab, South-East Asian, Latin
American of Color)

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychiatrist

What do these services include:

- Individual (for severe mental health, may refer to Women's Health in Women's Hands)
- Case management
- Groups
- Interpretation services available

Who can make a referral

- Public health nurse
- Self

Afghan Women's Organization

789 Don Mills Rd., Unit 700

Toronto, ON M3C 1T5

Major Intersection: Don Mills Rd. /
Eglinton Ave. E.

 (416) 588-3585

2555 Eglinton Ave. East, Unit 211

Toronto, ON M1K 5J1

Major Intersection: Midland Ave. /
Eglinton Ave. E.

 (416) 266-1777

747 Don Mills Rd., Unit 212

Toronto, ON M3C 1T2

Major Intersection: Don Mills Rd. /
Gateway Blvd.

 (416) 422-2225

 www.afghanwomen.org

Catchment:

Open

Eligibility:

Women from the Afghan community

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Mental Health and Addiction workers

What do these services include:

- Individual
- Couple
- Family
- Case management
- Groups – Women's depression group
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self



Counselling Services

Alternatives: East York Mental Health Counselling Services

1245 Danforth Ave.

Toronto, ON M4J 1M8

Major Intersection: Danforth Ave. / Pape Ave.

 (416) 285-7996

 www.alternativestoronto.org

Catchment:

Don Valley Parkway / Victoria Park Ave. / Danforth Ave.

Eligibility:

Live in East York

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychiatrist
- Mental health counsellors

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Case management
- Groups
- Waitlist
- Interpretation services available

Canadian Hearing Society

271 Spadina Rd.

Toronto, ON M5R 2V3

Major Intersection: Spadina Rd. / Davenport Rd.

 (416) 928-2504

(877) 215-9530 (TTY)

 www.chs.ca

Catchment:

Open

Eligibility:

Deaf or hard of hearing

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychologist
- Psychiatrist – Refer out with interpreter

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual
- Couple
- Family
- Case management
- Waitlist
- Interpretation services available



Counselling Services

COSTI Family and Mental Health Services

Sheridan Mall

1700 Wilson Ave., Unit 105

Toronto, ON M3L 1B2

Major Intersection: Jane St. / Wilson Ave.

 (416) 244-7714

 www.costi.org

Catchment:

Open

Eligibility:

Italian / Spanish/Canadian
Community.

Accessibility:

Not wheelchair accessible

Who offers services?

- Social Worker
- Mental Health and Addiction counsellors
- Psychiatrist

What do these services include:

- Individual
- Couple
- Family
- Groups
- Waitlist
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

Family Service Toronto

355 Church St.

Toronto, ON M5B 1Z8

(Many sites throughout Toronto – see website for locations)

Major Intersection: Gerrard St. E. / Church St.

 (416) 595-9230 (Administration)

(416) 595-9618 (Service Access)

 www.familyserVICEToronto.org

Catchment:

Open

Eligibility:

Open

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker

What do these services include:

- Individual
- Couple
- Family
- Groups
- Waitlist
- Interpretation services available

Who can make a referral

- Public health nurse
- Self



Counselling Services

Hong Fook Mental Health Association

3320 Midland Ave., Unit 201
Toronto, ON M1L 5E6

Major Intersection:

Midland Ave. / Finch Ave.

☎ (416) 493-4242

🌐 www.hongfook.ca

1751 Sheppard Ave. East.
Toronto, ON M2J 0A4

Major Intersection:

Sheppard Ave. E. / Don Mills Rd.

☎ (416) 493-4242

130 Dundas St. West, 3rd Flr.
Toronto, ON M5G 1C3

Major Intersection:

Dundas St. W. / Bay St.

☎ (416) 493-4243

Catchment:

Open

Eligibility:

People of Cambodian, Cantonese, Korean, Mandarin, and Vietnamese origins.

Accessibility:

Wheelchair accessible buildings

Who offers services?

- Social Worker
- Community Social Service Worker
- Psychiatrist
- Counsellor

What do these services include:

- Individual Mental Health Case Management
- Self-help and mutual support groups
- Counselling, Psycho-social assessment, consultation, advocacy
- Waitlist

Who can make a referral

- Professionals/community agencies
- Self/family member
- Public health nurse

Jane / Finch Community and Family Centre

4400 Jane St., Unit 108

Toronto, ON M3N 2K4

Major Intersection: Jane St. / Finch Ave.

☎ (416) 663-2733

🌐 www.janefinchcentre.org

Catchment:

Jane/Finch community

Eligibility:

Reside in Jane/Finch community

Accessibility:

Office not wheelchair accessible.
Some programs may be accessible

Who offers services?

- Counsellors
- Public health nurse

What do these services include:

- Groups
- Waitlist
- Interpretation services available

Who can make a referral

- Public health nurse
- Self



Counselling Services

Jessie's – The June Callwood Centre for Young Women

205 Parliament St.

Toronto, ON M5A 2Z4

Major Intersection: Queen St. E. / Parliament St.

 (416) 365-1888

 www.jessiescentre.org

Catchment:

Open

Eligibility:

Teen parents (under age 20)

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Counsellors

What do these services include:

- Individual
- Couple
- Groups – life skills, parenting, attachment
- Respite care
- Parent Relief
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

Parkdale Psychotherapy Clinic

2333 Dundas St. W.

Toronto, ON M6R 3A6

Major Intersection: Bloor St. W. / Dundas St. W.

 (416) 533-5554



Catchment:

Open

Eligibility:

Open

Accessibility:

Wheelchair accessible

Who offers services?

- General Practitioner Psychotherapy (Covered by OHIP)

What do these services include:

- Individual counselling
- Waitlist

Who can make a referral

- Primary health care practitioner



Counselling Services

The Medical Clinic

265 Yorkland Blvd., Unit 403

Toronto, ON M2J 5C7

Major Intersection: Bayview Ave. / Sheppard Ave. E.

 (416) 229-2399

 www.medicalpsychclinic.org

Catchment:
Open

Eligibility:
Open

Accessibility:
Wheelchair accessible

Who offers services?

- General Practitioner Psychotherapy (Covered by OHIP)

What do these services include:

- Individual
- Groups (Depression, Anxiety)
- Waitlist

Who can make a referral

- Primary health care practitioner

Thorncliffe Neighbourhood Office

1 Leaside Park Drive

Unit 7

Toronto, ON M4H 1R1

Major Intersection: Overlea Blvd. /Millwood Rd.

 (416) 467-0126

 www.thorncliffe.org

Catchment:
Thorncliffe Park and East York

Eligibility:
Reside within catchment area

Accessibility:
Wheelchair accessible building

Who offers services?

- Mental health counsellors

What do these services include:

- Supportive counselling
- Post immigration counselling
- Counselling for children who face trauma
- Information & referral
- Interpretation services available

Who can make a referral

- Public health nurse
- Self



Counselling Services

Women's College Brief Psychotherapy Centre for Women

2 Carlton St., Unit 1806

Toronto, ON M5B 1J3

Major Intersection: Yonge St. / College St.

 (416) 591-2000

 www.womenscolleghospital.ca

Catchment:

Open

Eligibility:

Ages 16 years and over

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychologist

What do these services include:

- Individual
- Groups
- Waitlist

Who can make a referral

- Self

Woodgreen Walk-in Counselling Services

815 Danforth Ave. 2nd floor, Suite 202

Toronto, ON M4J 1L2

Major Intersection: Danforth Ave. / Pape Ave.

 (416) 645-6000

 www.woodgreen.org

Catchment:

GTA

Eligibility:

Open

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker

What do these services include:

- Immediate, no cost walk-in counselling. Appropriate for people who are on a waiting list for other services, already receiving help or who have had no contact with other community supports.
- Individual
- Group
- Bereavement Group Support/Counselling

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self



Infant Mental Health and Attachment Resources

Aisling Discoveries Child and Family Centre

325 Milner Ave., Unit 110

Toronto, ON M1B 5N1

Major Intersection: Markham Rd. / Sheppard Ave. E.

 (416) 321-5464

 www.aislingdiscoveries.on.ca

Catchment:

Scarborough

Eligibility:

Live in Scarborough or East York

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Child and youth workers
- Early childhood educators
- Infant Specialist

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Family infant/child treatment program with focus on attachment and highly stressed families
- Groups
- Community workshops and presentations
- Services offered in home, office and community
- Waitlist –priority given to mothers with mental health concerns and attachment issues
- Interpretation services available

Child Development Institute

197 Euclid Ave.

Toronto, ON M6J 2J8

Major Intersection: Bathurst St. / Dundas St. W.

 (416) 603-1827

 www.childdevelop.ca

Catchment:

Open

Eligibility:

Families with children 0 -12 years of age

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychiatrist consultation
- Play Therapists

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual
- Family
- Groups
- Early intervention services
- Family violence services
- Healthy child development
- Interpretation services available



Infant Mental Health and Attachment Resources

Hincks – Dellcrest Centre

1645 Sheppard Ave. West
Toronto, ON M3M 2X4

Major Intersection: Sheppard Ave. W. / Keele St.

 (416) 924-1164

440 Jarvis St.
Toronto, ON M4Y 2H4

Major Intersection: Jarvis St. / Wellesley St. E.

 (416) 924-1164

 www.hincksdellcrest.org

Catchment:

All of Toronto except Scarborough
and Etobicoke

Eligibility:

Families with infants, children or
youth

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychologist
- Psychiatrist
- Early childhood educators
- Child and youth workers

What do these services include:

- Individual and child therapy
- Family and parent counselling
- Groups
- Home visiting
- Waitlist

Who can make a referral

- Public health nurse
- Self

Rosalie Hall

3020 Lawrence Ave. East
Toronto, ON M1P 2T7

Major Intersection: McCowan Rd. / Lawrence Ave. E.

 (416) 438-6880

 www.rosaliehall.com

Catchment:

City of Toronto

Eligibility:

Teens up to 25 years of age

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Attachment team – attachment temperament play
- Early Childhood Educator – individual work

What do these services include:

- Individual counselling
- Groups
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self



Infant Mental Health and Attachment Resources

The Etobicoke Children’s Centre

65 Hartsdale Dr.

Toronto, ON M9R 2S8

Major Intersection: Islington Ave. / Eglinton Ave. W.

 (416) 240-1111

 www.etobicokechildren.com

Catchment:

West Toronto (former Etobicoke and York)

Eligibility:

Children (under the age of 13), and their families who are at risk for, or are experiencing mental health issues

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Child Care Consultants (ECE, CYW)
- Psychiatry Consultation

What do these services include:

- Individual child therapy
- Parent Support and training
- Family Therapy
- Consultation Services
- Brief Intervention
- Service Coordination
- Waitlist
- Interpretation services available

Who can make a referral

- Physicians
- Public health nurse
- Community Health Centres
- Self

The George Hull Centre for Children and Families

81 The East Mall (North of the Queensway)

Toronto, ON M8Z 5W3

Major Intersection: Hwy 427 / North Queen St.

 (416) 622-8833

 www.georgehullcentre.on.ca

Catchment:

Open

Eligibility:

Families with children 0 – 18 years of age

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Psychologist
- Psychiatrist
- Child and Youth Worker
- Early Childhood Educator

What do these services include:

- Individual therapy
- Counselling services
- Family group conferencing and group programs
- Group treatment
- Parenting and Educational workshops
- Psychiatric assessment
- Residential services
- Home-based assessment
- Waitlist
- Interpretation services available

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self



Infant Mental Health and Attachment Resources

Yorktown Child and Family Centre

2010 Eglinton Ave. West, Suite 300

Toronto, ON M6E 2K3

Major Intersection: Dufferin St. / Eglinton Ave. W.

 (416) 394-2424

 www.yorktownfamilyservices.com

Catchment:

Former City of York

Eligibility:

Families with children 0 – 18 years of age

Accessibility:

Wheelchair accessible building

Who offers services?

- Social Worker
- Early Childhood Educator

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Individual walk in counselling
- Counselling services
- Parenting programs
- Specialized group programs
- School base services
- Waitlist
- Interpretation services available

Community Resources

Access Point Mental Health Intake Network

(Formerly Access 1)

661 Yonge St., 4th Flr.

Toronto, ON M4Y 1Z9

Major Intersection: Bloor St. /Yonge St.

 (416) 640-1934 or 1-888-640-1934

 www.access1.ca

Catchment:

Toronto

Eligibility:

Over age 16 with mental health issues living in catchment area

Accessibility:

Wheelchair accessible building

Who offers services?

- Case manager

Who can make a referral

- Physicians
- Public health nurse
- Self

What do these services include:

- Intensive case management
- Multi-disciplinary teams provide treatment, rehabilitation and support
- Intake and referral to mental health agencies in area
- Waitlist
- Interpretation services available



Community Resources

Babies Best Start

325 Milner Ave., Unit 110

Toronto, ON M1B 5N1

Major Intersection: Markham Rd. / Sheppard Ave. E.

 (416) 321-5464

 www.aislingdiscoveries.on.ca

Catchment:
Scarborough

Eligibility:
Families with children 0-6 years old
in Scarborough

Accessibility:
Wheelchair accessible building

Who offers services?

- Family Home Visitors

Who can make a referral

- Public health nurse
- Self

What do these services include:

- Home visits by trained family home visitor who offers support and information to parents
- Birth companions for women from a variety of cultural groups to provide support before, during and after childbirth
- Waitlist
- Interpretation services available

Community Care Access Centre – Central Site

250 Dundas St. West, Suite 305

Toronto, ON M5T 2Z5

Major Intersection: Dundas St. / University Ave.

 (416) 506-9888

 www.ccac-ont.ca

Catchment:
GTA

Eligibility:
Live in GTA

Accessibility:
Not Applicable

Who offers services?

- Mental health Nurse
- Occupational Therapist offers Cognitive Behavioural Therapy
- Peer support worker

Who can make a referral

- Self

What do these services include:

- In home personal care support, (help with infant care, housework etc)
- Waitlist
- Interpretation services available for assessment only



Community Resources

Family Association for Mental Health Everywhere (FAME)

Main office:

268 Royal York Rd., 2nd Flr.
Toronto, ON M8V 2W1

Major Intersection: Cavell/Stanley Ave.

☎ (416) 207-5032

🌐 www.fameforfamilies.com

Toronto office:

333 Sherbourne St., Room 2100
Toronto, ON M8X 1Y6

Major Intersection: Sherbourne St. /Carlton St.

☎ (416) 324-5060

Scarborough office:

1911 Kennedy Rd., Unit 105
Scarborough, ON M8X 1Y6

Major Intersection: Kennedy Rd. /Ellesmere Rd.

☎ (416) 913-2144

Catchment:

GTA

Eligibility:

For families of those with mental illness

Accessibility:

Main office not wheelchair accessible. Toronto and Scarborough offices wheelchair accessible

Who offers services?

- Social Worker
- Family support worker

What do these services include:

- Individual supportive counselling
- Support for family members of individuals with a mental illness

Who can make a referral

- Self

Mood Disorders Association of Ontario

36 Eglinton Ave. West, Unit 602

Toronto, ON M4R 1B9

Major Intersection: Yonge St. / Eglinton Ave. W.

☎ (416) 486-8046 / 1-888-486-8236

🌐 www.mooddisorders.ca

Catchment:

Open

Eligibility:

Open

Accessibility:

Wheelchair accessible building

Who offers services?

- Lay persons

What do these services include:

- Individual peer support in person or over the telephone
- On line information and resources
- Peer lead, drop-in women's peer support group

Who can make a referral

- Self



Community Resources

Motherisk Hospital for Sick Children

555 University Ave.

Toronto, ON M5G 1X8

Major Intersection: University Ave. / College St.

 (416) 813-6780

1-877-439-2744

 www.motherisk.org

Catchment:

Open

Eligibility:

Open

Accessibility:

Wheelchair accessible building

Who offers services?

- Information on medication use during pregnancy and lactation

What do these services include:

- Telephone and online information
- Clinical services available by appointment

Who can make a referral

- Primary health care practitioner
- Public health nurse
- Self

Toronto Public Health

 (416) 338-7600

 www.toronto.ca/health

Catchment:

Open

Eligibility:

Open

Accessibility:

Not Applicable

Who offers services?

- Public Health Nurses
- Registered Dietitians
- Family Home Visitors

What do these services include:

- Home visits
- Telephone support and counselling
- Groups
- Linkage to community resources

Who can make a referral

- Public health nurse
- Self

Visiting Homemakers Association

30 Soudan Ave., Suite 500

Toronto, ON M4S 1V6

Major Intersection: Yonge St. / Eglinton Ave.

 (416) 489-2500 Ext 4349 (parent relief)

 www.vha.ca

Catchment:

GTA

Eligibility:

Moms in crisis

Accessibility:

Wheelchair accessible building

Who offers services?

- Homemakers
- Personal support workers
- Nurses

What do these services include:

- Newborn assistance, light housekeeping, caregiver relief and respite care
- Waitlist

Who can make a referral

- Public health nurse
- Self



Community Resources

VON – Good Beginnings Program

2150 Islington Ave., #301

Toronto, ON M9P 3V4

Major Intersection: Islington Ave / Hwy 401

☎ (647)788-3180 Ext 2338

1-866-817-8589 Ext 2382

🌐 www.von.ca

Catchment:

City of Toronto

Eligibility:

New moms with no support

Accessibility:

Who offers services?

- Volunteers

What do these services include:

- Weekly visits by volunteers to provide emotional and practical support to new mothers.

Who can make a referral

- Self
- Public Health Nurse

Children's Aid Society

Catholic Children's Aid Society of Toronto (CCAS)

26 Maitland St.

Toronto, ON M4Y 1C6

Major Intersection: Yonge St. / Carlton St.

☎ (416) 395-1500

🌐 www.torontoccas.org

Children's Aid Society of Toronto (CAST)

30 Isabella St.

Toronto, ON M4Y 1N1

Major Intersection: Yonge St. / Bloor St. E.

☎ (416) 924-4640

🌐 www.torontocas.ca

Jewish Family and Child Services

4600 Bathurst St., 1st Floor

Toronto, ON M2R 3V3

Major Intersection: Bathurst St. / Sheppard Ave. W.

☎ (416) 638-7800

🌐 www.jfandcs.com

Native Child and Family Services Of Toronto

30 College St.

Toronto, ON M5G 1K2

Major Intersection: Yonge St. / College St.

☎ (416) 969-8510

🌐 www.nativechild.org



Websites

Postpartum Support International

 www.postpartum.net

The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. They provide current information, resources, education, and advocate for further research and legislation to support perinatal mental health. There is an online support group as well as “chat with an expert” phone support. Their newsletter gives up-to-date information on worldwide news, conferences, resources, research and events.

The Online PPD Support Group

 www.ppdsupportpage.com

The purpose of this organization is to offer information, support and assistance to those dealing with postpartum mood disorders, their families, friends, physicians and counsellors. They are a resource for finding help and offer support from others through their forums, email group and chat rooms.



	HOSPITALS																	
Mental Health Services	CAM H	HRRH - C	HRRH - F	HRRH - K	MSH	NYGH	NYGH - B	RVHS	SJH	SMH	SHSC	TSH - B	TSH - G	TEGH	UHN - G	UHN - W	WO	WCH
ER																		
Crisis team	X	X		X	X	X	X	X	X	X	X	X		X	X	X	X	
Breastfeeding friendly	X	X		X	X	X		X	X	X	X	X	X	X	X	X		
Interpretation service available	X	X		X	X	X		X	X	X	X	X	X	X	X	X	X	
In Patient																		
Beds available	X	X		X	X	X		X	X	X	X	X	X	X	X		X	
Breastfeeding friendly	X	X		X	X	X		X	X	X	X	X	X	X	X		X	
D/C planning	X	X		X	X	X		X	X	X	X	X	X	X	X		X	
Out Patient																		
Available	X	X		X	X	X	X	X	X	X	X	X	X	X	X	**	X	X
Specialized PMD Services					X				X		X			X	X			X
Psychiatry services	X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Social Work therapy	X			X	X	X			X			X	X	X	X		X	X
Other Disciplines -RN									X				X	X			X	X
-MH and A	X						X		X			X	X	X		X	X	
-OT									X			X					X	
-Psychologist				X					X									
Interpersonal Psychotherapy	X				X				X	X	X			X	X	X	X	X
Cognitive Behavioural Therapy	X			X	X	X				X	X		X	X			X	X
Group (general) - Depression	X			X		X						X	X	X				
Group (general) - Anxiety	X												X				X	
Group - PMD specific					X				X					X				X
Group - Other	X			X	X				X		X	X			X	X		X
Day treatment program	X					X	X	X	X		X	X	X	X			X	
Doctor Referral required	X			X	X	X	X	X		X	X	X	X		X	X	X	X
Catchment*						X	X	X		X	X	X	X	X				
Language/Cultural Services*	X					X	X	X	X		X	X	X			X		
Interpretation available	X	X		X	X	X			X	X	X	X	X	X	X	X	X	
Referral form available	X				X		X							X				X

Legend:

D/C – Discharge

PMD - Perinatal Mood Disorders

MH and A - Mental Health and Addictions worker

OT - Occupational Therapist

* Please refer to the book to see individual hospital

** Recommends client with PMD go to TGH



