

**Direct Your Life**  
**Health and Wellness Resources**

**Mental Health Resources**

**John Howard Society of Toronto**

At John Howard Society of Toronto, staff members work in collaboration with Correctional Services Canada (CSC), in order to support male individuals and the reintegration of these clients. This specific society offers the following programs: Individual Counselling, Graduated Leave System, Employment/ Vocational/ Educational Programs, Financial Program, Leisure/Recreational/Social Programs, Substance Abuse Programs, Community Involvement Program, and assistance to find permanent housing.

**Website:** <https://johnhoward.on.ca/toronto/>

**Phone:** 416-925-4387

**Scarborough Health Network**

Scarborough Health Network provides mental health care services to meet the unique needs of individuals experiencing mental illness.

These include inpatient and crisis services, as well as outpatient programs that help patients transition with greater ease from hospital to the community. We also have support and social recreational programming for individuals and families affected by severe and persistent mental illness

**Website:** <https://www.shn.ca/areas-of-care/mental-health-care/>

**Sound Times**

Sound Times is a member-driven consumer/survivor initiative located in downtown Toronto, Ontario, Canada.

Services include: mental health and justice, harm reduction, coordination and referral, advocacy, peer support and help with basics - finding resources for food, clothing, shelter, access and support for technology use, and virtual services, etc.

**Phone:** 416-979-1700

**Website:** <https://soundtimes.com/>

**Shelter Health Network Hamilton**

Phone: 905-526-7137

Email: [admin@shelterhealthnetwork.ca](mailto:admin@shelterhealthnetwork.ca)

Website: <https://shelterhealthnetwork.ca/>

**North Hamilton Community Health Centre**

Phone: 905-523-6611 ext. 2000

Website: <https://www.nhchc.ca/>

**St. Joseph's Healthcare Hamilton**

Phone: 905-522-1155

Website: <https://www.stjoes.ca/contact/mental-health-crisis>

**Institute for Advancement in Mental Health**

Phone: 1-855-449-9949

Email: [support@iamentalhealth.ca](mailto:support@iamentalhealth.ca)

Website: <https://www.iamentalhealth.ca/>

**Barrett Centre for Crisis Support**

Community-based supports for people who are experiencing a mental health and/or substance use crisis in Hamilton and do not require a hospital stay \* services include:

- telephone crisis assessment, intervention, and support
- in-person crisis counselling
- short-term crisis stabilization bed stay
- group counselling
- drop-in peer support group

Phone: 905-529-4343

Crisis: 905-529-787 and 1-844-777-3571

Email: [barrettctr@goodshepherdcentres.ca](mailto:barrettctr@goodshepherdcentres.ca)

Website: [www.goodshepherdcentres.ca/services/barrett-centre...](http://www.goodshepherdcentres.ca/services/barrett-centre...)

### **CAMH**

CAMH provides resources and services for those in an emergency or crisis, or who need someone to talk to. Specialize in Mental Illness & Addiction

Notable Programs:

- Aboriginal Services
- Rainbow Services for LGBTQ+ people
- Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)

Website: <https://www.camh.ca/>

### **YWCA**

The YWCA Durham offers an emergency shelter; long term counselling; supportive housing; recreation opportunities; a thrift shop and other services for women and children experiencing violence. Visit their website for more information.

Phone: 905-576-6356

Website: <http://www.ywcadurham.org>

### **Progress Place**

Members attend the Clubhouse to begin recovery from serious mental illness, and participate in work-focused activity units including clerical, maintenance, and food services. Services include: employment services, recreational activities, educational support, addictions services, and housing support. Additional info:

- peer and staff case management support
- evening, weekend and holiday social and recreation activities
- social and recreation opportunities for young adults
- digital media opportunities such as podcasts, videos, newsletters
- supported employment and housing

	<p>Phone: (416) 323-0223  Website: <a href="http://www.progressplace.org">http://www.progressplace.org</a></p> <p><b>Toronto Community Addiction Team (TCAT)</b>  TCAT Case Managers improve people's health, wellness and stabilization by:</p> <ul style="list-style-type: none"> <li>● Planning and goal setting</li> <li>● Providing advocacy</li> <li>● Acting as a voluntary trustee to manage money</li> <li>● Referring people for health and legal issues</li> <li>● Helping to find housing and prevent evictions</li> <li>● Assisting with applications for government benefits</li> <li>● Accompanying people to appointments</li> <li>● Coordinating with other service providers</li> </ul>
<p><b>Mental Health for Youth</b></p>	<p><b>Central Toronto Youth Services</b>  Provides a multi-disciplinary service to youth and their families. Service is provided through intensive outreach support and counselling. The program is accessible to youth between 13 and 18 years of age and must be deemed to be at high risk in terms of harm to themselves or others; be manifesting or at high risk for psychiatric disturbance; or have a long history of social services involvement or chronic disturbance.  <b>Phone:</b> 416-924-2100 ext 245  <b>Website:</b> <a href="https://ctys.org/">https://ctys.org/</a></p> <p><b>Yonge Street Mission (YSM)</b>  YSM offers a wide variety of community support programs largely focused on relieving systematic poverty. Day care, family services, man-to-man mentorship, mental health counselling, food banks, housing services and employment counselling are all available through YSM. This centre is specifically focused on youth and youth issues.  Phone: 416 929 9614  Website: <a href="https://www.ysm.ca/">https://www.ysm.ca/</a></p>

**Addiction Services Central Ontario**

Offers programs and services to support individuals and families who are looking for support for substance use, gambling and co-occurring mental illness.

Programs: \*more info in website

- Community Outreach Program
- Pregnant and/or Parenting – Umbrellas Program
- Problem Gambling Program
- Youth & Family Program

Website: <https://helpwithaddictions.ca/i-need-help-with/get-help/treatment-programs/>

**Kinark**

Kinark provides court-ordered assessment, intensive treatment and re-integrative services to youth who have significant mental health issues who may be in conflict with the law. Visit their website to learn more about their services. (Ajax)

Phone: 905-668-2411

Website: <https://www.kinark.on.ca/>

**Thrive Child and Youth Trauma Services**

Phone.: 905-523-1020

Email: [info@thrivechildandyouth.ca](mailto:info@thrivechildandyouth.ca)

Website: <https://www.thrivechildandyouth.ca/>

**Skylark: Children, Youth & Families**

Support services to youth 13-21, including counselling, a group home, day treatment, in-school programs, youth gallery, studio drop-in centre, case management.

Phone: 416-482-0081

	<p><b>East Metro Youth Services (Child And Youth Exploitation &amp; Trauma Treatment)</b>  Youth programming and mental health services  Phone: 416-438-3697  Email: <a href="mailto:it@emys.on.ca">it@emys.on.ca</a>  Website: <a href="https://stridestoronto.ca/">https://stridestoronto.ca/</a></p> <p><b>Queer Asian Youth (QAY)</b>  QAY provides social spaces for gay, lesbian, bisexual, transsexual, transgender, queer, curious, undecided, or questioning East and Southeast Asian youth and their friends. Monday-Friday, 10:30am-6pm  Phone: 416-963-4300 ext: 229  Email: <a href="mailto:youth@acas.org">youth@acas.org</a>  Website: <a href="https://www.facebook.com/acas.qay/">https://www.facebook.com/acas.qay/</a></p>
<p><b>Healthcare Resources</b></p>	<p><b>The Women’s Health in Women’s Hands Community Health Centre (WHIWH)</b>  serves women 16+ from African, Black, Caribbean, Latin American, and South American communities. All services are free of charge except for birth control and orthotics.  Email: <a href="mailto:info@whiwh.com">info@whiwh.com</a>  Website: <a href="https://www.whiwh.com/">https://www.whiwh.com/</a>  Phone: 416-593-7655 ext. 7</p> <p><b>The South Riverdale Community Health Centre</b>  offers several health services. Priority is given to new immigrants, Chinese communities, young children and their families, women, seniors, persons without the Ontario Health Insurance Plan (OHIP), homeless individuals, and those with drug or mental health issues.  Email: <a href="mailto:srchc@srchc.com">srchc@srchc.com</a>  Website: <a href="http://www.srchc.ca/programs/drug-use/outreach-clinic-2/">www.srchc.ca/programs/drug-use/outreach-clinic-2/</a></p>

Phone: 416-461-2493

**The Scarborough Centre for Healthy Communities**

Serves newcomers and refugees without Ontario Health Insurance. They serve Steeles Ave E to Lake Ontario, Victoria Park Ave to Scarborough eastern limits. Their focus is to the west of Markham Rd.

Email: [info@schcontario.ca](mailto:info@schcontario.ca)

Website: [https://schcontario.ca/?gclid=Cj0KCQjwoK2mBhDzARIsADGbjjeoi\\_5T9l8KX36n195tU0vOqbGMjGa2\\_2gpMH5m2auz1VOeQ0HCwgJwaAn\\_LEALw\\_wcB](https://schcontario.ca/?gclid=Cj0KCQjwoK2mBhDzARIsADGbjjeoi_5T9l8KX36n195tU0vOqbGMjGa2_2gpMH5m2auz1VOeQ0HCwgJwaAn_LEALw_wcB)

Phone: 416-297-7490

**The Community Action Resource Centre**

Provides services such as newcomer settlement services, interpretation & translation, individual support, informal & crisis counselling, and children's After School Program & Summer Day Camp

Phone: (416) 652-2273

**Street Health**

338 Dundas Street East

Website: <https://www.streethealth.ca/>

Phone: 416 921 8668

**Regent Park Community Health Centre**

Health centre focused on family and community health \* health professionals assess and treat non-life-threatening injuries or illnesses \* referrals to other local health services and personal development groups

Community-led health teams develop programs to improve the social supports and conditions that affect long-term health

- prenatal and postnatal care
- HIV/AIDS care

- foot care
- social workers
- diabetes education program
- community gardens
- healthy eating advice
- care for older adults in the community
- low-cost dental care

Phone: 416-364-2261

Website: [www.regentparkchc.org](http://www.regentparkchc.org)

### **Sherbourne Health**

Sherbourne provides family health care, counselling, health education and supportive services to New Canadians (resident for 10 years or less), within Sherbourne's neighbourhood; a diverse community of South East Toronto. Sherbourne New Canadians drop in clinic strives to promote primary care, counselling, education and skills on nutrition and healthy lifestyle choices.

Phone: 416-324-4180

Website: <https://sherbourne.on.ca/primary-family-health-care/newcomer-health/>

### **Brain Injury Society of Toronto (BIST)**

Provides programs and services to individuals who have sustained a brain injury.

Phone: 416-830-1485

Email: [info@bist.ca](mailto:info@bist.ca)

Website: [www.bist.ca](http://www.bist.ca)

### **Lawrence Heights - Community Health Centre**

Services include:

- primary health care
- diabetes education program



- nutritional consultation
- foot care
- harm reduction
- counseling
- community legal services
- social work

Phone: 416-787-1661

Website: [www.unisonhcs.org](http://www.unisonhcs.org)