

## OTHER RESOURCES:

For a comprehensive list of mental health resources view or download:

**“Guide to Adult Mental Health Services and Supports in Toronto”**

<http://www.crct.org/choices/MakingChoicesGuide-v4-web.pdf>

For help understanding mental health services view or download:

**“Navigating Mental Health Services in Toronto”**

<http://www.crct.org/lanresources/PDFs/CRCT-NMHS-English.pdf>

### **College of Physicians and Surgeons of Ontario (CPSO)**

The CPSO is the regulatory body for physicians and surgeons in Ontario serving all ages. No fees.

80 College St. Toronto, M5G 2E2 - 416-967-2603 / 1-800-268-7096 (Toll free)

- **CPSO Doctor Search** - online search [www.cpso.on.ca/docsearch](http://www.cpso.on.ca/docsearch)

### **Local hospitals**

Sick Kids - 555 University Ave. 416-813-1500

Toronto General - 200 Elizabeth St. 416-340-3111

Mount Sinai - 600 University Ave. 416-596-4200

St. Michael's - 30 Bond St. 416-360-4000

Sunnybrook - 2075 Bayview Ave. 416-480-6100

North York General - 4001 Leslie St., 416-756-6000

Toronto East 825 Coxwell Ave. 416-461-8272

Scarborough General - 3050 Lawrence Ave E. 416-438-2911

Scarborough Grace - 3030 Birchmount Rd. 416-495-2400

St. Joseph's - 30 The Queensway 416-530-6000

Humber River – 2511 Finch Ave. W. - 416-744-2500

Etobicoke General - 101 Humber College Blvd - 416-494-2120

Sources: *Duty Counsel Metro North Court., CRCT.org*

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**The Salvation Army Correctional & Justice Services**  
77 River Street, Toronto, M5A 3P1 - 416-304-1974

[www.salvationarmyjustice.ca](http://www.salvationarmyjustice.ca)  
[www.salvationarmy.ca](http://www.salvationarmy.ca)



Giving Hope Today

## MENTAL HEALTH INFORMATION #2

# Psychiatric Services in Toronto

*(For children, youth and adults)*

### **Centre for Addiction and Mental Health (CAMH)**

CAMH is Canada's largest mental health and addiction teaching hospital serving all ages with no fees.

1001 Queen St. W. Toronto, ON M6J 1H4

416-535-8501 or toll free 1-800-463-6273

- **CAMH Schizophrenia Program**

Through its 200+ inpatient beds and 15 outpatient clinics, the Schizophrenia Program provides care at all stages of the illness including prevention.

1001 Queen St. W. Toronto, ON M6J 1H4

416-535-8501 or toll free 1-800-463-6273

- **CAMH Youth Addiction & Concurrent Disorder Services**

Day treatment for clients who have substance use problems, with or without concurrent mental health issues. Offers consultations and assessment clients age as young as 12 to 24 years depending on the program. No fees.

33 Russell St, 1<sup>st</sup> Floor (near College & Spadina), Toronto, M5S 4B1

416-535-8501 ext.1730

- **CAMH Mood Disorder Program - 416-535-5801**

Provides inpatient and outpatient services to clients with major depression, bipolar disorder (manic depressive illness), anxiety disorders and obsessive-compulsive disorders:

The information contained in this brochure lists only some of the psychiatric services in Toronto. For additional resources search the internet and/or ask a mental health professional.

### **Senior Crisis Access Line (SCAL) 416-619-5001**

Free, telephone service that provides help for seniors who are experiencing a Crisis with Mental Health or Substance Abuse Issues. Ages 65 and older. No fees.  
600 – 2 Lansing Square, North York M2J 4P8

### **Freedom from Fear Outreach**

Educates member, the public and professionals about the nature and symptoms of phobias, obsessions and more. Ages 18 and up. No fees.  
10 Lonborough Ave. Toronto, M6M 1X3 – 416-761-6006.

## **HELP FOR FAMILIES**

### **Obsessive Compulsive Disorder (OCD) Ontario**

A non-profit that provides services for people with OCD and their families. All ages. No fee. PO Box 151, Markham, L3P 3J7 - 416-410-4772

### **Break-Free Family Centre**

A full service outpatient clinic that provides a coordinated and comprehensive treatment program for youth and families. Fees are charged.  
8 – 2001 Albion Rd. Etobicoke, M9W 6V6 - 416-241-9191  
1-800-808-6978 (Toll Free) - 1-800-808-6978 Crisis Line

### **Family Outreach and Response Program**

offers recovery-oriented mental health support services to families. No fees.  
901 King St. Toronto, M5V 3H5 - 416-535-8501 ext 2011

### **George Hull Centre for Children & Families**

An accredited children's mental health centre serving children and youth from birth to age 18, and their families. No fees.  
600 The East Mall, Toronto M9B 4B1 - 416-622-8833 ext. 258

## **HELP FOR CHILDREN AND YOUTH**

### **Kids Help Phone**

Canada's only bilingual phone and online counseling for youth. Anonymous and confidential. Ages 5 -20 years. No fee.  
300 – 439 University Ave. Toronto, M5G 1Y8  
416-586-5437 / 1-800-668-6868 (Crisis Line)

### **Hincks-Dellcrest Treatment Centre**

A Children's mental health facility that is dedicated to delivering optimal mental health services to infants, children, youth up to age 21 years. No fees.  
440 Jarvis St. Toronto M4Y 2H4 - 416-924-1164

- **Prevention and Early Intervention Services - Sheppard Site**

The program provides services to infants and children up to age 13, and their families, who live in a number of different neighbourhoods. No fees.  
1645 Sheppard Ave. W., North York, M3M 2X4 - 416-633-0515

- **Gail Appel Institute**

Established to respond to the challenge of improved mental health care for children up to 17 years. No fees.  
114 Maitland St. Toronto M4Y 1E1 - (416) 972-1935

### **Emotion-Focused Therapy Clinic (EFT Clinic)**

Community mental health clinic specializing in Emotional-Focused/Emotionally Focused Therapy. Practice clinic offers opportunity for individuals and couples. Fees are charged. Ages 16 yrs up.  
4700 Keele St. Behavioural Sciences Building, Room 104 Toronto M3J 1P3  
416-650-8488

### **Thistletown Regional Centre**

This Centre is a mental health centre for children and youth up to age 21 years located in Rexdale (northwest area of Toronto).  
51 Panorama Court, Etobicoke, M9V 4L8 - 416-326-0600

### **Hospital for Sick Children**

Department of Psychiatry provides interdisciplinary, family-centered care for children and adolescents. Ages up to 18 years  
555 University Ave. Elm Wing, Toronto M5G 1X8 – 416-813-6600

### **Young Carers Program (YCP)**

Supports children under 18 who have assumed a significant care-giving role for a family member with an illness, disability or addiction. Ages 5-18. No fee.  
1102-25 King St. W. Toronto, M5L 1G3 – 416-364-1666