

## Child & Youth Mental Health Services

- In hospital services
  - Varies by hospital and by clinic
- Family physician referral to psychiatry in community
  - Waitlists and availability can be an issue
- Public Mental Health:
  - [www.cmho.org](http://www.cmho.org) This website is an excellent resource for finding local public mental health in Ontario
  - In Toronto: SickKids Centre for Community Mental Health,
    - formerly Hincks-Dellcrest, offers C&YMH to Toronto region
    - CARS – Central Access to **Residential Services** call Bree Brown at 416-924-1164, extension 3117
- School system
  - There are large differences by region and even by school within region. It is worth looking into available supports as they may include:
    - Psychologist
    - Social worker
    - Mental health nurse
    - Child care worker
- Family Navigation Project through Sunnybrook Health Sciences Centre
  - <https://sunnybrook.ca/content/?page=family-navigation-project>
  - **For youth 13-26** and their families who live in the GTA
  - *“Using a combination of clinical and lived experience, we collaborate with families and their youth with mental health and/or addiction issues to understand their unique needs and match them with supports and services to enhance their health and family functioning.”*
- Autism – Ontario Autism Program
  - Transitioning service to single points of access by region
  - Families can call 1-888-284-8340 toll-free for more information or to find the ministry regional office closest to them.
  - *“The vision of the OAP is to give children and youth with ASD access to the timely and effective services they need to achieve their goals at home, at school, in the community, and as they transition into adulthood.”*
- Private Mental Health
  - Recommend a professional with a regulatory college (psychologist, social worker). The following sites **only** link the public with professionals who are members of the association in question:
  - Ontario Psychological Association  
<http://www.psych.on.ca/Utilities/Find-a-psychologist.asp>
  - Ontario Association of Social Workers:  
<http://www.findasocialworker.ca/ON/en/default.asp>
- Distress Lines
  - There are many, which can be searched by region. One good starting place is [kidshelpphone.ca](http://kidshelpphone.ca), 1-800-668-6868

## Adult Mental Health Services

- In hospital services
  - Varies by hospital and by clinic
- Family physician referral to psychiatry in community
  - Waitlists and availability can be an issue
- Public mental health:
  - C&YMH agencies that cover AYA gap
    - Some agencies see youth up to 21, 25, or 26 years.
    - Search for agencies at [www.cmho.org](http://www.cmho.org)
  - CMHA's "Quick Guide to Mental Health Resources Serving Toronto"
    - [http://www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto\\_Mental\\_Health\\_Resources.pdf](http://www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto_Mental_Health_Resources.pdf)
    - CMHA has other resources listed in various ways by region
  - Family Navigation Project at Sunnybrook (13-26yrs in the GTA)
  - CAMH
    - [www.camh.ca](http://www.camh.ca), intake: 416-535-8501, press 2
    - Addictions services are self-referral
    - Mental Health Services are physician or NP referral
    - DBT program opens its waitlist every few months, check the website for the next opening
- Private Mental Health
  - Recommend a professional with a regulatory college (psychologist, social worker). The following sites **only** link the public with professionals who are members of the association in question:
    - Ontario Psychological Association  
<http://www.psych.on.ca/Utilities/Find-a-psychologist.aspx>
    - Ontario Association of Social Workers:  
<http://www.findasocialworker.ca/ON/en/default.asp>
- Social and Support Organizations for Cancer Survivors
  - Wellspring at [www.wellspring.ca](http://www.wellspring.ca)
    - *Wellspring is a network of community-based support centres offering programs and services that meet the emotional, social, practical and restorative needs of people living with cancer and those who care for them... free of charge.*
  - Gilda's club of Greater Toronto at [www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)
- Distress Lines:
  - Mental Health Helpline:
    - [www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)
    - 1-866-531-2600
  - Assaulted Women's Helpline:
    - <http://www.awhl.org/>
    - Phone: GTA- 416.863.0511 & toll free: 1.866.863.0511