



**Canadian Mental Health Association**  
**York and South Simcoe**  
*Mental health for all*

1-866-345-0183 ♦ 905-841-3977 ♦ yorkregion@cmha-yr.on.ca ♦ www.cmha-yr.on.ca  
 This list is maintained by CMHA, York Region ♦ This list is not exhaustive

## YORK REGION MENTAL HEALTH RESOURCE LIST

ABUSE		
Domestic Abuse and Sexual Assault Care Centre		905-882-1406 or 1-800-521-6004
Sandgate Women's Shelter of Georgina		905-722-3220 or 1-800-661-8294 (Crisis)
Women's Centre of York Region		905-853-9270 or 1-855-853-9270
Women's Support Network of York Region		905-895-3646 or 1-800-263-6734 (Crisis)
Yellow Brick House		905-727-0930 / 1-800-263-2231 / 1-800-263-3247 (Crisis)
York Region Abuse Program (YRAP)		905-853-3040 or 1-800-263-2240 ext. 301
York Region Children's Aid Society		905-895-2318 or 1-800-718-3850
York Region Women's Sexual Assault Hotline		905-895-7313 or 1-800-263-6734
ADDICTIONS		
Addiction Services for York Region:	Aurora	905-841-7007 or 1-800-263-2288
Bellwood Health Services		416-495-0926 or 1-800-387-6198
Caritas		416-748-9988 or 1-800-201-8138
Centre for Addiction and Mental Health (CAMH)		416-535-8501 or 1-800-463-6273
Drug & Alcohol Helpline		1-800-565-8603 or www.drugandalcoholhelpline.ca
Ontario Addiction Treatment Centres — Head Office		905-868-9966
Ontario Problem Gambling Helpline (OPGH)		1-888-230-3505 or www.problemgamblinghelpline.ca
Vitanova Foundation		905-850-3690
BEREAVEMENT		
Bereaved Families of Ontario – York Region		905-898-6265 or 1-800-969-6904
Genesis Bereavement Resource Centre		905-895-7750
CRISIS / DISTRESS LINES		
Community Crisis Response Service (24 hours)		1-855-310-2673 (COPE)
Kids Help Phone (24 hours)		1-800-668-6868
Krasman Centre - Warm Line (non-crisis)		1-888-777-0979
Markham-Stouffville Hospital- Crisis Team		905-472-7556
Pathways for Children		905-471-1620
York Region Street Outreach Van		416-274-4972 or 1-866-553-4053
Ontario Shores Crisis Line (24 hours)		1-800-263-2679
Southlake Regional Health Centre:	Adult Crisis	905-895-4521 ext. 2666
	Child & Adolescent Crisis	905-895-4521 ext. 2215
EMPLOYMENT		
CMHA, York Region Branch – Employment Program		1-866-345-0183
COSTI Immigrant Services		905-669-5627
Employment Ontario		1-800-387-5656 or www.on.ca/employment
Job Skills	Keswick	905-476-8088 or 905-476-7588 (TTY) or 1-866-470-5947
	Newmarket	905-898-5138 or 905-898-4465 (TTY) or 1-866-592-6278

Seneca Workforce Skills Centre	Newmarket	905-898-6199
Strategic Employment Solutions	Newmarket	905-895-7529
	Oak Ridges	905-773-4411
Treasures		905-883-5122
YMCA of Greater Toronto	Markham	905-573-9622
	Richmond Hill	905-780-9622
FINANCIAL		
Community Credit Counselling Services of York Region		905-707-7695 or 1-800-500-0003
Homelessness Prevention Program - Salvation Army		905-895-6119 ext. 1
Ontario Disability Support Program (ODSP)		905-868-8900 or 1-877-669-6658
Ontario Works (OW)		1-888-256-1112
FOOD BANKS		
Aurora Food Pantry		905-841-1577
Georgina Community Food Pantry		905-722-8305
Markham Food Bank		905-472-2437
Newmarket Food Pantry / York Region Food Network		905-853-7285
Richmond Hill Community Food Bank		905-508-4761
Salvation Army: Northridge Community & Family Services		905-895-0577
Vaughan Food Bank		905-851-2333
Whitchurch-Stouffville Food Bank		905-640-4704
HEALTH		
AIDS Committee of York Region		905-884-0613 or 1-800-243-7717
HOUSING & SUPPORT SERVICES		
Blue Door Shelters		905-898-1015 or 905-830-0121 (youth)
CMHA, York Region Branch		1-866-345-0183
Homes for Special Care (@ CAMH)		416-535-8501 ext. 3439
Housing Help Centre- Scarborough		416-285-8070
LOFT / Crosslinks Housing and Support Services		905-967-0357 or 1-888-967-0357
Region of York: Community Services and Housing		905-895-1231 or 1-888-256-1112
Sutton Youth Shelter		905-722-9076 or 1-877-972-0898
LEGAL		
CMHA, York Region Branch – Mental Health & Justice		1-866-345-0183
Community Legal Clinic of York Region		905-508-5018 or 1-888-365-5226
Family Law Service Centre		905-898-3943
Lawyer Referral Service (\$6.00 for 30 minutes)		1-900565-4LRS (4577)
Legal Aid Ontario- York Region	Newmarket	905-898-3943 or 1-888-613-8775
	Richmond Hill	1-888-365-5226
LGBTQ		
Family Services York Region – Counselling	Georgina	905-476-3611

	Markham - Stouffville	905-415-9719 or 1-866-415-9723
Family Services York Region – Counselling	Newmarket	905-895-2371 or 1-888-223-3999
	Richmond Hill	905-883-6572 or 1-888-820-9986
LGBTQ Information, Referral & Support Line		1-888-967-5542
Lesbian Gay Bi Trans Youthline		1-800-268-YOUT (9688) or 416-962-9688
My House Rainbow Resources of York Region		905-770-5858
PFLAG (Parents, Friends of Lesbian & Gays)		1-888-530-6777
<b>MENTAL HEALTH</b>		
Catholic Community Services of York Region		905-770-7040 or 1-800-263-2075
Centre for Addiction and Mental Health (CAMH)		905-868-8046 or 1-800-463-6273
CMHA, York Region Branch		1-866-345-0183
Community Care Access Centre (CCAC)		905-895-1240 or 1-888-470-2222
Family Services York Region – Counselling	Georgina	905-476-3611
	Markham - Stouffville	905-415-9719 or 1-866-415-9723
	Newmarket	905-895-2371 or 1-888-223-3999
	Richmond Hill	905-883-6572 or 1-888-820-9986
Hong Fook Mental Health Association		416-493-4242
Jewish Family & Child Services		905-882-2331
Krasman Centre		905-780-0491 or 1-888-780-0724
LOFT / Crosslinks Housing and Support Services		905-967-0357 or 1-888-967-0357
Mackenzie Health:		905-883-1212
	Adult Mental Health Inpatient	905-883-1212 ext. 3327
	Adult Mental Health Outpatient	905-883-2127
	Mental Health Day Treatment	905-883-1212 ext. 7326
	Psychogeriatric Clinic	905-883-1212 ext. 3361
Markham-Stouffville Hospital:	Adult Mental Health Outpatient	905-472-7011
Medical Clinic for Person Centred Psychotherapy (Toronto)		416-229-2399 or 1-888-229-8088
Mental Health Helpline		1-866-531-2600 OR <a href="http://www.mhsio.on.ca">www.mhsio.on.ca</a>
Ontario Shores (formerly Whitby Mental Health Centre)		1-800-341-6323 or 1-800-263-2679 (Crisis)
Saint Elizabeth Health Care		905-940-9655
Southlake Regional Health Centre:		905-895-4521
	ACT Team	905-476-1800
	Brief Therapy	905-895-4521 ext. 2215
	Community Treatment Orders	905-895-4521 ext. 2790
	PACT Team	905-895-4521 ext. 2929
	Day Program	905-895-4521 ext. 2666
	Schizophrenia Clinic	905-895-4521 ext. 2310
Telehealth Ontario		1-866-797-0000 or 1-866-797-0007 (TTY)
Victorian Order of Nurses - York Region		905-479-3201 or 1-800-574-6059
York Support Services Network (YSSN):	Newmarket	905-898-6455 or 1-866-257-9776
	Markham	905-305-7440 or 1-800-887-3679
	Streamlined Access (Intake - YR Case Management)	289-340-0348 or 1-844-660-6602
<b>MENTAL HEALTH – CHILDREN &amp; YOUTH</b>		
Blue Hills Child and Family Services		905-773-4323
CMHA, York Region Branch (youth age 16 and over)		1-866-345-0183

Delisle Youth Services		416-482-0081
Family Services York Region – Counselling	Georgina	905-476-3611
	Markham - Stouffville	905-415-9719 or 1-866-415-9723
	Newmarket	905-895-2371 or 1-888-223-3999
	Richmond Hill	905-883-6572 or 1-888-820-9986
Integra Foundation: Camp Towhee		416-486-8055
Jewish Family & Child Services		905-882-2331
Kids Help Phone (24 hrs)		1-800-668-6868
Kinark Child and Family Services:	Main Office	905-474-9595
	Central Intake	1-888-454-6275
Mackenzie Health: Shaw Clinic (Child & Family)		905-883-2137
Markham-Stouffville Hospital: Child Adolescent & Family		905-472-7530
Ontario Shores (formerly Whitby Mental Health Centre)		1-800-341-6323 or 1-800-263-2679 (Crisis)
360 Kids (formerly Pathways)		905-471-7877
Rose of Sharon Services for Young Mothers		905-853-5514 or 1-877-516-3715
Southlake Regional Health Centre: Child & Family		905-895-4521 ext. 2215
	Day Hospital Program	905-895-4521 ext. 2215
	Disruptive Behaviours Program	905-895-4521 ext. 2215
	Eating Disorders	905-895-4521 ext. 2825
York Centre for Children, Youth & Families		905-887-5896
York Region Health Connection		1-800-361-5653
Youthdale: Aurora Residential Program		905-727-3426
	Day Treatment	416-368-4896
	Preparation for Independence	416-368-4896
<b>MENTAL HEALTH - SENIORS</b>		
CHATS		905-713-6596 or 1-877-452-4287
Catholic Community Services		905-770-7040 or 1-800-263-2075
Family Services York Region – Counselling		See Mental Health section for numbers
Integrated Psychogeriatric Outreach Program (IPOP)		905-895-3628 ext. 3433
<b>PHYSICIAN/THERAPIST REFERRALS</b>		
College of Physicians & Surgeons (Find a Doctor)		<a href="http://www.cpso.on.ca">www.cpso.on.ca</a>
General Practitioner Psychotherapy Association		416-410-6644
Health Care Connect (Find a Doctor – phone)		1-800-445-1822
Ontario Association for Marriage and Family Therapy		1-800-267-2638
Ontario Psychological Association (Psychologist referral)		416-961-0069 or 1-800-268-0069
<b>SELF HELP</b>		
211 Community Information and Volunteer Centre		<a href="http://www.211ontario.ca">www.211ontario.ca</a>
Connex Ontario Health Services Information		<a href="http://www.connexontario.ca">www.connexontario.ca</a>
Krasman Centre		905-780-0491 or 1-888-780-0724
Psychiatric Patient Advocate Office (PPAO)		<a href="http://www.pp20.gov.on.ca">www.pp20.gov.on.ca</a>
Yorklink		<a href="http://www.yorklink.org">www.yorklink.org</a>