



Canadian Mental
Health Association
Toronto

Hage Degdeg ah

Khayraadka Caafimaadka

Dhimirka oo u Adeegaya

Toronto

Sharafta

Soo kabashada & Fayo qabka

Tayada

Kala duwanaanta & Sinaanta

Aqbalaadda

Ammaanka & Gaar ahaanta

Iskaashiga

CMHA Toronto Branch

Information & Decision Support

Member of Inform Canada/AIRS and Inform Ontario



Ontario

Central Local Health
Integration Network



United Way
Toronto & York Region

XADGUDUB

Abrigo Centre	416-366-5377
Advocacy Centre for the Elderly	416-598-2656
Barbara Schlifer Clinic	416-323-9149 x 234
Boost - Child Abuse Prevention and Intervention	416-515-1100
Canadian Centre for Victims of Torture	416-363-1066
Children's Aid Society	416-924-4646
Women's College Hospital - WRAP (Women Recovering from Abuse)	416-323-6400 x 4863
Victim Services	416-808-7066

QABATINKA

Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
The Access Point www.theaccesspoint.ca	1-888-640-1934
DART - Drug and Alcohol Registry	1-800-565-8603
Ontario Problem Gambling Helpline	1-888-230-3505

MAARAYNTA CADHADA

Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
Central Toronto Youth Services	416-924-2100
Family Service Association of Toronto	416-595-9618
John Howard Society	416-925-4386
Salvation Army, Correctional & Justice Services (by referral from probation officers only)	416-304-1974
Tropicana Community Services	416-439-9009
Yorktown Family Services	416-394-2424

DAAWEYNTA BULSHO EE QEEXAN (ACT)

The Access Point www.theaccesspoint.ca	1-888-640-1934
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TACSIDA

Adult Grief Support Program-East Toronto	416-926-0905
Adult Grief Support Program-West Toronto	416-515-0197
AIDS Committee of Toronto (ACT)	416-340-2437
Bereaved Families of Ontario-Toronto (Multi-Faith)	416-440-0290
Bereaved Jewish Families of Ontario	416-638-7800
Bereavement Support Group-Wellspring	416-480-4440
C.O.P.E.S (Community Of People Extending Support)	416-767-6793
Distress Centre Suicide Survivor Support Program	416-595-1716
Taylor Place Self-Help Recovery Group	416-447-7244
The Canadian Centre for Bereavement Education	416-926-0905

ADEEGYADA MAARAYNTA KIISKA

The Access Point www.theaccesspoint.ca	1-888-640-1934
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XARUMAHA CAAFIMAAD EE BULSHADA

Etobicoke

Access Alliance Multicultural Community Health Centre and West End Non-Insured Walk-in Clinic	416-760-8677
The Four Villages Community Health Centre	416-604-3362
LAMP Community Health Centre	416-252-6475
Rexdale Community Health Centre	416-744-0066
Rexdale's John Garland Satellite	647-288-0281
Stonegate Community Health Centre	416-231-7070
Unison Health and Community Services - Keele-Rogers	416-653-5400

North York

Black Creek Community Health Centre	416-249-8000
Flemingdon Health Centre	416-429-4991
Unison Health and Community Svcs - Bathurst-Finch	647-436-0385
Unison Health and Community Svcs - Jane-Trethewey	416-645-7575
Unison Health and Community Svcs - Lawrence Hts	416-787-1661

Scarborough

Access Alliance Multicultural Community Health Centre	416-693-8677
Scarborough Centre for Healthy Communities	416-642-9445
Scarborough Centre for Healthy Communities Satellite	416-297-7490
TAIBU Community Health Centre	416-644-3536

Toronto / East York

Access Alliance Multicultural Community Health Centre	416-324-8677
Anishnawbe Health Toronto	416-360-0486
The Anne Johnston Health Station	416-486-8666
Centre Francophone de Toronto	416-922-2672
Davenport-Perth Neighbourhood Centre	416-656-8025
East End Community Health Centre	416-778-5858
The Four Villages Community Health Centre	416-604-3361
Parkdale Community Health Centre	416-537-2455
Parkdale Community Health Centre Satellite	416-537-8222
Queen West Community Health Centre	416-703-8482
Regent Park Community Health Centre	416-364-2261
Sherbourne Health Centre	416-324-4180
Shout Clinic Central Toronto Community Health Centre	416-703-8480
South Riverdale Community Health Centre	416-461-2493
Women's Health in Women's Hands	416-593-7655

HINDISAADAHA LOO-ADEEGAHA

A-Way Express Courier Service	416-424-2266
Consumer/Survivor Information Resource Centre	416 595-2882
The Empowerment Council	416-535-8501
Fresh Start Cleaning and Maintenance	416-504-4262
Sound Times Support Services (West)	416-234-9245
Sound Times Support Services (East)	416-979-1700
Working for Change	416-504-1693

TALOBIXINTA

alobixinta (Ballan ahaant)

519 Church Street Community Centre	416-392-6878 x 4000
Clinic for Person Centered Psychotherapy	416-229-2399
Family Service Toronto	416-595-9618
Malvern Family Resource Centre (Youth & Family)	416-284-4184 x 212

Talobixinta (Immaanshaha Rugaha Caafimaad)

Family Service Toronto	416-595-9618
128A Sterling Road, Suite 202	<u>Wed</u> from 3:30 pm-7:30 pm
LAMP Community Health Centre	416 252-6471 x 235
185 Fifth Street, Etobicoke	<u>Mon</u> 1-4 pm, <u>Thurs</u> 4-7 pm
Woodgreen Community Services	416-645-6000 x 1100
815 Danforth Avenue, Suite 100	<u>Wed</u> 4-8 pm

Talobixinta (immaanshaha rurgaha rugaha caafimaada carruurta/ dhalinyarta/ qoysaska)

East Metro Youth Services	416-438-3697 x 1
1200 Markham Road 2nd Floor	
<u>Mon, Wed, Thurs</u> 2 pm-8 pm, <u>Tues</u> 10 am-5 pm,	
<u>Friday</u> 10 am-5 pm, <u>Saturday</u> 10 am – 2 pm	
Oolagen	416-395-0660
65 Wellesley Ave. E., Suite 500	
<u>Mon, Thurs, Fri</u> 9 am-1 pm, <u>Tues</u> 12 pm-8 pm, <u>Wed</u> 3 pm-6 pm	
Yorktown Child and Family Centre	416-394-2424
21 Ascot Ave 1st Floor	
<u>Mon & Thurs</u> 2 pm-6 pm, <u>Tues & Fri</u> 10 am-2 pm, <u>Wed</u> 4 pm-8 pm	
The Etobicoke Children's Centre	416-240-1111
2267 Islington Ave	
<u>Wednesdays</u> 12 pm-8 pm	
EdgeWest	416-652-4363
1900 Davenport Rd	
<u>Mon & Wed</u> 4 pm-8 pm, <u>Sat</u> 10 am-2 pm	

Counselling is also available at many Community Health Centres

– see the Community Health Centres of this pamphlet for more options

TAAGEERADA QALAASE/LAYMAMKA QOOMAMO

Anishnawbe 24/7 (Aboriginal clients)	
Mental Health Crisis Management Service	416-891-8606
Assaulted Women's Helpline	416-863-0511
Distress Line	416-408-4357
Gerstein Crisis Centre (Downtown)	416-929-5200
Kids Help Phone	1-800-668-6868
Scarborough Hospital (Scarborough, East York)	416-495-2891
Senior Crisis Access Line	416-619-5001
Toronto Rape Crisis Centre	416-597-8808
Warm Line (8pm - 12am)	416-960-9276
York Support Services (North York)	1-855-310-2673
Youthdale's Crisis Support Team	416-363-9990

KORIINKA NAAFADA

Adeegyada Koriinka Toronto www.dsto.com	1-855-372-3858
Griffin Centre	416-222-1153

U KAALAY RUGAHA CAAFIMAAD DARYAALKA AASAASIGA AH/ IYO AMA DEEGYADA DHIMIRKA

Agincourt Community Services 4155 Sheppard Ave E Suite 100 <u>PRIMARY CARE:</u> Thursdays, 12 noon-5 pm <u>PSYCHIATRY:</u> Mon 9 am-1 pm	416-321-6912
Cummer Avenue Clinic 53 Cummer Ave. Primary Care: Wed 9am-12noon	416-222-5417
FCJ Refugee Clinic 208 Oakwood Ave Primary Care for Newcomers: Sat, 9 am-1 pm	416-469-9754
Salvation Army Gateway Drop-In 107 Jarvis Street <u>PRIMARY CARE:</u> Wed, 12 noon-5 pm	416-368-0324
Sistering 962 Bloor Street <u>PRIMARY CARE:</u> Tues 9:30am-4pm, Thurs 9:30am-5pm <u>PSYCHIATRY:</u> Mon 1 pm-4 pm, Fri 1 pm-5 pm	416-926-9762
St. Stephen's Drop-In 260 Augusta Avenue <u>PRIMARY CARE:</u> Wed 8 am-2 pm <u>PSYCHIATRY:</u> Tues 10:30 am-1:30 pm, Thurs 10:30 am-12:30 pm	416-964-8747

FARAGALINTA HORE EE BARNAAMIYADA DHIMIRKA

The Access Point www.theaccesspoint.ca	1-888-640-1934
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KHALKHALKA CUNTADA

Bellwood Health Services	1-866-475-3254
Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
The Kyla Fox Therapy Centre	416-518-0440
The National Eating Disorder Information Centre (NEDIC) - Helpline	416-340-4156
Sheena's Place	416-927-8900
Sick Kids-Eating Disorders Program	416-813-7195

SHAQO / XIRFAD

Kartoon ku xidhidda & Adeegtada Taageeridda	416-255-7070
CMHA Toronto	416-789-7957 x 3441
Corbrook	416-245-5565
COSTI	416-789-7925
Goodwill Industries	416-362-4711
JVS Toronto	416-787-1151
Plus & Transitional Employment Program	416-693-2116
Volunteer Toronto	416-961-6888

TAAGEERO QOYS

Concerned Parents of Toronto	416-492-1468
Family Association for Mental Health Everywhere	416-207-5032
Family Navigation Project (for families with youth)	1-800-380-9367
Family Outreach and Response	416-539-9449
Family Support Program - Toronto East General	416-461-2000 x 223
Family Support Program - Toronto Western	416-603-5747
Family Walk-In Counselling (Wed., 12-6 pm)	416-749-9996
Hong Fook Mental Health Association	416-493-4242
Mood Disorders Association of Ontario	416-486-8046
Schizophrenia Society of Ontario	416-449-6830

TAAGEERO MAALIYADEED

Canada Pension Plan (CPP)	1-800-277-9914
Canada Revenue Agency-General Inquiry	1-800-959-8281
Credit Counseling Service of Toronto	416-228-3328
GST Refund Cheque Information	1-800-959-1953
Office of the Public Guardian and Trustee	416-314-2800
Ontario Disability Support Program	416-325-5666
Ontario Works (OW)	416-397-0330
OW or ODSP Social Benefits Tribunal	416-326-0978
Workplace Safety and Insurance Board (WSIB)	416-344-1000

BANGIYADA CUNTADA

Daily Bread food Bank	416-203-0050
Foodshare Foodlink Hotline	416-392-6655
Street Health	416-921-8668
The Stop Community Food Centre	416-652-7867

DAWLADDA / NIDAAM CAAFIMAAD

Local Health Integration Networks (LHIN)

CENTRAL 905-948-1872	CENTRAL EAST 905-427-5497
CENTRAL WEST 905-455-1281	TORONTO CENTRAL 416-921-7453

Ombudsman Toronto	416-392-7062
Ombudsman Ontario Complaints Line	1-800-263-1830
Mental Health Commission of Canada	613-683-3755

DARYEEL CAAFIMAAD

Association of Ontario Health Centres	416-236-2539
Adelaide Centre for Women (<i>OHIP not required</i>)	416-392-9243
Aids and Sexual Health Info Line	416-392-2437
Birth Control & STD Clinic (<i>OHIP not required</i>)	416-789-4541
Hassle Free Clinic	416-922-0566
Health Care Connect	1-800-445-1822
Health Centre-Queen West (<i>OHIP not required</i>)	416-703-8482
Med Visit Doctors House Call Service	416-631-3000
Public Health Clinic (<i>Low Cost Dental Services for Children & Seniors</i>)	416-392-6683
Service Ontario	416-314-5518
Street Health Community Clinic	416-921-8668
Telehealth Ontario	1-866-797-0000
Toronto Public Health	416-338-7600
University of Toronto (<i>Low Cost Dental Services for Adults</i>)	416-979-4927

RUGHAGA CAAFIMAAD – waxay siinayaan adeeyo qoxootiga aan lahayn ama leh caymiska caafimaad federaalka ku meelgaarka (IFH) oo xaddidan

Access Alliance

761 Jane Street 2nd Floor Mon & Thurs: 4-7:30 pm 416-760-2815

Christie Refugee Welcome Centre 416-588-9277 x 28
43 Christie Street

Community Volunteer Clinic for the Medically Uninsured 647-267-2176
4158 Sheppard Avenue East, Tues, Thurs 5-8 pm

Muslim Welfare Centre 416-754-8116

Refugee Counselling Clinic 416-469-9754

208 Oakwood Ave, Fri: 10 am-3 pm

Women's College Hospital Refugee Health Clinic 416-323-6031
77 Grenville Street, 4th Floor

GURI LAWE/GURYO/DANAHA DADWEYNAHA

416 Drop In Centre (Women) 416-928-3334

Assessment and Referral Centre 1-877-338-3398

Hostel Outreach Program - COTA (Men) 416-785-9230

Hostel Outreach Program - CRCT (Women) 416-482-4103

St. Stephen's Corner Drop In 416-964-8747

Street Health (Downtown) 416-921-8668

Streets to Homes 416-392-0090

The Good Neighbours Club 416-366-5377

The Meeting Place Drop In 416-504-4275

Youth Hostel Outreach Program - CTYS 416-504-6100

CUSBITAALO

Cusbitaalada intooda badan waxay leeyihiin adeeyada caafimaadka maskada kaas oo laga yaabo inay ku jiraan Qiimaynaha Dhimirku, Khabiirro nasiga ah, Khabiirro maskaxda ah, Bulsho Adeegyaal iyo khabiirro kale.

Barnaamijyada ay u bixinayaan sida caadiga ah waxa ka mida:

- Barnaamijyada bukaan socodka, halkaas oo qofku u imanaya cusbitaalka adeegyada caafimaadka maskaxda;
- Daawayn maaliined, ama barnarnaamijyo qayb cubitaal dhigis ah, halkaas oo qofku uu u imanayo daaweeyn muddo dheer ama had iyo qoor,
- Barnaamiyadada bukaan jifka, halkaas oo qofku is diiwaangliaynayo cusbitaanka si loo siiyo kormeerid iyo daryeel heer sare ah ilaa xaaladu ay aad u fiicananayso sidaa darteed qofka wax loo daaweyn karaa bukaan socod ahaan.

Baycrest 416-785-2500

CAMH (Centre for Addiction and Mental Health) 416-535-8501

Humber River Hospital 416-658-2067

Mount Sinai 416-596-4200

North York General 416-756-6000

Rouge Valley 416-281-7318

Scarborough Hospital 416-438-2911

SickKids 416-813-1500

St Joseph's Health Centre 416-530-6717

St Michael's 416-864-5120

Sunnybrook 416-480-6100

Continued

CUSBITAALO *Sii socday*

Toronto East General	416-461-8272
Toronto General Hospital	416-340-3111
Toronto Western Hospital	416-603-2581
Trillium Queensway Health Centre	416-259-6671
William Osler	416-494-2120
Women's College	416-323-6400

XARUMAHA CAAWINTA GURIYAYNTA

Albion Services (South Etobicoke)	416-252-5990
Albion Services (North Etobicoke)	416-740-3704
COSTI (North York)	416-244-0480
East York Housing Help Centre	416-698-9306
Flemington Neighborhood Services	416-424-2900
Scarborough Help Centre	416-285-8070
West Toronto Community Legal Services	416-531-0841
Woodgreen (East York)	416-645-6000
Unison Health & Community Services	416-653-5400

GURIYAYNTA

Federation of Metro Tenants' Associations	416-921-9494
Landlord and Tenant Board	416-645-8080
The Access Point www.theaccesspoint.ca	1-888-640-1934
Toronto Social Housing Connections	416-981-6111

MACLUUMAAD & GUDBIN

Access Toronto	311
CAMH - McLaughlin Information Centre	416-595-6111
Community Care Access Centre	416-506-9888
Findhelp Toronto	211
Hospice Palliative Care of Ontario	416-304-1477
MAAR-Metro Addiction Assessment Referral Services	416-599-1448
Mental Health Service Information (Connex)	1-866-531-2600
Obsessive Compulsive Disorder Helpline	416-920-5887
Ontario Society of Psychotherapists	416-923-4050

GARSOORKA NABADA

444 Yonge Street (Toronto)	416-325-8967
60 Queen St West (Old City Hall)	416-327-5179
1000 Finch Ave West (North York)	416-314-4213
1911 Eglinton Ave East (Scarborough)	416-325-0354
2201 Finch Ave West (Etobicoke)	416-314-3973

SHARCI/DOODITAAN

ACE (Advocacy Centre for the Elderly)	416-598-2656
ARCH Disability Law Centre	416-482-8255
Canadian Civil Liberties Association	416-363-0321
Community Legal Education Ontario (CLEO)	416-408-4420
Equality Rights in Accommodation	416-944-0087
Legal Aid	416-979-1446
Ontario Human Rights Commission	416-326-9511
Psychiatric Patient Advocates Office	416-327-7000
Schizophrenia Society of Ontario	416-449-6830

ADEEGYADA LGBTQ+

Rainbow Health Ontario - Sherbourne Health Centre	416-324-4100
Supporting Our Youth (SOY) - Sherbourne Health Centre	416-324-5078
Pride & Prejudice - Central Toronto Youth Services: The 519	416-924-2100 416-392-6874
David Kelley Services - Family Service Toronto	416-595-9618
LGBT Youthline	1-800-268-9688

MENTAL HEALTH & JUSTICE NETWORK

CAAFIMAADKA MASKAXDA & SHABAKADDA CADAALADDA

North Toronto - COTA Health	416-785-9230
East Toronto - CMHA Toronto	416-458-9466
South Toronto - Sound Times Support Services	416-979-1700
West Toronto - Reconnect Mental Health Services	416-248-2050
City-Wide (ages 16 - 24) - CTYS New Outlook	416-924-2100
Fred Victor Centre	416-364-8228

KOOXDA BOOLISKA EE FAROGALINTA RABSHADAHA MOOBAYLKA

NW Toronto – Humber River Hosp. & Div 12, 13, 31	416-808-2222 or 911
SW Toronto – St. Josephs & Div 11, 14	416-808-2222 or 911
East Toronto – Tor. East Gen & Div 54, 55	416-808-2222 or 911
Scarborough – Scar. Hosp. & Div 41, 42, 43	416-808-2222 or 911
Downtown – St. Michaels & Div 51, 52	416-808-2222 or 911

MAXKAMADA IYO HAYNTA-IYADOO LAGU SALEEYAY ADEEGYADA CAAFIMAADKA MASKAXDA

College Park Court – Fred Victor	416-598-8103
East Toronto - Scarborough Court - CMHA	416-285-4177
North Toronto - North York Court - COTA Health	416-667-0933
South Toronto - Old City Hall Court – Fred Victor	416-364-8394
West Toronto - Finch Court - Etobicoke - CMHA	416-745-5775

ADEEGYADA DEGENAANTA

The Access Point www.theaccesspoint.ca	1-888-640-1934
Safe Bed Registry (CMHA, COTA, Reconnect, Gerstein)	416-248-4174

URURO XIRFAD LEH

Canadian Counselling and Psychotherapy Association	1-877-765-5565
Canadian Psychiatric Association	613-234-2815
College of Physicians & Surgeons of Ontario	416-967-2600
College of Psychologists of Ontario	416-961-8817
Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists	416-298-7333
Ontario College of Social Workers and Social Service Workers	416-972-9882
Ontario Gerontology Association	416-535-6034
Ontario Psychological Association	www.psych.on.ca
Ontario Society of Psychotherapists	416-923-4050

SARE

CCAC - Community Care Access Centre	416-310-2222
Chinese Seniors Health Centre - Mt. Sinai	416-321-5785
Community Seniors Mental Health Services	www.csmhas.com
Geriatric Mental Health Services - COTA	416-785-9230
Geriatric Psychiatry Service - Toronto Rehab	416-597-3422 x 3041
Neighborhood Link Support Services	416-691-7407
Psychiatric Services for the Elderly - Sunnybrook	416-480-4663

ADEEGYADA DEGIDDA

Access Alliance	416-760-8677
Afghan Women's Organization	416-588-3585
Bloor Information & Life Skills Centre	416-531-4613
Catholic Crosscultural Services	416-757-7010
Culture Link Settlement	416-588-6288
Polycultural Immigrant & Community Services	416-533-9471
Scadding Court Community Centre	416-392-0335
South Asian Women's Centre	416-537-2276
Toronto Chinese Community Association	416-977-4026
Working Skills Centre	416-703-7770

!HAWLAHA BULSHO/KOOXAHA

Among Friends (Lakeshore & Islington)	416-251-8666
Friendship Club (Queen & Logan)	416-645-6000
Getting in Touch (Jane & Driftwood)	416-663-2733
Our Place (Yonge & Dundas)	416-598-2919
PLUS (Lawrence & Don Valley)	416-693-2116
Progress Place (Church & Wellesley)	416-323-0223
Sistering (Dufferin & Queen)	416-588-3939
Sound Times East (Dundas & Parliament)	416-979-1700
Sound Times West (Bloor & Dundas)	416-234-9245
What Next! (North York)	416-789-7957

KOOXAHA TAAGEERO/ TAAGEERO SHAQSIHAANEED

Emotions Anonymous	www.emotionsanonymous.org
Mood Disorders Association	416-486-8046
Self - Help Resource Centre Info Line	416-487-4355
The Scarborough Hospital Mental Health App Library	www.tsh.to

(listed on their Adult Mental Health Outpatient Program Page)

ADEEGYADA GAADIIDKA

Toronto Transit Commission (TTC)	416-393-4636
Wheel Trans	416-393-4111

East York

Call A Service Inc./ Harmony Hall Centre for Seniors	416-752-8868
Neighbourhood Link Support Services	416-691-7407
Storefront Humber	416-259-4207
Woodgreen Community Services	416-572-3575

North York

Circle of Care	416-635-2860
Better Living Health & Community Services	416-447-7244
Downsview Services to Seniors	416-398-5510
NeighbourLink North York	416-221-8283
North York Seniors Centre	416-225-1231

Scarborough

Agincourt Community Services Association	416-321-6912
Warden Woods	416-694-1138
Carefirst Seniors and Community Services Association	416-502-2323
St. Paul's L'Amoreaux Seniors' Centre	416-493-3333
Scarborough Centre For Healthy Communities	416-847-4125
Trans Care Community Support Service	416-750-9885

Toronto

Canadian Red Cross Society	416-236-3180
Dignity Transportation Inc	416-398-2222
Good Neighbours Club	416-366-5377
Mid-Toronto Community Services	416-962-9449 x 31
St. Christopher House	416-532-4828
Silver Circle: West Toronto Support Services	416-653-3535

DHALINYARTA

Central Toronto Youth Services	416-924-2100
Children's Mental Health of Ontario	416-921-2109
Delisle Youth Services	416-482-0081
East Metro Youth Services	416-438-3697
George Hull Centre	416-622-8833
Hincks - Dellcrest	416-924-1164
Kids Help Phone	1-800-668-6868
Shoniker Clinic (RVHS)	416-281-7301
Yorktown Family Services	416-394-2424

CMHA ONTARIO WAAXAHA

CMHA Ontario Division:	416-977-5580
• Brant County Branch	519-752-2998
• Champlain East Branch	613-933-5845
• Cochrane Timiskaming Branch	705-267-8100
• Durham	905-436-8760
• Elgin Branch	519-633-1781
• Fort Frances Branch	807-274-2347
• Grey-Bruce Branch	519-371-3642
• Haldimand and Norfolk Branch	1-888-750-7778
• Haliburton, Kawartha, Pine Ridge Branch	705-748-6687
• Halton Region Branch	1-877-693-4270
• Hamilton Branch	905-521-0090
• Hastings & Prince Edward Counties Branch	613-969-8874
• Huron Perth Branch	1-888-875-2944
• Kenora Branch	807-468-1838
• Kingston Branch	613-549-7027
• Lambton Kent Branch	519-436-6100
• Leeds and Grenville Branch	1-866-499-8445
• Middlesex Branch	1-855-668-0624
• Muskoka-Parry Sound Branch	705-645-2262
• Niagara Branch	905-641-5222
• Nipissing Regional Branch	1-888-474-1299
• Ottawa Branch	613-737-7791
• Oxford County Branch	1-800-859-7248
• Peel Branch	905-451-2123
• Sault Ste. Marie Branch	705-759-0458
• Simcoe County Branch	1-800-461-4319
• Sudbury-Manitoulin Branch	1-866-285-2642
• Thunder Bay Branch	807-345-5564
• Toronto Branch	416-789-7957
• Waterloo Wellington Dufferin Branch	519-821-8089
• Windsor-Essex County Branch	519-255-7440
• York & South Simcoe Branch	1-866-345-0183



Canadian Mental
Health Association
Toronto

CMHA Waaxda Toronto - Macluumaadka & Taageerada Go'aanka

700 Lawrence Ave. West, Suite 480, Toronto ON M6A 3B4

Tel: 416-789-7957 x3631 Fax: 416-789-9079

westdecisionsupport@cmhato.org

1200 Markham Rd., Suite 500, Scarborough ON M1H 3C3

Tel: 416-789-7957 x3800 Fax: 416-289-4306

eastdecisionsupport@cmhato.org