



Support and Resources

for Perinatal Mood Disorders

Crisis Services

310 COPE

24 hours/7days a week Community Crisis Response Service Distress Centre.

310-2673 (do NOT dial 905)

905-953-5412 (for cell phones in York Region that are not in area code 905)

www.yssn.ca

Markham Stouffville Hospital Mental Health Services

905-472-7011 (ask for Crisis Team)

www.msh.on.ca

Southlake Regional Health Centre

Adult Crisis Program:

905-895-4521 ext. 2666

Brief Therapy Clinic:

905-895-4521 ext. 2339

www.southlakeregional.org

York Central Hospital

905-883-1212

(ask for Crisis Team/Urgent Clinic)

www.yorkcentral.on.ca

Sandgate Women's Shelter

Supports and services for women and their children who have experienced violence.

24-hour crisis line:

1-800-661-8294, TTY 905-722-6223

Richmond Hill Shelter

905-787-8604, TTY 905-787-8264

www.sandgate.ca

Yellow Brick House

Provides emergency shelter and outreach services for women and their children leaving abusive relationships.

1-800-263-3247

www.yellowbrickhouse.org

Women's Support Network of York Region Crisis Line

Serves women who have experienced childhood or adult sexual abuse, sexual assault, date rape or sexual harassment.

905-895-7313 or 1-800-263-6734

www.womenssupportnetwork.ca

Perinatal Mood Disorders Support Groups

Transition to Parenting Program

Health Connection 1-800-361-5653

Our Sisters' Place

Support groups focusing on depression across reproductive life span.

Telephone support by volunteers:

416-486-7432 or 1-866-363-6663

Online support component available:

www.oursistersplace.ca

For more information, please call
York Region *Health Connection* at
1-800-361-5653 (TTY 1-866-252-9933)
www.york.ca

Medical/Clinical Services

Telehealth Ontario

24 hours a day, 7 days a week.
1-866-797-0000
www.health.gov.on.ca

Vaughan Community Health Centre

All residents of Vaughan are offered services free of charge.
905-303-8490
www.vaughanhealthcarehc.com

Community Care Access Centre (CCAC)

Visiting mental health nurse.
1-888-470-2222
www.ccac-ont.ca
www.yorkregion.ccac-ont.ca

Resources Outside of York Region

Peel Postpartum Family Support Line

Trained volunteers provide emotional support to women and families during prenatal and postpartum period
905-459-8441
www.pmdinpeel.ca

Perinatal Mental Health Program Mount Sinai Hospital Toronto

- Physician referral required
- Referrals for pregnant women and up to one year postpartum
- Assessment and follow-up needed

416-586-4800 ext. 8419
www.mountsinai.on.ca

Reproductive Life Stages Program Women's College Hospital

- Accepts self-referrals
- Services include: assessment, symptom management, individual and group therapy

416-323-6400 ext. 5635
www.womenscollegehospital.ca

Women's Mental Health Clinic Toronto General Hospital

- Physician referral required
- Three female psychiatrists provide consultation and therapy
- Pregnant and postpartum mental health support

416-340-3048
www.uhn.ca

Women's Health Centre St. Joseph's Health Centre, Toronto

- Provides information to clients with perinatal mood disorders
- Offers support group and individual counselling
- Self-referrals accepted

416-530-6850
www.stjoe.on.ca

Counselling Services

Canadian Mental Health Association York Region

No fee for services.
1-866-208-5509 or 905-853-8477
www.cmha-yr.on.ca

Catholic Community Services of York Region, Counselling Services

Fee for services based on client's ability to pay.
1-800-263-2075 or 905-770-7040
www.ccsyr.org

GPs of Psychotherapy (General Practice Psychotherapy Association)

Covered by OHIP.
www.gppaonline.ca

Jewish Family and Child Services

Fees based on ability to pay.
905-882-2331
www.jfandcs.com

Women's Centre of York Region

Programs, counselling and support services to women affected by abuse or financial difficulties. No fee for services.
905-853-9270
www.womenscentreyorkregion.com

Family Services York Region

Fee based on sliding scale according to individual income.
1-888-223-3999
www.fsyr.ca

Employee Assistance Program (EAP) – Offered through your employer.

Support Programs and Information

Addiction Services of York Region

1-800-263-2288 ext. 322
or 905-841-7007
www.asyr.ca

Bereaved Families of Ontario

1-800-969-6904
905-898-6265
www.bfoyr.com

Breastfeeding Clinics York Region

1-800-361-5653

Centre for Addiction and Mental Health (CAMH)

1-800-463-6273 or 416-595-6111
www.camh.net

Health Connection

1-800-361-5653
TTY: 1-866-252-9933
www.york.ca/parenting

Mental Health Services Information Ontario

24 hours a day/7 days a week.
Interpreter services available.
1-866-531-2600
www.mhsio.on.ca

Motherisk – Prenatal and postnatal medication information.

416-813-6780
www.motherisk.org

Ontario Early Years Centres

1-877-669-6658
www.ontarioearlyyears.ca

Smokers Helpline

Can help women on their way to becoming smoke free.
1-877-513-5333
www.smokershelpline.ca

VON Good Beginnings

Parent and Infant Support Program.
1-800-574-6059 ext.5109
905-479-3201 ext.5109
www.von.ca

York Region Abuse Program (YRAP)

1-800-263-2240 or 905-853-3040
www.yrap2.org

York Region Children's Aid Society

905-895-2318
or 1-800-718-3850
www.yorkcas.on.ca

Support for Partners and Families

**Healthy Babies
Healthy Children Program**
Health Connection
1-800-361-5653
TTY: 1-866-252-9933

Postpartum Men
www.postpartummen.com

Postpartum Dads
Provides information and support to fathers whose partners are experiencing perinatal mood disorders.
www.pospartumdads.org
(Affiliated with Postpartum Support International)

Websites

**Pacific Post Partum
Support Society**
www.postpartum.org

**BC Reproductive Mental Health
Self Care Guide**
www.bcwomens.ca

Here to Help
www.heretohelp.bc.ca

Best Start
www.lifewithnewbaby.ca

Find a Health Professional

**The College of Physicians and
Surgeons of Ontario**
416-967-2617
www.cpsso.on.ca

Ontario Psychological Association
416-961-5552
www.psych.on.ca

**Ontario Association of
Social Workers**
416-923-4848
www.oasw.org

211Ontario.ca
Easy access to community, social, health and related government services in Ontario.
www.211ontario.ca

**GPs of Psychotherapy
(General Practice
Psychotherapy Association)**

- Non-profit professional association of physicians
- Covered by OHIP
- Online directory:
www.gppaonline.ca/find.html

York Region Community and Health Services does not recommend one service over another. If you or a loved one is feeling overwhelmed and unable to cope, the agencies listed may be of help.

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