

# Support and Resources

## For Mental Health in Infants and Early Childhood

### YORK REGION PUBLIC HEALTH PROGRAMS

#### York Region Health Connection

To learn more about any of York Region Public Health's programs or services, please call Health Connection 1-800-361-5653 or TTY 1-866-512-6228 to speak to a registered nurse. York Region Health Connection at 1-800-361-5653, TTY 1-866-512-6228 or email [childfamily@york.ca](mailto:childfamily@york.ca) eChat is available at [York.ca/nursechat](http://York.ca/nursechat) on Monday to Friday from 8:30 a.m. to 4:30 p.m. and is monitored by Public Health nurses

#### Transition to Parenting Program

Support and education group for mothers with babies up to one year of age and pregnant women who are experiencing mood changes, including anxiety or depression, or are looking for support while adjusting to parenthood. To register for the group, please call Health Connection 1-800-361-5653 or TTY 1-866-512-6228

To view the Transition to Parenting program video, visit [YouTube.com](http://YouTube.com) and search [Transition to Parenting](#)

#### Healthy Babies Healthy Children Program

A free home visiting program supporting eligible families who are pregnant, or have children up to six years of age. To access the program, please call Health Connection 1-800-361-5653 or TTY 1-866-252-9933 [york.ca/hbhc](http://york.ca/hbhc)

#### Public Health

1-800-361-5653  
TTY 1-866-512-6228  
[york.ca](http://york.ca)

#### Nurse-Family Partnership program

A free home visiting program where public health nurses are available to visit young, first time moms during pregnancy and the first two years of their child's life in the privacy of their own homes. To access the program, please call Health Connection 1-800-361-5653 or TTY 1-866-252-9933

#### York Region Public Health's Breastfeeding Clinics

One-to-one breastfeeding support and teaching with a nurse who has breastfeeding expertise. Call Health Connection 1-800-361-5653 to book an appointment [york.ca/breastfeeding](http://york.ca/breastfeeding)

### IN-PERSON SERVICES

#### Catholic Community Services of York Region

Brief, goal focused counselling for York Region residents. Walk in services available. Fee for counselling services based on client's ability to pay 1-800-263-2075 or 905-770-7040 TTY 1-800-263-2075

[ccsyf.org](http://ccsyf.org)

#### Family Services York Region

Fee for counselling services are based on individual income

Newmarket	1-888-223-3999
Markham	1-866-415-9723
Richmond Hill	1-888-820-9986
Georgina	905-476-3611

[fsyr.ca](http://fsyr.ca)



## **Jewish Family and Child Services**

Counselling support fees based on ability to pay  
905-303-5838 or 24 hour line: 416-638-7800

[jfundcs.com](http://jfundcs.com)

## **York Hills Centre for Children, Youth and Families**

York Hills has expertise in treating the social, emotional and behavioural challenges of children, youth and their families. As an agency we are committed to providing high quality practices of care that have been proven to show positive outcomes. Contact 905-503-9560.

<https://www.yorkhills.ca/>

## **Kinark Child and Family Services**

Kinark is a leading provider of services and supports for children and youth with complex needs and their families. Services are provided in the areas of Child and Youth Mental Health, Autism and Forensic Mental Health/Youth Justice. Contact 1-888-454-6275 or 1-888-4-KINARK

<https://www.kinark.on.ca/>

## **Mackenzie Health — Centre for Behaviour Health Sciences for Children and Families**

Mackenzie Health's Centre for Behaviour Health Sciences provides care for individuals living in York Region or Simcoe County who have a developmental disability with a significant cognitive delay, autism or are living with the effects of an acquired brain injury. Services are offered within the community to individuals living in York Region or Simcoe County. Contact 1-888-557-5550

<https://www.mackenziehealth.ca/en/programs-services/children-and-families.aspx>

## **Cedar Centre Child, Youth and Family**

We provide a unique and holistic approach to therapy, education and advocacy for those who have experienced trauma. Contact 1-800-263-2240

<https://cedarcentre.ca/>

## **Children's Treatment Network Child and Family Counselling**

CTN provides a number of programs and services to support children with multiple special needs and their families. Delivered through our [partner organizations](#) these services help support families where they need it most—at home, school or in the community. Contact 1-866-377-0286

<https://www.ctnsy.ca>

## **York Region Early Intervention Services**

York Region Early Intervention Services (EIS) delivers programs that support families who have children with special needs in their homes or licensed child care settings. Contact 1-888-703-KIDS (5437). [York Region Early Intervention Services](#)

[Services](#)

## **TELEPHONE SUPPORTS**

### **Telehealth Ontario**

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse 24 hours a day, seven days a week. Contact 1-866-797-0000 or TTY 1-866-797-0007

<http://health.gov.on.ca/>

### **ConnexOntario**

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Our system navigation and information service is live-answer 24/7, confidential, and free. Contact 1-866-531-2600

<https://www.connexontario.ca/>

### **Kids Help Phone**

Kids Help Phone offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Contact 1-800-668-6868

<https://kidshelpphone.ca/>

## SUPPORT PROGRAMS AND INFORMATION

### 211 Ontario

Call 2-1-1 for help to find programs and services available in your area  
[211ontario.ca](http://211ontario.ca)

### Bounce Back Program

An evidenced-based program designed to help adults overcome symptoms of mild to moderate depression, low mood or stress, with or without anxiety  
[cmha-yr.on.ca/programs-services/bounce-back](http://cmha-yr.on.ca/programs-services/bounce-back)

### Community Care Access Centre (CCAC)

Delivers home and community health care and connects people to other services in the community. Services are offered for seniors, adults, children and their families to help determine and provide the right care and health supports to keep them at home  
1-888-470-2222 or TTY 416-222-0876  
[healthcareathome.ca](http://healthcareathome.ca)

### Life with a Baby

Peer support system to provide ongoing practical and emotional peer-based support for new and expectant parents and parents of children up to the age of six  
416-833-3860  
[lifewithababy.com](http://lifewithababy.com)

### Early ON Child and Family Centre

Early learning and parenting programs for families with children birth to six years of age  
1-800-387-5514 or 416-325-2929  
TTY 1-800-268-7095 or 416-325-3408  
<https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

1-877-513-5333  
[smokershelpline.ca](http://smokershelpline.ca)

### York Region Children's Aid Society

Assists families to help strengthen parenting capacity to build stronger, healthier families; and connects families to other support organizations and social services. Helps children at risk of, or being abused or neglected  
1-800-718-3850 or 905-895-2318  
[yorkcas.org](http://yorkcas.org)

## FIND A HEALTH PROFESSIONAL

Physician or Nurse Practitioner  
[health.gov.on.ca](http://health.gov.on.ca)

Psychologist  
[psych.on.ca](http://psych.on.ca)

Social Worker  
[findasocialworker.ca](http://findasocialworker.ca)

Marriage & Family Therapist  
[rmft.oamft.com](http://rmft.oamft.com)

## WEBSITES

### York Region Public Health

Provides information, programs and services related to parenting  
[york.ca/parenting](http://york.ca/parenting)

### Best Start

Provides resources on preconception health, prenatal health and early child development  
[lifewithnewbaby.ca](http://lifewithnewbaby.ca)

### Reaching IN... Reaching OUT

We help adults and young children develop resiliency skills. Children learn resiliency skills by watching adults model them. This simple idea is backed by 30 years of research and is the cornerstone of our approach. We teach adults the skills they need to handle life's challenges with resilience and show them how to pass those skills along to children.  
<http://www.reachinginreachingout.com/>

### Building Healthy Resilient Kids

Parents, caregivers, coaches and teachers all have a role to play in building healthy, resilient kids. We can build a child's resiliency by believing in them and pushing them to try new things and achieve their goals. If we recognize their good efforts it shows we believe in them.  
<https://www.youtube.com/watch?v=21wLCn-itJE&feature=youtu.be>

## Ministry of Children, Community, and Social Services

Resources for parents, caregivers, adoption, and professionals who work with children and youth.

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/development/self-care/index.aspx>

## CRISIS SERVICES

*If you or someone you know is facing a crisis or emergency, call one of the following help lines or head to the nearest hospital emergency department*

### 310-COPE

York Support Services Network offers the Community Crisis Response Service for persons living in York Region or South Simcoe who are having a mental health crisis, and their family or friends. Text (1-855-310-2673) and live chat available during certain times of day. Contact 1-855-310-COPE (2673) TTY 905-722-6223  
[yssn.ca](http://yssn.ca)

### Toronto Distress Centres

416-408-HELP (4357)

<https://www.torontodistresscentre.com/>

### Crisis Services Canada

1-833-456-4566

<http://www.crisisservicescanada.ca/>

911 is always the first number you should call during emergency situations.

York Region Public Health does not recommend one service over another.  
If you or someone you know needs support, the agencies listed may be of help.