

Support and Resources

Adults and Older Adults

IN-PERSON RESOURCES

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

York Support Services Network

If you are 16 years of age and older, are struggling with a mental health need and/or addiction, or have a dual diagnosis (mental illness and developmental disability), we can help. We offer individualized support through our case management, crisis response, and peer support services and can help you connect to community services. Toll Free 1.888.695.0070 Local 905.898.6455

<https://www.yssn.ca/Mental-Health-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

ccsyrr.org

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

Public Health

1-800-361-5653

TTY 1-866-512-6228

york.ca/mentalhealth

Women's Centre of York Region

Programs, counselling and support services to women affected by abuse or financial difficulties.

No fee for services

1-855-853-9270 or 905-853-9270

wcyr.ca

Chinese Family Services of Ontario

We provide counselling and therapy to individuals, couples, and their families who have diverse life issues. Contact (416) 979-8299 / 1-866-979-8298

<http://chinesefamilyso.com/en/index.asp>

Costi Family and Mental Health Services

Mental health services for families, adults, and older adults.

<http://www.costi.org/programs/family.php>

SUPPORT PROGRAMS

Canadian Mental Health Association York Region

Provide services to promote the mental health and well-being of people and their communities within York Region. No fee for services

1-866-345-0183 or 905-841-3977

cmha-yr.on.ca



ONLINE RESOURCES

Centre for Addiction and Mental Health (CAMH)

A hospital and research centre that provides services for people affected by mental health and addiction issues 1-800-463-2338 or 416-535-8501
camh.ca

Addiction Services of York Region

Support change in the lives of individuals, their families and communities related to substance use and gambling 1-800-263-2288 ext. 322 or 905-841-7007
asyr.ca

Vaughan Community Health Centre

Provides clinical and social services for residents of Vaughan. The main focus is youth, seniors and people with mental health and addiction issues 905-303-8490
vaughanchc.com

Cornerstone to Recovery

At Cornerstone to Recovery we provide residential services in our own unique way. Contact Tel (905) 762-1551
<https://cornerstonetorecovery.com/>

Mood Disorders Association of Ontario

The Mood Disorders Association of Ontario offers free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. We provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery.
1-888-486-8236 or 416-486-8046
mooddisorders.ca

Bereaved Families of Ontario

Provides compassionate non-denominational mutual aid support for families and individuals who have lost a significant person to death
1-800-969-6904 or 905-898-6265
bfo-yorkregion.com

One Stop Shop Directory for York Region

Community agency partners in York Region have put together a "One Stop Shop Directory" for mental health, addictions and housing services.
<http://www.onestopdirectory-yr.ca/>

Big White Wall

Big White Wall is an online mental health and well-being service offering self-help programs and creative outlet when dealing with everyday stressors and life events. The site is available 24 hours a day, 7 days a week, 365 days a year
www.bigwhitewall.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. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
cmha-yr.on.ca/programs-services/bounce-back

TELEPHONE RESOURCES

211 Ontario

Call 2-1-1 for help to find programs and services available in your area
211ontario.ca

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/>

FIND A HEALTH PROFESSIONAL

Physician or Nurse Practitioner

health.gov.on.ca

Psychologist

psych.on.ca

Social Worker

findasocialworker.ca

Marriage & Family Therapist

rmft.oamft.com

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

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.