

DYSTONIA  
MEDICAL  
RESEARCH  
FOUNDATION  
CANADA



FONDATION DE  
RECHERCHE  
MÉDICALE SUR LA  
DYSTONIE  
CANADA

*serving all dystonia-affected persons  
déservant toutes personnes atteintes de dystonie*

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## NATIONAL RESOURCES

Canadian Mental Health Association

Website: <https://www.cmha.ca>

E-mail: [info@cmha.ca](mailto:info@cmha.ca)

Address: Canadian Mental Health Association, National  
500-250 Dundas Street West  
Toronto, ON M5T 2Z5

National Network for Mental Health

Website: <http://www.nnmh.ca>

eMentalHealth.ca

Website: <http://www.ementalhealth.ca>

Address: Children's Hospital of Eastern Ontario  
Suite 200, 311 McArthur Ave.  
Ottawa, ON K1L 8M3

## ONLINE RESOURCES

Online Therapy Unit

Website: <https://www.onlinetherapyuser.ca>

E-mail: [online.therapy.user@uregina.ca](mailto:online.therapy.user@uregina.ca)

Phone: 1 (306) 337-3331

Address: 3737 Wascana Parkway  
Regina, SK S4S 0A2

Therapy Assisted Online

Website: <https://www.taoconnect.org>

E-mail: [HowCanIHelpYou@taoconnect.org](mailto:HowCanIHelpYou@taoconnect.org)

Phone: 1 (844) 438-8262

Address: St.Petersburg Office  
600 1st Ave N  
Suit 305  
St. Petersburg, FL 33701

Big White Wall

Website: <https://www.bigwhitewall.ca>

## ALBERTA

### ALBERTA

Mental Health Helpline: 1 (877) 303-2642

Canadian Mental Health Association Alberta

Website: <https://alberta.cmha.ca/>

E-mail : [alberta@cmha.ab.ca](mailto:alberta@cmha.ab.ca)

Phone: (780) 482-6576

Address: 320 Ledgeview Business Centre

9707-110 Street NW

Edmonton, AB T5K 2L9

211 Alberta

Website: <http://www.ab.211.ca/>

E-mail: [info@ab.211.ca](mailto:info@ab.211.ca)

Phone: 2-1-1

Mental Health Foundation

Website: <https://mentalhealthfoundation.ca/>

Phone: (780) 342-7718

Address: 6th floor, 9942-108 St.

Edmonton, AB T5K 2J5

811 HealthLink Alberta

Phone: 8-1-1

### Calgary

Distress Centre Crisis Line: (403) 266-4357

Canadian Mental Health Association Calgary

Website: <http://cmha.calgary.ab.ca/>

E-mail: [info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

Phone: (403) 297-1700

Address: #105, 1040-7 Ave. SW

Calgary, AB T2P 3G9

Access Mental Health Calgary Zone

Website: <https://www.albertahealthservices.ca/services/Page11443.aspx>

E-mail : [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)

Phone: (403) 943-1500 or 1 (844) 943-1500

The Homewood Clinic Calgary

Website: <https://homewoodhealth.com/clinics/anxiety-addiction-trauma-depression-treatment-calgary>

Phone: (403) 768-3199 or 1 (866) 492-6832

Elements Calgary Mental Health Centre

Website: <https://www.elementscmh.ca/>

Phone: (403) 266-8711

Address: 1019-7 Ave. SW

Calgary, AB T2P 1A8

Primary Care Network South Calgary

Website: <https://www.scpcn.ca/services/mental-health>

Phone: (403) 668-8600

Address: 4000,1800-194 Ave. SE

Calgary, AB T2X 0R3

Foundation for Addiction and Mental Health

Website: <http://www.famh.ca/>

Address: Suite 5316, 7005 Fairmount Dr. SE

Calgary, AB T2H 0K4

## Edmonton

Distress Line: (780) 482-4357

Canadian Mental Health Association Edmonton

Website: <https://edmonton.cmha.ca/>

E-mail: [main@cmha-edmonton.ab.ca](mailto:main@cmha-edmonton.ab.ca)

Phone: (780) 414-6300

Address: 300-10010 105 St. NW

Edmonton, AB T5J 1C4

## Fort McMurray

Canadian Mental Health Association Alberta North East

Address: <https://woodbuffalo.cmha.ca/>

E-mail: [adminassistant@woodbuffalo.cmha.ab.ca](mailto:adminassistant@woodbuffalo.cmha.ab.ca)

Phone: (780) 743-1053

Address: 10019 MacDonald Ave., Suite 17B

Fort McMurray, AB T9H 1S9

Primary Care Network Wood Buffalo

Website: <http://wbpcn.ca/Programs/MentalHealth/Pages/AdultMentalHealth.aspx>

Phone: (780) 714-2193

Address: 301-108 Riverstone Ridge

Fort McMurray, AB T9K 1S6

Borealis Counselling Services

Website: <http://www.borealiscounselling.com/>

E-mail: [info@borealiscounselling.com](mailto:info@borealiscounselling.com)

Phone: (780) 791-1757

Address: 5-118 Millennium Dr.

Fort McMurray, AB T9K 2S8

## Grande Prairie

Canadian Mental Health Association Alberta Northwest

Website: <https://www.gpcmha.ca/>

E-mail: [info@gpcmha.ca](mailto:info@gpcmha.ca)

Phone: (780) 814-2349

Address : 9713 100 Ave.

Grande Prairie, AB T8V 0T5

Thrive Counselling & Assessment

Website: <http://thrivegp.ca/>

E-mail: [thrivegp@telus.net](mailto:thrivegp@telus.net)

Phone: (780) 831-6036

Address: 107-10405-102 St.

Grande Prairie, AB T8V 2W5

## Lethbridge

Canadian Mental Health Association Alberta South

Website: <http://lethbridge.cmha.ca/>

E-mail: [admin@cmhalethbridge.ca](mailto:admin@cmhalethbridge.ca)

Phone: (403) 329-4775

Address: 426 6 St. S

Lethbridge, AB T1J 2C9

## Medicine Hat

Canadian Mental Health Association Alberta Southeast

Website: <http://cmha-aser.ca/>

E-mail: [pbromley@cmha-aser.ca](mailto:pbromley@cmha-aser.ca)

Phone: (403) 504-1811  
Address: 204-1865 Dunmore Rd. SE  
Medicine Hat, AB T1A 1Z8

Primary Care Network Palliser  
Website: <http://palliserpcn.ca/Resources/Pages/Mental-Health.aspx>  
Phone: (403) 529-3500  
Address: 346-3rd ST. SE  
Medicine Hat, AB T1A 0G7

## Red Deer

Canadian Mental Health Association Central Alberta  
Website: <https://reddeer.cmha.ca/>  
E-mail: [info@reddeer.cmha.ab.ca](mailto:info@reddeer.cmha.ab.ca)  
Phone: (403) 342-2266  
Address: 5017 50th Ave.  
Red Deer, AB T4N 4B2

Red Deer 49 Street Community Health  
Phone: (403) 340-5466  
Address: 4733 49 St.  
Red Deer, AB T4N 1T6

## **BRITISH COLUMBIA**

Mental Health Support: 310-6789

HealthLinkBC  
Website: <https://www.healthlinkbc.ca>  
E-mail: [healthlinkbc@gov.bc.ca](mailto:healthlinkbc@gov.bc.ca)  
Phone: 8-1-1

BC Mental Health & Substance Use Services  
Website: <http://www.bcmhsus.ca>  
E-mail: [feedback@bcmhs.bc.ca](mailto:feedback@bcmhs.bc.ca)  
Phone: (604) 524-7700  
Address: 4949 Heather St.  
Vancouver, BC V5C 3L7



HeretoHelp

Website: <http://www.heretohelp.bc.ca>

E-mail: [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca)

Phone: 310-6789

Address: c/o 905-1130 West Pender St.

Vancouver, BC V6E 4A4

Canadian Mental Health Association British Columbia

Website: <https://cmha.bc.ca>

E-mail: [info@cmha.bc.ca](mailto:info@cmha.bc.ca)

Phone: (604) 688-3234 or 1 (800) 555-8222

Address: 1130 West Pender St., Suite 905

Vancouver, BC V6E 4A4

British Columbia Psychological Association

Website: <https://www.psychologists.bc.ca>

Phone: (604) 730-0522 or 1 (800) 730-0522

Address: 402-1177 West Broadway

Vancouver, BC V6H 1G3

## Kelowna and Okanagan

Canadian Mental Health Association Kelowna

Website: <https://cmhakilowna.com/>

E-mail: [kelowna@cmha.bc.ca](mailto:kelowna@cmha.bc.ca)

Phone: (250) 861-3644

Address: 504 Sutherland Ave.

Kelowna, BC V1Y 5X1

Canadian Mental Health Association South Okanagan Similkameen

Website: <https://sos.cmha.bc.ca/>

E-mail: [cmha\\_sos@shaw.ca](mailto:cmha_sos@shaw.ca)

Phone: (250) 493-8999

Address: 2852 Skaha Lake Rd.

Penticton, BC V2A 6G1

Okanagan Mental Health Services Society

Website: <https://www.okanaganmentalhealth.com/>

E-mail: [work@okanaganmentalhealth.com](mailto:work@okanaganmentalhealth.com)

Phone: (250) 717-3007

Address: 112-2303 Leckie Rd.

Kelowna, BC V1X 6Y5

Connect Counselling & Therapy Society

Website: <http://www.connectcounsellingsociety.ca/>

Phone: (250) 860-3183

Address: 204-347 Leon Ave.

Kelowna, BC V1Y 8C7

Interior Health Mental Health Services

Website:

<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/MentalHealth/Pages/default.aspx>

Phone: (250) 469-7070

Address: 505 Doyle Ave.

Kelowna, BC

V1Y 0C5

Mental Wellness Centre

Website: <http://www.mentalwellnesscentresos.com/>

E-mail: [bcsspenticton@shaw.ca](mailto:bcsspenticton@shaw.ca)

Phone: (250) 493-7338

Address: 246 Martin St.

Penticton, BC V2A 5K3

## Price George

Canadian Mental Health Association Prince George

Website: <http://princegeorge.cmha.bc.ca/>

E-mail: [reception@cmhapg.ca](mailto:reception@cmhapg.ca)

Phone: (250) 564-8644

Address: 1152 3rd Ave.

Prince George, BC V2L 3E5

Northern Health

Website: <https://www.northernhealth.ca/services/mental-health-substance-use>

E-mail: [MHSU.communications@northernhealth.ca](mailto:MHSU.communications@northernhealth.ca)

Phone: (250) 565-2649

Address: 600-299 Victoria St.

Prince George, BC V2L 5B8

Northern Counselling & EMDR

Website: <https://www.northerncounsellingemdr.com/>

E-mail: [northerncounselling.emdr@gmail.com](mailto:northerncounselling.emdr@gmail.com)

Phone: (250) 981-2485

Address: 1717 3rd Ave., Unit 201

Prince George, BC V2L 3G7

F.A.M.I.L.I.E.S.

Website: <https://www.bcssp.org/>

Phone: (250) 561-8033

Address: 1117-6th Ave.

Prince George, BC V2L 4S6

## Vancouver

Mental Health Crisis Line: (604) 872-3311

Canadian Mental Health Association Vancouver Fraser

Website: <https://vancouver-fraser.cmha.bc.ca/>

E-mail: [info.vf@cmha.bc.ca](mailto:info.vf@cmha.bc.ca)

Phone: (604) 872-4902

Address: 110-2425 Quebec St.

Vancouver, BC V5T 4L6

Canadian Mental Health Association North and West Vancouver

Website: <https://northwestvancouver.cmha.bc.ca/>

E-mail: [northshore@cmha.bc.ca](mailto:northshore@cmha.bc.ca)

Phone: (604) 987-6959

Address: 300-1835 Lonsdale Ave.

North Vancouver, BC V7M 2J8

Coast Mental Health

Website: <https://www.coastmentalhealth.com/>

E-mail: [info@coastmentalhealth.com](mailto:info@coastmentalhealth.com)

Phone: (604) 872-3502

Address: 293 East 11th Ave.

Vancouver, BC V5T 2C4

Providence Health Care

Website: <http://mh.providencehealthcare.org/>

Phone: (604) 682-2344 ext. 69607

Vancouver Coastal Health

Website: <http://www.vch.ca/your-care/mental-health-substance-use>

Phone: (604) 736-2033

Address: 601 West Broadway, 11th floor

Vancouver, BC V5Z 4C2

Chilliwack Mental Health and Substance Use Centre

Website: <https://www.fraserhealth.ca/Service-Directory/Locations/Chilliwack/chilliwack-mental-health-centre#.W93HxBNKjOQ>

Phone: (604) 702-4860

Address: 45470 Menholm Rd., 2nd floor

Chilliwack, BC V2P 1M2

## Vancouver Island

Vancouver Island Crisis Line: 1 (888) 494-3888

Canadian Mental Health Association Victoria

Website: <http://victoria.cmha.bc.ca/>

E-mail: [victoria.branch@cmha.bc.ca](mailto:victoria.branch@cmha.bc.ca)

Phone: (250) 216-4228

Address: 345-1627 Fort St.

Victoria, BC V8R 1H8

Canadian Mental Health Association Mid-island

Website: <https://mid-island.cmha.bc.ca/>

E-mail: [info.midisland@cmha.bc.ca](mailto:info.midisland@cmha.bc.ca)

Phone: (250) 244-4042

Address: 437 Wesley St.

Nanaimo, BC V9R 2T8

Vancouver Island Mental Health Society

Website: <https://www.vancouverislandmentalhealthsociety.org/>

E-mail: [info@vimhs.org](mailto:info@vimhs.org)

Phone: (250) 751-1128

Address: 2356 Rosstown Rd.

Nanaimo, BC V9T 3R7

Island Health

Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

E-mail: [info@viha.ca](mailto:info@viha.ca)

Phone: (250) 370-8699

Address: 1952 Bay St.

Victoria, BC V8R 1J8

## MANITOBA

Klinik Crisis Line: 1 (888) 322-3019

Canadian Mental Health Association Manitoba and Winnipeg

Website: <https://mbwpg.cmha.ca/>

E-mail: [office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)

Phone: (204) 982-6100

Address: 930 Portage Ave.

Winnipeg, MB R3G 0P8

Mental Health Education Resource Centre of Manitoba

Website: <http://www.mherc.mb.ca/>

E-mail: [info@mherc.mb.ca](mailto:info@mherc.mb.ca)

Phone: 9204) 942-6568

Address: 100-4 Fort St.

Winnipeg, MB R3C 1C4

Mood Disorders Association of Manitoba

Website: <http://www.mooddisordersmanitoba.ca/>

E-mail: [info@mooddisordersmanitoba.ca](mailto:info@mooddisordersmanitoba.ca)

Phone: (204) 786-0987

Address: 100-4 Fort St.

Winnipeg, MB R3C 1C4

Prairie Mountain Health

Website: <https://www.prairiemountainhealth.ca/access-for-adults>

Phone: 1 (866) 332-3030 or 1 (888) 379-7699 depending on location

211 Manitoba

Website: <http://mb.211.ca/>

E-mail: [211@volunteermanitoba.ca](mailto:211@volunteermanitoba.ca)

Phone: 2-1-1

## Brandon

Canadian Mental Health Association Westman Region

E-mail: [cmha.westman@gmail.com](mailto:cmha.westman@gmail.com)

Phone: (204) 727-5425

Address: 23 12th St.

Brandon, MB R7A 4L6

## Dauphin

Canadian Mental Health Association Parkland & Norman Region

E-mail: [supportcentre@cmhaswanvalley.ca](mailto:supportcentre@cmhaswanvalley.ca)

Phone: (204) 623-1028

Address: 103 3rd St. W

The Pas, MB R9A 1S4

## Portage la Prairie

Southern Health - Santé Sud Crisis Line: 1 (866) 588-1697

Canadian Mental Health Association Central Region

Website: <https://central.cmha.ca/>

E-mail: [info@cmhacentral.ca](mailto:info@cmhacentral.ca)

Phone: (204) 239-6590

Address: 236 Saskatchewan Ave. E

Portage la Prairie, MB R1N 0K9

Southern Health Mental Health

Website: <https://www.southernhealth.ca/finding-care/find-a-service/mental-health/>

Phon: 1 (888) 310-4593

Mental Health Resource Guide

*Provided by Portage la Prairie Community Revitalization Corporation*

<https://www.portageresourceguide.com/mental-health.html>

## Thompson

Canadian Mental Health Association Burntwood Region

Website: <https://thompson.cmha.ca/>

E-mail: [regional@cmhathompson.ca](mailto:regional@cmhathompson.ca)

Phone: (204) 667-6050

Address: 43 Fox Bay

Thompson, MB R8N 1E9

## Winnipeg

Mobile Crisis Service: (204) 940-1781

Canadian Mental Health Association Manitoba and Winnipeg

Website: <https://mbwpg.cmha.ca/>

E-mail: [office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)

Phone: (204) 982-6100  
Address: 930 Portage Ave.  
Winnipeg, MB R3G 0P8

Winnipeg Regional Health Authority Adult Mental Health  
Website: <http://www.wrha.mb.ca/prog/mentalhealth/index.php>  
Phone: (204) 788-8330  
Address: 650 Main St., 4th Floor  
Winnipeg, MB R3B 1E2

Klinik Community Health  
Website: <http://klinik.mb.ca/>  
E-mail: [klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)  
Phone: (204) 784-4090  
Address: 870 Portage Ave.  
Winnipeg, MB R3G 0P1

## **NEW BRUNSWICK**

Canadian Mental Health Association New Brunswick  
Website: <https://cmhanb.ca/>  
E-mail: [info@cmhanb.ca](mailto:info@cmhanb.ca)  
Phone: (506) 455-5231  
Address: 403 Regent St., Suite 202  
Fredericton, NB E3B 3X6

Mental Health Services  
Website: <https://www.gnb.ca/0055/mental-health-e.asp>  
Phone: (506) 457-4800  
Address: HSBC Place  
P.O. Box 5100  
Fredericton, NB E3B 5G8

Horizon Health Network  
Website: <http://en.horizonnb.ca/facilities-and-services/services/addictions-and-mental-health.aspx>  
E-mail: [horizon@horizonnb.ca](mailto:horizon@horizonnb.ca)  
Phone: (506) 623-5500  
Address: 180 Woodbridge St.  
Fredericton, NB E3B 4R3

Vitalité Health Network  
Website: <https://www.vitalitenb.ca/en/points-service/mental-health>  
E-mail: [info@vitalitenb.ca](mailto:info@vitalitenb.ca)

Phone: (506) 862-4144  
Address: 275 Main St., Suite 600  
Bathurst, NB E2A 1A9

## Bathurst

Community Mental Health Centre  
Phone: (506) 547-2038  
Address: 165 St. Andrews St.  
Bathurst, NB E2A 1C1

## Edmundston

Community Mental Health Centre  
Phone: (506) 735-2070  
Address: 121 Église St., 3rd floor, Suite 331  
Edmundston, NB E3V 3L3

## Fredericton

Canadian Mental Health Association Fredericton  
Website: <https://cmhanb.ca/>  
E-mail: [info@cmhanb.ca](mailto:info@cmhanb.ca)  
Phone: (506) 455-5231  
Address: 403 Regent St., Suite 202  
Fredericton, NB E3B 3X6

Community Mental Health Centre  
Phone: (506) 453-2132  
Address: 65 Brunswick St.  
Fredericton, NB E3B 5G6

Capital Region Mental Health and Addictions Association  
Website: <https://www.crmhaa.ca>  
E-mail: [office@crmhaaa.ca](mailto:office@crmhaaa.ca)  
Phone: (506) 458-1803  
Address: 65 Brunswick St., Suite 292  
Fredericton, NB E3B 1G5

## Moncton

Canadian Mental Health Association Moncton  
E-mail: [moncton@cmhanb.ca](mailto:moncton@cmhanb.ca)



Phone: (506) 859-8114  
Address: 22 Church St., Suite T120  
Moncton, NB E1C 0P7

Horizon Addictions and Mental Health  
Phone: (506) 856-2444  
Address: 81 Albert St., 2nd floor  
Moncton, NB E1C 1B3

Vitalité Mental Health Moncton  
Website: <https://www.vitalitenb.ca/>  
E-mail: [info@vitalitenb.ca](mailto:info@vitalitenb.ca)  
Phone: (506) 862-4144  
Address: 81 Albert St., 4th floor  
Moncton, NB E2C 1B3

## Saint John

Canadian Mental Health Association Saint John  
Website: <https://cmhanb.ca/>  
E-mail: [saintjohn@cmhanb.ca](mailto:saintjohn@cmhanb.ca)  
Phone: (506) 633-1705  
Address: 560 MainSt., Suite A315  
Saint John, NB E2K 1J5

Community Mental Health Centre  
Phone: (506) 658-3737  
Address: 55 Union St., 3rd floor  
Saint John, NB E2L 5B7

Gentle Path  
Website: <http://www.gentlepathsj.com/>  
E-mail: [referrals@gentlepathsj.com](mailto:referrals@gentlepathsj.com)  
Phone: (506) 652-7284  
Address: 28 Richmond St., Suite 330  
Saint John, NB E2L 3B2

## NEWFOUNDLAND

Provincial Mental Health Crisis Line: 1 (999) 737-4668

Mental Health and Addictions Systems Navigator  
Phone: 1 (877) 999-7589

Address: P.O. Box 8700  
1st Floor, West Block  
Confederation Building  
St. John's, NL A1B 4J6

CHANNAL Peer Support Warm Line: 1 (855) 753-2560

Canadian Mental Health Association Newfoundland and Labrador  
Website: <https://cmhanl.ca/contact>  
Phone: (709) 753-8550  
Address: 603 Topsail Rd.  
St. John's, NL A1E 2E1

## **NOVA SCOTIA**

Mental Health Mobile Crisis Team: 1 (888) 429-8167

Canadian Mental Health Association Nova Scotia  
Website: <http://www.novascotia.cmha.ca/>  
E-mail: [mailto:pamela@novascotia.cmha.ca](mailto:mailto:pamela@novascotia.cmha.ca)  
Phone: (902) 466-6600  
Mail: 45 Alderney Dr., Suite 200  
Darmouth, NS B2Y 2N6

Nova Scotia Health Authority  
Website: <http://www.nshealth.ca/mental-health-addictions>  
Phone: 1 (844) 491-5890

Mental Health Foundation of Nova Scotia  
Website: <https://www.mentalhealthns.ca/>  
E-mail: [info@mentalhealthns.ca](mailto:info@mentalhealthns.ca)  
Phone: (902) 464-6000  
Address: 300 Pleasant St.  
Dartmouth, NS B2Y 3Z9

## **Halifax**

Canadian Mental Health Association Halifax-Dartmouth  
Website: <http://www.cmhahaldart.ca/>  
E-mail: [cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)  
Phone: (902) 455-5445  
Address: 100-2020 Gottingen St.  
Halifax, NS B3K 3A9

Bayers Road Centre  
Phone: (902) 454-1661 ext. 902  
Address: 7071 Bayers Rd.  
Halifax, NS B3L 2C2

Healthy Minds Cooperative  
Website: <https://www.healthyminds.ca/>  
E-mail: [info@healthyminds.ca](mailto:info@healthyminds.ca)  
Phone: (902) 404-3504  
Address: 45 Alderney Dr., Suite 200  
Dartmouth, NS B2Y 2N6

## Sydney

Canadian Mental Health Cape Breton  
Website: <https://novascotia.cmha.ca/branches/cape-breton/>  
E-mail: [colleentobin@ns.sympatico.ca](mailto:colleentobin@ns.sympatico.ca)  
Address: 1482 George St.  
Sydney, NS B1P 1P3

## Truro

Canadian Mental Health Association Colchester-East Hants  
Website: <http://ceh.cmha.ca/>  
E-mail: [cmha.ceh11@gmail.com](mailto:cmha.ceh11@gmail.com)  
Phone: (902) 895-4211  
Address: 574 Prince St.  
Truro, NS B2N 1G3

## ONTARIO

Ontario Crisis Line: 1 (866) 531-2600  
Telehealth Ontario: 1 (866) 797-0000

ConnexOntario Mental Health Helpline  
Website: <http://www.connexontario.ca/>  
Live web chat: <http://livechat.connexontario.ca/ECCChat/MHHchat.html>  
Phone: 1 (866) 531-2600

Ontario 211 Services  
Website: <https://211ontario.ca/211-topics/mental-health-addictions/>  
Phone: 2-1-1

BounceBack Ontario

Website: <https://bouncebackontario.ca>

E-mail: [bounceback@ontario.cmha.ca](mailto:bounceback@ontario.cmha.ca)

Phone: 1 (866) 345-0224 or (905) 430-1768

Address: 8271 Keele St., Unit 2

Concord, ON L4K 1Z1

thehealthline.ca Information Centre

Website: <http://www.thehealthline.ca/splash.aspx>

Phone: (519) 660-5910

Address: 190 Wortley Rd, Suite 104

London, ON N6C 4Y7

Ontario Shores Centre for Mental Health Sciences

Website: <https://www.ontarioshores.ca>

Phone: (905) 430-4055

Address: 700 Gordon St.

Whitby, ON L1N 5S9

Canadian Mental Health Association Ontario

Website: <http://ontario.cmha.ca>

E-mail: [info@ontario.cmha.ca](mailto:info@ontario.cmha.ca)

Phone: 1 (800) 875-6213 or (416) 977-2813

Address: 180 Dundas St. W. Suite 2301

Toronto, ON M5G 1Z8

## Simcoe

Simcoe County Crisis Line: 1 (888) 893-8333 or (705) 728-5044

Canadian Mental Health Association Simcoe County

Website: <https://cmhastartalking.ca>

Phone: 1 (800) 461-4319 or (705) 726-5033

Address: 128 Anne St. S

Barrie, ON L4M 6A2

Community Connection Common Point

Website: <https://mentalhealthandaddictions.cioc.ca/>

E-mail: [info@communityconnection.ca](mailto:info@communityconnection.ca)

Phone: 2-1-1 or 1 (866) 743-7818

Address: Box 683

199 Campbell St.

Collingwood, ON L9Y 4E8

Collingwood G&M Hospital

Website: <https://www.cgmh.on.ca/programs-services/mental-health-services>

Phone: (705) 444-6600 ext. 7227

Address: 429 Hume St.

Collingwood, ON L9Y 1W9

Caring Supporting Participating Mental Health & Addictions Peer Support

Website: <http://www.mentalhealthandaddictions.com>

Phone: (705) 444-1844

Address: 41 Elgin Street Unit #201

Collingwood, ON L9Y 3L6

North Simcoe Muskoka Walk-In Counselling Clinics

Website: <https://cfssc.ca/walk-in-counselling/>

E-mail: [info@cfssc.ca](mailto:info@cfssc.ca)

Phone: (705) 726-2503

Address: various locations in Orillia, Bradford, Midland, Barrie, Bracebridge, Barrie, Huntsville, and Collingwood

Georgian Bay Family Health Team

Website: <http://gbfht.ca/our-programs/mental-health/adult-counselling/>

E-mail: [info@gbfht.ca](mailto:info@gbfht.ca)

Phone: (705) 444-5885

Address: Collingwood Health Centre

186 Erie St. Suite 100

Collingwood, ON L9Y 4T3

## Cornwall

Mental Health Crisis Line: 1 (866) 996-0991

Canadian Mental Health Association Champlain East

Website: <http://www.cmha-east.on.ca>

E-mail: [office@cmha-east.on.ca](mailto:office@cmha-east.on.ca)

Phone: 1 (800) 493-8271 or (613) 933-5846

Mail: 329 Pitt St.

Cornwall, ON K6J 3R1

Cornwall Community Hospital's Addiction and Mental Health Services

Website: <https://www.cornwallhospital.ca/en/ServicesdeSant%C3%A9Mentale>

Phone: 1 (844) 361-6363 or (613) 361-6363

Address: 850 McConnell Ave.

Cornwall, ON K6H 4M3

## Hamilton

COAST Hamilton Crisis Line: (905) 972-8338

Canadian Mental Health Association Hamilton

Website: <https://cmhahamilton.ca>

E-mail: [info@cmhahamilton.ca](mailto:info@cmhahamilton.ca)

Phone: (905) 521-0090

Address: 131 John St. S

Hamilton, ON L8N 2C3

St. Joseph's Healthcare Hamilton Mental Health and Wellness Resource Centre

Website: <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/mental-health-and-wellness-resource-centre>

Phone: (905) 522-1155 ext. 35406

Address: West 5th Campus,

Level 2, Block W

100 West 5th St

Hamilton, ON L8N 3K7

Hamilton Mental Health Outreach

Website: <http://www.hamiltonmentalhealthoutreach.ca/>

E-mail: [reception@hamiltonmentalhealthoutreach.ca](mailto:reception@hamiltonmentalhealthoutreach.ca)

Phone: (905) 522-9767

Address: 986 King St. E, Suite 103

Hamilton ON L8M 1C6

Mental Health Rights Coalition

Website: <http://www.mentalhealthrights.ca/>

E-mail: [info@mentalhealthrights.ca](mailto:info@mentalhealthrights.ca)

Phone: (905) 545-2525

Address: 100 Maint St. E, Suite 103

Hamilton, ON L8N 3W4

Hamilton Family Health Team

Website: <https://www.hamiltonfht.ca/en/who-we-are/Mental-Health-Counsellors.aspx>

Phone: (905) 667-4848

Address: 123 James St. N, Suite 300

Hamilton, ON L8R 2K8

## Kingston and Brockville

Kingston & Frontenac Mental Health Crisis Line: 1 (866) 616-6005 or (613) 544-4229

Lennox & Addington Mental Health Crisis Line: 1 (800) 267-7877 or (613) 354-7388

Addition & Mental Health Services - Kingston, Frontenac, Lennox & Addington

Website: <https://www.amhs-kfla.ca/>

E-mail: [info@amhs-kfla.ca](mailto:info@amhs-kfla.ca)

Phone: (613) 544-1356

Address: 385 Princess St.

Kingston, ON K7L 1B9

Canadian Mental Health Association Kingston Branch

Website: <https://cmhakingston.ca>

E-mail: [info@cmhakingston.org](mailto:info@cmhakingston.org)

Phone: (613) 549-7098

Address: 400 Elliott Ave., Unit 11

Kingston, ON K7K 6M9

Lanark, Leeds and Grenville Addictions and Mental Health

Website: <https://llgamh.ca/locations.php>

Phone: 1 (866) 499-8445

Address: various locations in Brockville, Carleton Place, Delta, Gananoque, Kemptville, Lanark, and Prescott

Kingston General Hospital Mental Health Care

Website: <http://www.kgh.on.ca/mental-health-care>

E-mail: [ITTP@KingstonHSC.ca](mailto:ITTP@KingstonHSC.ca)

Phone: (613) 549-6666 ext. 7622

Address: 76 Stuart St.

Kingston, ON K7L 2V7

Hotel Dieu Hospital Adult Mental Health Program

Website: <http://www.hoteldieu.com/programs-and-departments/adult-mental-health-program>

Phone: (613) 544-3400 ext. 2551

Address: 166 Brock St.

Kingston, ON

K7L 5G2

Kingston Family Health Team

Website: <https://www.kfhn.ca/programs-services/mental-health1/>

Phone: (613) 531-4234

Address: 312-797 Princess St.

Kingston, ON K7L 1G1

Community Mental Health at Providence Care

Website: <https://www.providencecare.ca/community-services/community-mental-health/>

E-mail: [info@providencecare.ca](mailto:info@providencecare.ca)

Phone: 1 (800) 785-1707

Address: various locations in Belleville, Brockville, Kingston, Napanee, and Sharbot Lake

Mental Health Resource Guide

Kingston and surrounding area

*Provided by Queen's University*

[http://psychiatry.queensu.ca/assets/141106KingstonResourceGuide\\_FIN\\_e-version1.pdf](http://psychiatry.queensu.ca/assets/141106KingstonResourceGuide_FIN_e-version1.pdf)

## Kitchener-Waterloo-Guelph

Mental Health Crisis Line: 1 (844) 437-3247

Canadian Mental Health Association Waterloo Wellington

Website: <http://cmhaww.ca>

E-mail: [corporate@cmhaww.ca](mailto:corporate@cmhaww.ca)

Phone: 1 (844) 264-2933

Cambridge Memorial Hospital Mental Health Services

Website: <https://www.cmh.org/programs/mental-health-services>

E-mail: [information@cmh.org](mailto:information@cmh.org)

Phone: (519) 740-4900

Address: 700 Coronation Blvd.

Cambridge, ON N1R 3G2

Mental Health Support Services

Website: <https://www.mentalhealthsupport.ca>

Homewood Health

Website: <https://homewoodhealth.com/health-centre>

E-mail: [healthcentre@homewoodhealth.com](mailto:healthcentre@homewoodhealth.com)

Phone: (519) 824-1010

Address: 150 Delhi St.

Guelph, ON N1E 6K9

## London

Mental Health Crisis Line: 1 (866) 933-2023 or (519) 433-2023

CMHA Crisis Centre: 648 Huron St., London, ON N5Y 4J8



#### Reach Out

Website: <http://reachout247.ca/>

E-mail: [info@reachout247.ca](mailto:info@reachout247.ca)

Phone: (519) 433-2023

#### Canadian Mental Health Association Middlesex

Website: <https://cmhamiddlesex.ca/>

E-mail: [info@cmhamiddlesex.ca](mailto:info@cmhamiddlesex.ca)

Phone: (519) 434-9191

#### CONNECT for Mental Health

Website: <http://connectformh.ca/>

Phone: (519) 679-4040

Address: 536 Queens Ave., UNit 202

London, ON N6B 1Y8

#### Community Mental Health Programs

Website: <https://missionservices.ca/help/cmhp/>

Phone: (519) 672-8500

Address: 457 York St.

London, ON N6B 1R3

#### London Health Sciences Centre

Website: <https://www.lhsc.on.ca/mental-health-care-program-adult/welcome-to-the-mental-health-care-program-adult#>

Phone: (519) 685-8500 ext. 47220

#### St. Joseph's Health Care London

Website: <https://www.sjhc.london.on.ca/mental-health-care>

E-mail: [centralreferralMH@lhsc.on.ca](mailto:centralreferralMH@lhsc.on.ca)

Phone: (519) 646-6425

## Mississauga and Halton

Peel-Dufferin Mental Health Crisis Line: 1 (888) 811-2222 or (905) 278-9036

Halton Mental Health Crisis Line: 1 (877) 825-9011

#### Canadian Mental Health Association Peel Dufferin

Website: <https://cmhapeeldufferin.ca>

E-mail: [info@cmhapeel.ca](mailto:info@cmhapeel.ca)

Phone: (05) 451-2123

Address: 314-7700 Hurontario St

Brampton, ON L6Y 4M3

Canadian Mental Health Association Halton

Website: <http://halton.cmha.ca>

E-mail: [info@cmhahrb.ca](mailto:info@cmhahrb.ca)

Phone: (905) 693-4270

Address: 1540 Cornwall Rd., Unit 102  
Oakville, ON L6J 7W5

Trillium Health Partners Mental Health & Addictions Services

Website: <https://trilliumhealthpartners.ca/patientservices/mentalhealth/Pages/default.aspx>

Phone: (905) 848-7100

Address: 100 Queensway W  
Mississauga, ON L5B 1B8

The Homewood Clinic

Website: <https://homewoodhealth.com/clinics/depression-ptsd-trauma-addiction-treatment-mississauga>

Phone: (289) 207-0011 or 1 (855) 504-4603

Address: 77 City Centre Dr.  
Mississauga, ON L5B 1M5

## Ottawa

Mental Health Crisis Line: (613) 722-6914

Canadian Mental Health Association Ottawa

Website: <http://ottawa.cmha.ca>

E-mail: [general@cmhaottawa.ca](mailto:general@cmhaottawa.ca)

Phone: (613) 737-7791

Address: 1355 Bank St., Suite 301  
Ottawa, ON K1H 8K7

The Royal

Website: <http://www.theroyal.ca>

Phone: (613) 722-3355 or 1 (800) 987-6424

Address: 1145 Carling Ave.  
Ottawa, ON K1Z 7K4

Ottawa Salus

Website: <https://www.salusottawa.org>

Phone: (613) 729-0123

Address: 2000 Scott St.  
Ottawa, ON K1Z 6T2

The Walk-In Counselling Clinic

Website: <https://walkincounselling.com/>

Address: Various locations throughout the Ottawa Champlain region

Family Services Ottawa

Website: <http://familyservicesottawa.org/adults/mental-health-programs/>

E-mail: [fsfo@familyservicesottawa.prg](mailto:fsfo@familyservicesottawa.prg)

Phone: (613) 725-3601

Address: 312 Parkdale Ave.

Ottawa, ON K1Y 4X5

Pinecrest-Queensway Community Health Centre

Website: <http://www.pqchc.com/mental-health-services/>

E-mail: [info@pqchc.com](mailto:info@pqchc.com)

Phone: (613) 820-4922

Address: 1365 Richmond Rd., 2nd floor

Ottawa, ON K2B 6R7

Mental Health & Addiction Services of Ottawa

Website: <https://www.mhaso.ca>

E-mail: [info@mhaso.ca](mailto:info@mhaso.ca)

Phone: (613) 225-7272

Address: 1489 Merivale Rd., Unit 200

Ottawa, ON K2E 5P3

Montfort Mental Health

Website: <https://hopitalmontfort.com/en/mental-health>

Phone: (613) 746-4621

Address: 713 Montreal Rd.

Ottawa, ON k1K 0T2

## Sarnia

Mental Health First Response Service: 1 (800) 307-4319

Canadian Mental Health Association Lambton-Kent

Website: <http://lambtonkent.cmha.ca>

Phone: (519) 436-6100

Address: 100-240 Grand Ave. W

Chatham, ON N7L 1C1

Lambton Mental Wellness Centre

Website: <http://www.lmwc.ca>

Phone: (519) 344-5602

Address: 109 Durand St., Lower Level  
Sarnia, ON N7T 5A1

## St. Catharines-Niagara

Distress Centre Niagara: (905) 688-3711

COAST Crisis Line: 1 (800) 307-4319

Mental Health and Addictions Access Line: 1 (866) 550-5205

Canadian Mental Health Association Niagara

Website: <https://cmhaniagara.ca>

E-mail: [info@cmhaniagara.ca](mailto:info@cmhaniagara.ca)

Phone: (905) 641-5222

Mail: multiple addresses in region

West Niagara Mental Health

Website: <https://www.westniagaramentalhealth.com/>

Phone: (905) 309-3336

Address: 167A Main St. E

Grimsby, ON L3M 1P2

Niagara Health

Website: <https://www.niagarahealth.on.ca/site/mental-health-addictions>

Phone: (905) 378-4647

Address: 340 Bertie St.

Fort Erie, ON L2A 1Z2

Niagara North Family Health Team

Website: <http://niagaranorthfht.ca/resources/mental-health>

Phone: (905) 468-3275

Address: 1882 Niagara Stone Rd.

PO Box 10

Virgil, ON L0S 1T0

Mental Health Solutions

Website: <https://www.mymentalhealthsolutions.ca/>

E-mail: [info@mymentalhealthsolutions.ca](mailto:info@mymentalhealthsolutions.ca)

Phone: (289) 969-3999

Address: 221 Glendale Ave., Unit 617L

St. Catharines, ON L2T 2K9

## Sudbury

Crisis Intervention Services: (705) 675-4760

Canadian Mental Health Association Sudbury/Manitoulin

Website: <https://sm.cmha.ca>

E-mail: [info@cmha-sm.ca](mailto:info@cmha-sm.ca)

Phone: (705) 675-7252

Address: 111 Elm St., Suite 100

Sudbury, ON P3C 1T3

Sudbury Mental Health and Addictions Centre

Website: <https://www.hsnsudbury.ca/portalen/Programs-and-Services/Mental-Health-and-Addictions>

Phone: (705) 675-4760

Address: 127 Cedar St.

Sudbury, ON P3E 1M8

## Toronto Area

York Region Crisis Response Service: 1 (855) 310-2673

Durham Region Crisis Services: (905) 666-0483 or 1 (800) 742-1980

University Health Network Mental Health Resources Quick Guide:

[https://www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto\\_Mental\\_Health\\_Resources.pdf](https://www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto_Mental_Health_Resources.pdf)

Canadian Mental Health Association Toronto

Website: <https://toronto.cmha.ca>

E-mail: [info@cmhato.org](mailto:info@cmhato.org)

Phone: (516) 789-7957

Address: 700 Lawrence Ave. W, Suite 480

Toronto, ON M6A 3B4

Canadian Mental Health Association York and South Simcoe

Website: <https://cmha-yr.on.ca>

E-mail: [yorkregion@cmha-yr.on.ca](mailto:yorkregion@cmha-yr.on.ca)

Phone: (905) 841-3977

Canadian Mental Health Association Durham

Website: <https://cmhadurham.ca>

E-mail: [CMHA@cmhadurham.org](mailto:CMHA@cmhadurham.org)

Phone: 1 (844) 436-8760

Address: 60 Bond St. W  
Oshawa, ON L1G 1A5

211 Central

Website: <https://www.211toronto.ca>

E-mail: [info@findhelp.ca](mailto:info@findhelp.ca)

Phone: 2-1-1

Address: 1 St. Clair Ave. W, Suite 1000  
Toronto, ON M4V 1K6

Toronto Mental Health and Addictions Access Point

Website: <http://theaccesspoint.ca>

E-mail: [info@theaccesspoint.ca](mailto:info@theaccesspoint.ca)

Phone: (416) 640-1934

Address: 661 Yonge St., 4th floor  
Toronto, ON M4Y 1Z9

Centre for Addiction and Mental Health

Website: <http://www.camh.ca>

E-mail: [info@camh.ca](mailto:info@camh.ca)

Phone: (416) 535-8501 or 1 (800) 463-2338

Address: various locations in Toronto

York Support Services Network

Website: <https://www.yssn.ca/Mental-Health-Services>

E-mail: [contact@yssn.ca](mailto:contact@yssn.ca)

Phone: (289) 340-0348

Address: 240 Edward St., Unit 3  
Aurora, ON L4G 3S9

Durham Mental Health Services

Website: <https://dmhs.ca>

E-mail: [contact@dmhs.ca](mailto:contact@dmhs.ca)

Phone: (905) 666-0831

Address: 519 Brock St.  
South Whitby, ON L1N 4K8

Stella's Place:

Website: <https://stellasplace.ca>

E-mail: [connect@stellasplace.ca](mailto:connect@stellasplace.ca)

Phone: (416) 461-2345

Address: 18 Camden St.  
Toronto, ON M5V 1V1

#### The York Centre

Website: <http://www.theyorkcentre.ca>

E-mail: [info@theyorkcentre.ca](mailto:info@theyorkcentre.ca)

Phone: (905) 737-8927

Address: 11225 Leslie St.

Richmond Hill, ON L4S 1N5

#### Griffin Centre

Website: <http://www.griffin-centre.org>

E-mail: [contact@griffincentre.org](mailto:contact@griffincentre.org)

Phone: (416) 222-1153

Address: 1126 Finch Ave. W, Unit 16

Toronto, ON M3J 3J6

#### Family Association for Mental Health Everywhere

Website: [www.fameforfamilies.com](http://www.fameforfamilies.com)

Phone: (416) 207-5032

Address: various locations throughout the Greater Toronto Area and Peel Region

#### Cota

Website: <http://www.cotainspires.ca>

Phone: (416) 785-9230

Address: 550 Queen St. E, Suite 201

Toronto, ON M5A 1V2

#### Community Care Durham

Website: <https://communitycaredurham.on.ca/health-wellness/mental-health-support-groups/>

Phone: (905) 985-0150

Address: 16100 Old Simcoe Rd.

Port Perry, ON L9L 1P3

#### Thunder Bay

Criss Response Team: (807) 346-8282 or 1 (888) 269-3100

#### Canadian Mental Health Association Thunder Bay

Website: <http://thunderbay.cmha.ca>

E-mail: [chmatb@chma-tb.on.ca](mailto:chmatb@chma-tb.on.ca)

Phone: (807) 345-5564

Address: 200 Van Norman St.

Thunder Bay, ON P7A 4B8

#### North of Superior Counselling Programs

Website: <http://www.nosp.on.ca/>

E-mail: [info@nosp.on.ca](mailto:info@nosp.on.ca)

Phone: 1 (877) 895-6677

Address: various locations around Thunder Bay

Thunder Bay Regional Health Sciences Centre

Website: <http://www.tbrhsc.net/programs-services/mental-health-program/adult-mental-health-services/>

E-mail: [tbrhsc@tbh.net](mailto:tbrhsc@tbh.net)

Phone: (807) 684-6000

Address: 980 Oliver Rd.

Thunder Bay, ON P7B 6V4

Thunder Bay Counselling

Website: <http://www.tbaycounselling.com/>

E-mail: [community@tbaycounselling.com](mailto:community@tbaycounselling.com)

Phone: (807) 684-1880

Mail: 544 Winnipeg Ave.

Thunder Bay, ON P7B 3S7

Kelly Mental Health

Website: <https://www.kellymentalhealth.com/>

E-mail: [info@kellymentalhealth.com](mailto:info@kellymentalhealth.com)

Phone: (807) 767-3888

Address: 1216 Dawson Rd.

Thunder Bay, ON P7G 1H7

## Windsor

Mental Health Crisis Line: (519) 973-4435

Canadian Mental Health Association Windsor-Essex County

Website: <https://windsoriessex.cmha.ca>

E-mail: [info-referral@cmha-wecb.on.ca](mailto:info-referral@cmha-wecb.on.ca)

Phone: (519) 255-7440

Address: 1400 Windsor Ave.

Windsor, ON N8X 3L9

Mental Health Connections

Website: <https://mentalhealthconnections.ca>

Phone: (519) 256-4854

Address: 370 Erie St. E

Windsor, ON N9A 3X3

Windsor Family Health Team



Website: <http://www.windsorfht.ca/mentalhealth/>  
Phone: (519) 250-5656  
Address: 2475 McDougal St.  
Windsor, ON N8X 3N9

## **PRINCE EDWARD ISLAND**

The Island Helpline  
Website: <https://www.theislandhelpline.com/>  
E-mail: [chimol@nb.aibn.com](mailto:chimol@nb.aibn.com)  
Phone: 1 (800) 218-2885

Health PEI  
Website: <https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services>

Canadian Mental Health Association Prince Edward Island  
Website: <http://pei.cmha.ca/>  
E-mail: [division@cmha.pe.ca](mailto:division@cmha.pe.ca)  
Phone: (902) 566-3034  
Address: 178 Fitzroy St., P.O. Box 785  
Charlottetown. PE C1A 7L9

## **QUEBEC**

Canadian Mental Health Association Quebec  
Website: <https://acsmmontreal.qc.ca/>  
E-mail: [info@acsmmontreal.qc.ca](mailto:info@acsmmontreal.qc.ca)  
Phone: (514) 521-4993  
Address: 55 ave du Mont-Royal O, bureau 605  
Montreal, QC H2T 2S6

Info-Santé 811  
Website: <https://www.quebec.ca/en/health/advice-and-prevention/mental-health/>  
Phone: 8-1-1

AMI-Quebec  
Website: <https://amiquebec.org/>  
E-mail: [info@amiquebec.org](mailto:info@amiquebec.org)  
Phone: 1 (877) 303-0264 or (514) 486-1448  
Address: 5800 boul. Decarie  
Montreal, QC H3X 2J5

Mouvement Santé Mentale Québec  
Website: <https://www.mouvementsmq.ca/>  
Phone: (514) 849-3291  
Address: 911 Jean-Talon E., bureau 326  
Montreal, QC H2R 1V5

## Chicoutimi

Canadian Mental Health Association Saguenay  
Website: <http://www.santementale.ca>  
E-mail: [acsmpromotion@videotron.ca](mailto:acsmpromotion@videotron.ca)  
Phone: (418) 549-0765  
Address: 371 Racine St. E  
Chicoutimi QC G7H 1S8

## Montreal

Canadian Mental Health Association Montreal  
Website: <https://acsmmontreal.qc.ca/>  
E-mail: [info@acsmmontreal.qc.ca](mailto:info@acsmmontreal.qc.ca)  
Phone: (514) 521-4993  
Address: 55 ave du Mont-Royal O, bureau 605  
Montreal, QC H2T 2S6

Revivre  
Website: <http://www.revivre.org/>  
E-mail: [revivre@revivre.org](mailto:revivre@revivre.org)  
Phone: 1 (866) 738-4873  
Address: 5140 Saint-Hubert St.  
Montreal, QC H2J 2Y3

Douglas Mental Health University Institute  
Website: <http://www.douglas.qc.ca/?locale=en>  
Phone: (514) 761-6131  
Address: 6875 LaSalle Blvd.  
Montreal, QC H4H 1R3

The Montreal Centre for Anxiety & Depression  
Website: <https://www.helpforanxietydepression.com/>  
E-mail: [info@helpforanxietydepression.com](mailto:info@helpforanxietydepression.com)  
Phone: (514) 777-4530  
Address: 2111 Northcliffe, Suite 440  
Montreal, QC H4A 3K6

The Montreal Mental Wellness Clinic  
Website: <http://www.drkhoury-montrealtherapist.com/>  
Phone: (514) 632-7133  
Address: 5515 ch. Queen Mary, Suite 202  
Montreal, QC H3X 1V4

## Quebec City

Canadian Mental Health Association Quebec City  
Website: <https://acsmquebec.org/>  
Phone: (418) 529-1979  
Address: 8255 boul. Henri-Bourassa, suite 220  
Quebec City, QC G1G 4C8

Ré-Action  
Website: <http://www.re-action.qc.ca/>  
E-mail: [reaction@re-action.qc.ca](mailto:reaction@re-action.qc.ca)  
Phone: (418) 688-2433  
Address: 202-2095 rue Frank-Carrel  
Quebec City, QC G1N 4L8

Jeffery Hale Saint Brigid's  
Website: <http://www.jhsb.ca/en/services-communautaires-de-langue-anglaise/bien-etre-et-sante-mentale>  
Phone: (418) 684-5333  
Address: 1250 chemin Sainte-Foy  
Quebec City, QC G1S 2M6

Réseau Avant de Craquer  
Website: <https://www.avantdecraquer.com/>  
E-mail: [info@avantdecraquer.com](mailto:info@avantdecraquer.com)  
Phone: 1 (855) 272-7837  
Address: 203-1990 rue Cyrille-Duquet  
Quebec, QC G1N 4K8

## Sherbrooke

Mental Health Estrie  
Website: <http://mentalhealthestrie.com/>  
E-mail: [info@mentalhealthestrie.com](mailto:info@mentalhealthestrie.com)  
Phone: (819) 565-3777

Address: 257 Queen, Suite 900  
Sherbrooke, QC J1M 1K7

CSSS-IUGS Mental Health

Website: <http://www.csss-iugs.ca/adults-mental-health-en>

Phone: (819) 780-2220

Address: 375 rue Argyll  
Sherbrooke, QC J1J 3H5

## **SASKATCHEWAN**

Mobile Crisis Services

Website: <http://www.mobilecrisis.ca/mental-health-and-crisis>

Phone: (306) 757-0127

Address: 1646 11th Ave.  
Regina, SK S4P 1V6

Canadian Mental Health Association Saskatchewan

Website: <https://sk.cmha.ca>

E-mail: [contactus@cmhask.com](mailto:contactus@cmhask.com)

Phone: 1 (800) 461-5483

Address: 2702 12th Ave.  
Regina, SK S4T 1J2

211 Saskatchewan

Website: <https://sk.211.ca/>

Phone: 2-1-1

Saskatchewan Prevention Institute

Website: <https://skprevention.ca/mental-health/>

Phone: (306) 651-4300

Address: 1319 Colony St.  
Saskatoon, SK S7M 2Z1

## **Estevan**

Canadian Mental Health Association Estevan

E-mail: [dpf.smileservicesinc@sasktel.net](mailto:dpf.smileservicesinc@sasktel.net)

Phone: (306) 634-6428

Address: 1201 2nd St.  
Estevan, SK S4A 0M2

Sun Country Health Region Mental Health Services

Website: <https://www.suncountry.sk.ca/service/58/88/mental-health-services.html>

E-mail: [info@schr.sk.ca](mailto:info@schr.sk.ca)

Phone: 1 (800) 326-7689

Address: 808 Souris Valley Rd.

Weyburn, SK S4H 2Z9

## Moose Jaw

Canadian Mental Health Association Moose Jaw

Website: <http://www.cmhamj.com>

E-mail: [cmha.mj@sasktel.net](mailto:cmha.mj@sasktel.net)

Phone: (306) 692-4240

Address: 650 Coteau St. W

Moose Jaw, SK S6H 5E6

Hills Health Region Mental Health & Addictions Services

Website: <https://www.fhhr.ca/MentalHealth.htm>

Phone: (306) 691-6464

Address: 55 Diefenbaker Dr.

Moose Jaw, SK S6J 0C2

## North Battleford

Canadian Mental Health Association Battlefords

Website: <https://www.facebook.com/BattlefordsCMHA/>

E-mail: [jane.cmhanb@sasktel.net](mailto:jane.cmhanb@sasktel.net)

Phone: (306) 446-7177

Address: 1602-103 St.

North Battleford, SK S9A 1L7

Prairie North Health Region Mental Health and Addictions Services

Website: [http://www.pnrha.ca/bins/content\\_page.asp?cid=21-160](http://www.pnrha.ca/bins/content_page.asp?cid=21-160)

Phone: (306) 446-6500

Address: 1092-107th St.

North Battleford, SK S9A 1Z1

## Prince Albert

Canadian Mental Health Association Prince Albert

Website: <http://pa.cmha.ca>

E-mail: [pacmha@sasktel.net](mailto:pacmha@sasktel.net)

Phone: (306) 763-7747

Address: 1322 Central Ave.  
Prince Albert, SK S6V 4W3

Prince Albert Parkland Health Region Addiction & Mental Health Services

Website: <http://paphr.ca/services/addiction-mental-health>

Phone: (306) 765-6055

Address: 2345 10th Ave. W

Prince Albert, SK S6V 6J7

Prince Albert Mental Health Centre

E-mail: [djurgens@pahd.sk.ca](mailto:djurgens@pahd.sk.ca)

Phone: (306) 765-6055

Address: Box 3003

2345 10th Asve. W

Prince Albert, SK S6V 6N4

## Regina

Canadian Mental Health Association Regina

Website: <http://cmharegina.com>

E-mail: [info@cmharegina.com](mailto:info@cmharegina.com)

Phone: (306) 525-9543

Address: 1810 Albert St.

Regina, SK S4P 2S8

Regina Qu'Appelle Health Region Mental Health

Website: <http://www.rqhealth.ca/departments/mental-health>

E-mail: [info@saskhealthauthority.ca](mailto:info@saskhealthauthority.ca)

Phone: (306) 766-7800

Address: 2110 Hamilton St., 3rd floor

Regina, SK S4P 2E3

Understand Us

Website: <https://understandus.ca/>

E-mail: [info@understandus.ca](mailto:info@understandus.ca)

The Caring Place

Website: <https://thecaringplace.ca/>

E-mail: [tcp@accesscomm.ca](mailto:tcp@accesscomm.ca)

Phone: (306) 347-2273

Address: 2146 Robinson St.

Regina, SK S4T 2P7

## Saskatoon

Mobile Crisis Intervention Services: (306) 933-6200

Canadian Mental Health Association Saskatoon

Website: <https://saskatoon.cmha.ca/>

E-mail: [info@cmhasaskatoon.ca](mailto:info@cmhasaskatoon.ca)

Phone: (306) 384-9333

Address: 1301 Avenue P N.

Saskatoon, SK S7L 2X1

Saskatoon Health Region Mental Health and Addiction Services

Website: [https://www.saskatoonhealthregion.ca/locations\\_services/Services/mhas](https://www.saskatoonhealthregion.ca/locations_services/Services/mhas)

E-mail: [general.inquiries@saskatoonhealthregion.ca](mailto:general.inquiries@saskatoonhealthregion.ca)

Phone: (306) 655-7777

Address: 122 3rd Ave. N, Suite 156

Sturdy Stone Building S7K 2H6

Directory of Mental Health and Addictions Services in Saskatchewan

*Provided by the Government of Saskatchewan*

<http://publications.gov.sk.ca/documents/13/106350-MHA-Services-Directory-Saskatchewan-2018.pdf>

## Swift Current

Canadian Mental Health Association Swift Current

Website: <https://swiftcurrent.cmha.ca/>

E-mail: [directorsc@sasktel.net](mailto:directorsc@sasktel.net)

Phone: (306) 778-2440

Address: 176 4th Ave. NW

Swift Current, SK S9H 0T6

Cypress Health Region Mental Health and Addiction Services

Website: <https://cypresshealth.ca/programs-services/mental-health-addiction-services/>

Phone: 1 (877) 329-0005

Address: 429 4th Ave. NE

Swift Current, SK S9H 2J9

## TERRITORIES

### Northwest Territories

NWT Helpline: 1 (800) 661-0844

Department of Health and Social Services, Mental Health and Addictions

Website: <https://www.hss.gov.nt.ca/en/services/mental-health>

E-mail: [mha@gov.nt.ca](mailto:mha@gov.nt.ca)

Phone: (867) 767-9061

Address: P.O. Box 1320

Yellowknife, NT X1A 2L9

### Nunavut

Kamatsiqut Nunavut Helpline: 1 (867) 979-3333

Department of Health

Website: <https://www.gov.nu.ca/health/information/mental-health-helpful-links>

### Yukon

Mental Health and Substance Use Services

Website: [http://www.hss.gov.yk.ca/mwsu\\_communities.php](http://www.hss.gov.yk.ca/mwsu_communities.php)

Phone: (867) 456-3838

Address: Mental Wellness and Substance Use Services (H-7)

Health & Social Services, Government of Yukon

Box 2703

Whitehorse, YT Y1A 2C6