



*serving all dystonia-affected persons
d'esservant toutes personnes atteintes de dystonie*

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

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
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://cmhastarttalking.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
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
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

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

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

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

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

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

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

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
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
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

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
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
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
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
Phone: (519) 433-2023

Canadian Mental Health Association Middlesex
Website: <https://cmhamiddlesex.ca/>
E-mail: 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

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

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

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

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.org

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

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

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

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

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

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

Canadian Mental Health Association Toronto

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

E-mail: 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

Phone: (905) 841-3977

Canadian Mental Health Association Durham

Website: <https://cmhadurham.ca>

E-mail: 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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://windsor-essex.cmha.ca>

E-mail: 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 McDougall St.

Windsor, ON N8X 3N9

NATIONAL RESOURCES

Canadian Mental Health Association

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

E-mail: 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

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

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>