

MENTAL HEALTH RESOURCES

York Region is connecting residents to resources, services and programs that support community well-being. This resource can be used to help residents find and access mental health programs and services in York Region. It includes sections for:

- **Service Navigation:** Help-lines or online directories that simplify finding and connecting those in need to resources, services and programs
- **Crisis Intervention:** Generally available 24/7 and staffed by trained crisis workers, with the capacity to go out in the community and meet someone in crisis
- **Case Management:** Generally, includes intake into a program, needs assessment, developing a case plan, direct support, referrals and monitoring

SERVICE NAVIGATION

[Connex Ontario](#) provides 24/7 access to mental health, addictions and problem gambling services. Call toll-free: 1-866-531-2600

[211 Ontario](#) provides 24/7 information and referrals to community, government, social and health services, including [mental health resources](#). Call: 211 or toll-free: 1-877-330-3213

[York Support Services Network: Streamlined Access](#) connects individuals 16 years of age and older to mental health and addiction services. Call: 289-340-0348 or toll-free: 1-844-660-6602

[York Region Access York](#) provides information and referrals to government, social and health services. Call Access York toll-free: 1-877-464-9675 call toll-free TTY: 1-866-512-6228

[Health Connect Ontario](#) offers 24/7 medical advice on all subjects relating to health. Call toll-free TTY: 1-866-797-0007

[Access CAMH](#) provides centralized information, intake and scheduling for most of CAMH mental health and addictions services Call: 416-535-8501, option 2

[EYRND OHT Open Space](#) is a virtual hub that provides information about mental health and addictions care and connects followers to local supports and resources.

[York Region's Community Supports](#) page includes links and resources to help York Region residents maintain their mental health and well-being during the pandemic. [York Region's Mental Health](#) page provides information about mental health promotion and mental health programs and services offered in York Region.



CRISIS INTERVENTION



If there is an emergency, if you or someone you know is in immediate danger or if you or someone you know is thinking of suicide, **call 911 or go to your nearest hospital or emergency department.**

[York Support Services Network: 310-COPE](#) offers 24/7 community crisis response service for people living in York Region or South Simcoe who are in crisis and need immediate support. Call toll-free: 1-855-310-COPE (2673) or toll-free TTY: 1-866-323-7785

[Victim Services of York Region](#) offers 24/7 emotional support for victims of crime or tragic circumstance. Call: 905-953-5363 or toll-free: 1-866-876-5423 ext. 6790

[Crisis Services Canada](#) offers 24/7 suicide prevention services. Call toll-free: 1-833-456-4566

[Kids Help Phone](#) offers 24/7 services to children and youth 18 and under, who need to talk to someone about their mental health. Call toll-free: 1-800-668-6868 or text 686868

[Loft Community Services: Street Outreach Van](#) provides mobile community care services to people with complex mental and physical health challenges, addictions, dementia, and/or homelessness in York Region. To reach the van, call: 905-853-3400 or toll-free: 1-866-553-4053

[Wellness Together Canada](#) provides 24/7 mental health and substance use crisis support for adults, Indigenous peoples, youth and front-line workers. Visit their website for text, chat and phone numbers.

[Domestic Abuse and Sexual Assault Care Centre](#) (DASA) provides care for victims/survivors of domestic abuse and sexual assault including emergency and follow up care and counselling. Call toll-free: 1-800-521-6004

[Seniors Safety Line](#) provides 24/7 information, referrals and support for seniors experiencing abuse. Call toll-free: 1-866-299-1011

CASE MANAGEMENT

General

[Catholic Community Services of York Region](#) provides counselling services to youth, adults and seniors. Call: 905-770-7040 or Call toll free: 1-800-263-2075

[Canadian Mental Health Association](#) provide services to people who are experiencing mental illness and their families. Information on services in York Region can be found on their website

[EYRND OHT Mental Health and Addictions Wellness Centre](#) delivers mental health and addiction services to individuals 12 years of age and older living in Markham, Thornhill, Stouffville, and north Durham Communities. Call: 905-758-2279

[Eating Disorders of York Region](#) provides support for individuals and families affected by eating disorders. Call: 905-886-6632

[Family Services York Region](#) provides counselling and community based cultural support services. Call: 416-922-2672

[Hong Fook Mental Health Foundation](#) provides a continuum of mental health services to Asian and other communities in York Region. Call: 416-493-4242

[Krasman Centre](#) is a consumer/survivor initiative that provides 24/7 peer support-based programs, physical hubs and resources for people with mental health, substance use and housing challenges. Call toll-free: 1-888-780-0724

Abuse

[York Region Centre for Community Safety](#) helps adult and child victims who have experienced domestic violence by coordinating support and services. Call toll-free: 1-855-541-2220

Children, Youth and Families

[York Hills Centre for Children, Youth and Families](#) provides services that support the social, emotional and behavioural challenges of children, youth and their families. Call: 905-503-9560 or toll-free: 1-866-536-7608

[Black Youth Helpline](#) provides support to all youth as the point of contact for calls to professional services from youth, families, school districts and a variety of youth serving stakeholders. Call: 416-285-9944 or toll-free: 1-833-294-8650

Human Trafficking

[Canadian Human Trafficking Hotline](#) offers free 24/7 services for victims and survivors of human trafficking. Call toll-free: 1-833-900-1010 or use the chat function on their website

Seniors

[CHATS](#) is a one-stop shop of programs and services for older adults. Call: 905-713-659