

## Community Resources in Toronto

We encourage you to contact the following organizations and use your own judgement when deciding which service may be a good fit for your needs.

### Mental Health Supports for Health Care Workers

Agency	Services	Intake
<a href="#">Canadian Medical Association (CMA)</a>	Offers virtual group sessions to address a range of topics. All sessions are delivered by trained facilitators, many of whom are also physicians.	<a href="#">Click here</a> to register.
<a href="#">Canadian Medical Association (CMA)</a>	A 24-hour wellness support line. Connects callers to masters-level counsellors, psychotherapists and psychologists trained to address the unique needs of physicians, residents and medical students.	Call 1(800)-851-6606 to access support line and connect with a trained facilitator.
<a href="#">The Professional Association of Residents of Ontario (PARO) Helpline</a>	A 24-hour helpline. PARO has partnered with Distress Centres of Toronto to provide support and is accessible across Ontario.	Call 1(866)-435-7362 to access helpline and connect with a trained volunteer. This contact number different from the PARO office number.
<a href="#">Centre for Additions and Mental Health (CAMH)</a>	Provide access to resources, psychotherapy and psychiatric services.	<a href="#">Click here</a> for self-referral form.
<a href="#">Health Care Worker Assist (Ontario Shores Centre for Mental Health Sciences)</a>	Services based on needs, this may include system navigation, crisis planning, brief therapy intervention, symptom management and support.	<a href="#">Click here</a> for self-referral form  Phone: 1(877)-767-9642 Call between Monday to Friday 8:30 AM- 4:30PM to complete intake.
<a href="#">ECHO (CAMH &amp; UofT)</a>	A peer support group. To share and learn about ways to build resilience and overall wellness through didactic lectures and case-based discussion.	<a href="#">Click here</a> to register.  When: Friday 2:00-3:00PM
<a href="#">Hope + Me (Mood Disorders Association of Ontario)</a>	Offers a variety of peer support groups.	<a href="#">Click here</a> to register.

## Single session counselling

The following services operate on “first come, first serve”.

The likelihood you will be able to connect with someone increases if you are able to reach out earlier in the day.

Agency	Service	Hours	Contact
<a href="#">Family Services of Toronto</a> *Family Services of Toronto also offers ongoing counselling; fees are based on a sliding scale. <a href="#">Click here</a> to request intake.	Single telephone session (50mins)  Ages: 18+	Monday-Friday 9:00AM-6:00PM	Phone: (416) 595-9618  A Counsellor will return the call between 11:30AM-6:30PM daily.
<a href="#">Stella’s Place</a> *Stella’s place also offers short-term counselling, up to 6 sessions. <a href="#">Click here</a> to request intake.	Single telephone session (45mins)  Ages: 16-29	Thursday 3:00-6:00PM	Phone: (416) 461-2345 press 0 Email: <a href="mailto:connect@stellasplace.ca">connect@stellasplace.ca</a>  Call or email to book a counselling session on Thursdays 10:00AM-5:00PM.
<a href="#">West Toronto Youth Hub</a>	Single telephone session (1 hour)  Ages: 12-29	Monday 10:00AM-3:00PM Tues/Weds 1:00-6:30PM Thurs 10:00AM-5:00PM Fri 1:30-3:30PM	Phone: (416) 669-3521  Call to book a phone counselling session with a therapist.
<a href="#">Woodgreen Community Services</a> *Woodgreen also offers ongoing counselling for people living in the <a href="#">catchment area</a> . Call 416-572-3575 to complete intake. Waitlist is currently 7 months.	Single telephone session (50mins)	Tuesday & Wednesday 4:15PM-6:30PM	Phone: (416) 645-6000 ext.1990  Registration start at 4 PM for virtual walk-in counselling session.

## Distress Line

Agency	Service	Contact
<a href="#">Gerstein Centre</a>	24-hour crisis service for adults 16+ who are dealing with mental health, concurrent or substance issues and are currently in crisis.	Call (416) 929-5200 for over the phone support.
<a href="#">Toronto Distress Centre</a>	24-hour crisis response and intervention to the emotionally vulnerable and at risk in the Toronto community.	Call (416) 408-4357 or text 45645 for over the phone support.
<a href="#">Call Blackline</a>	24-hour line helping most-impacted folks through crisis, abuse, and mistreatment. Call BlackLine prioritizes BIPOC (Black, Indigenous and People of Color).	Call or text 1(800) 604-5841 for over the phone support.

## Community Resources

Agency	Population Served	Services	Contact
<a href="#">Bereaved Families of Ontario</a>	People who are grieving the death of a loved one.	Programs and services range from one-to-one support sessions to 8-week support groups and are based on the peer-to-peer support model in which individuals with similar experiences share their stories, provide support and inspire hope.	Phone: (416) 440-0290 ext.102 Email: <a href="mailto:programsupport@bfotoronto.ca">programsupport@bfotoronto.ca</a>  Hours: Monday-Friday: 9:00AM – 4:00PM
<a href="#">The 519 Community</a>	People identifying with the LGBTQ2S community.	The 519 responds to the evolving needs of the LGBTQ2S communities, from counselling services and queer parenting resources to coming out groups, trans programming, and senior’s support.	Phone: (416) 392-6874 Email: <a href="mailto:Info@The519.org">Info@The519.org</a>  Hours: Monday-Friday: 10:00AM-5:00PM Weekend: 10:00AM- 4:00PM
<a href="#">Tropicana Community Services</a>	People identifying with the Caribbean, Black and African communities.	To offer culturally aware and supportive programs to those in need, including counselling, settlement services, childcare, education, personal development, and employment services.	Phone: (416) 439-9009 Email: <a href="mailto:info@tropicanacommunity.org">info@tropicanacommunity.org</a>  Hours: Monday-Thursday: 9:00AM-5:00PM Friday: 9:00AM-4:30PM
<a href="#">Anishnawbe Health Toronto</a>	People identifying with the Aboriginal Peoples community.	The programs and services we offer are based on our culture and traditions through a multi-disciplinary team of dedicated healthcare professionals and service providers.	Queen Street East Contact: 416-360-0486 Gerrard Street East Contact: 416-657-0379  Email: <a href="mailto:info@aht.ca">info@aht.ca</a>
<a href="#">Women’s Health in Women’s Hands</a>	Women aged 16 and older.	Inclusive multidisciplinary services include: primary medical care, mental health support programs with individual and group counseling, self advocacy programs, health promotion and education programs, Pre and Post Natal Care programs, HIV-AIDS Prevention, Support and Care, healthy living activities, support groups, supportive self care activities and a resource information center.	Phone: (416) 593-7655  Call intake for questions regarding individual support and counselling service.

## Web-based Tools

Agency	Format	How it works	Contact
<a href="#">AbilitiCBT (Morneau Shepell)</a>	Internet based Cognitive Behavioural Therapy	<ul style="list-style-type: none"><li>• Complete brief assessment online and connect to a therapist by phone/video.</li><li>• 10 modules are provided, and progress is monitored by a therapist.</li><li>• Can access module through mobile app.</li></ul>	<a href="#">Click here</a> to learn more and sign up.
<a href="#">Mind Beacon</a>	Internet based Cognitive Behavioural Therapy	<ul style="list-style-type: none"><li>• Complete brief assessment online.</li><li>• Modules are provided, check-ins with a therapist can be provided up to 12 weeks.</li><li>• Can access module through mobile app.</li></ul>	<a href="#">Click here</a> to learn more and sign up.
<a href="#">Bean Bag Chat</a>	Online chat available to young adults aged 16-29	<ul style="list-style-type: none"><li>• Online peer support.</li><li>• Online counselling from partner organizations.</li><li>• Support accessed through mobile app.</li></ul>	<a href="#">Click here</a> to learn more and sign up.