Guide to Mental Health Resources and Supports

*Please note that in situations of immediate danger such as harm to self or others, help can be sought at the nearest hospital emergency department including, in appropriate cases, admission to hospital under the Mental Health Act for treatment and care.*

*In non-emergency situations, the family doctor or paediatrician can be an excellent source of care, support and referrals and consideration should be given to involving this medical professional to assist with continuity of care.*

Northern Secondary School:

Guidance Department, counsellor assigned by surname, <http://northern-secondary.com/Joomla/index.php?option=com_content&view=section&layout=blog&id=31&Itemid=85>

Dale Callender, counsellor with SKYLARK Children, Youth & Families, placed at Northern to provide support, room 312A, (416) 489-9586, [Dale.Callender@skylarkyouth.org](mailto:Dale.Callender@skylarkyouth.org), click on attachment called “Revised 2016 SKYLARK.pdf” at <http://northern-secondary.com/Joomla/index.php?option=com_content&view=section&layout=blog&id=45&Itemid=107>

Lisa Kreindler, MSW, RSW, TDSB social worker at Northern Secondary School  (Wednesdays and Thursdays), contact: [lisa.kreindler@tdsb.on.ca](mailto:lisa.kreindler@tdsb.on.ca" \t "_blank), or through the NSS Student Support Services 416-393-0270 ext 20139

WellNSS, student run mental health awareness club, <http://northern-secondary.com/Joomla/index.php?option=com_content&view=section&layout=blog&id=37&Itemid=123>

Resources outside School:

***Telephone Lines***

Kids Help Phone, 24/7 confidential telephone and online counselling for youth (to age 20), 1-800-668-6868, <https://www.kidshelpphone.ca/teens/home/splash.aspx>

Telehealth Ontario, 24/7 confidential telephone information and advice from a registered nurse, 1-866-797-0000, <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

Mental Health Helpline, 24/7 confidential information about counselling and supports in the community, funded by the Ontario government, 1-866-531-2600, <http://www.mentalhealthhelpline.ca/Home/About>

Toronto Distress Centres, 24/7 confidential telephone crisis line, trained volunteers with the support of professional staff, (416) 408-HELP(4357), <https://www.torontodistresscentre.com/>

Gerstein Crisis Centre, 24/7 confidential telephone crisis line, trained community crisis workers many of whom have personal experience with mental illness, (416) 929-5200 <http://gersteincentre.org/what-we-do-2/telephone-crisis-intervention/>

Youthdale Crisis Service, 24/7 telephone access to trained mental health professionals for Ontario parents and legal guardians, includes assessment and, if necessary, mobile response and/or admission for treatment, (416) 363-9990 <http://youthdale.ca/en/crisis_services/crisis_line.php>

***Walk-in Clinics***

*The clinics listed below are free (no health card required), confidential and do not require an appointment. Most welcome both families and teenagers attending on their own.*

Central listing of *What’s Up* walk in clinics for youth listing 6 locations across the city with their hours and contact information,

<http://www.whatsupwalkin.ca/service-providers/>

Delisle Youth Services (Skylark), offers walk-in clinic for youth (ages 13 – 21) coping with mental health issues and/or addictions 4 days/week, 40 Orchard View Blvd. Suite 102, (416) 482-0081

<http://www.delisleyouth.org/pages/YouthCan-IMPACT-WalkIn-y>

Oolagen Youth Mental Health (Skylark), offers walk-in clinic with trained clinicians 5 days/week for youth (to age 18) and families, 65 Wellesley Street East (at Church), suite 500, (416) 395-0660

<http://oolagen.org/our-services/walk-in-clinic/>

East Metro Youth Services, offers walk-in clinic 6 days/week with mental health and addictions counselling for youth (to age 29) and families, 1200 Markham Road (at Ellesmere) 2nd floor, (416) 438-3697

<http://emys.on.ca/getting-help/walk-in-clinic/>

Griffin Centre offers walk-in clinic with mental health counselling 5 days/week for youth (to age 29) and families, 1126 Finch Avenue West (between Dufferin and Keele), unit 16, (416) 222-4380

<http://www.griffincentre.org/WALKIN%20PROGRAM%20FLYER.pdf>

Yorktown Child & Family Centre, offers walk-in clinic 5 days/week with mental health counselling for youth (to age 18) and families, 2010 Eglinton Avenue West (between Dufferin and Caledonia), suite 300, (416) 394-2424

<http://www.yorktownfamilyservices.com/child-and-family-centre/counselling-services/>

Youthlink, offers walk-in counselling service 5 days/week for youth (to age 21) and families, 747 Warden Avenue (between Eglinton and St. Clair), (416) 967-1773,

<http://youthlink.ca/wp-content/uploads/2016/09/Whats-up-walk-in-youthlink.pdf>

Etobicoke Children’s Centre, offers walk-in counselling 5 days/week for youth (to age 18) and families, 2267 Islington Avenue, lower level (Islington & Bergamot), (416) 240-1111

<http://www.etobicokechildren.com/walk-in-clinic>

***Counselling***

*Most of the walk-in clinics listed above will refer clients to free, longer term counselling services if their needs cannot be met in one to three walk-in visits.*

Delisle Youth Services, offers free counselling and other services for youth with mental health issues and/or addictions, 40 Orchard View Blvd. Suite 255, call (416) 482-0081 to book an intake appointment,

<http://www.delisleyouth.org/pages/counselling-y>

The Anne Johnston Health Station, offers free counselling to youth about relationship issues, depression, anxiety and substance abuse, available to those who live or go to school in catchment area which includes Northern, 2398 Yonge Street, call (416) 486-8666 for an appointment

<http://www.ajhs.ca/primary-health-care-services/counselling-services>

Central Toronto Youth Services, offers free community counselling programs to help Toronto based youth (aged 12 to 18) with social and mental health challenges, accepts self-referral, located at 65 Wellesley Street East, suite 300 (Church/Wellesley), call (416) 924-2100 to speak to an intake worker (9 am to 5 pm)

<http://www.ctys.org/category/programs/>

Turning Point Youth Services partners with Oolagen to operate the youth walk-in clinic and offers free individual, family and group counselling in its offices, the community, by telephone and, in some cases, the client’s home, counsellors are trained in social work or related fields such as clinical psychology, 95 Wellesley Street East, call (416) 925-9250, ext. 224 for the intake coordinator

<http://turningpoint.ca/programs/>

***Other Resources***

The Jack Project has online publications about various mental health issues such as anxiety disorders and depression including tips on coping and how to help a friend,

<https://www.jack.org/resources>

teenmentalhealth.org is a physician associated website sharing scientific knowledge and evidence based information (written in simple language) to better understand adolescent mental health and help youth cope with mental health challenges,

<http://teenmentalhealth.org/learn/>

mindyourmind has information about a number of mental health issues and tips to cope with stress

<https://mindyourmind.ca/illnesses>

eMentalHealth.ca, resource to help you find mental health help in your area, <http://www.ementalhealth.ca/>

Kids Help Phone “Resources Around Me”, search engine to help you find specialized mental health help in your area, including resources focused on racialized groups and gender identity

<http://kidshelpphone.ca/resourcesaroundme/welcome.html>

Mood Disorders Association of Ontario, offers free support programs to people across Ontario, and their families, who are living with depression, anxiety or bipolar disorder, Telephone Support Line:1-866-363-MOOD (6663) avail. Monday to Friday, 9:30 a.m. - 5:00 p.m. <http://www.mooddisorders.ca/>

Family Navigation Project at Sunnybrook Health Sciences Centre, service designed to provide expert navigation of the mental health and addictions service system for youth aged 13-26 with serious mental health and/or addictions problems, tel. 1-800-380-9367 or email [familynavigation@sunnybrook.ca](mailto:familynavigation@sunnybrook.ca)

<http://sunnybrook.ca/content/?page=family-navigation-project>

The Centre for Addiction and Mental Health (CAMH), mental health hospital and research centre with various youth programs generally requiring a physician’s referral, tel. **416-535-8501, press 2 for more info,**

<http://www.camh.ca/en/hospital/care_program_and_services/child_youth_and_family_program/Pages/child_youth_and_family_program.aspx>

Other TDSB Resources:

Monthly mental health newsletter, <http://www.tdsb.on.ca/ElementarySchool/SupportingYou/MentalHealthStrategy/Newsletter.aspx>

List of resources, <http://www.tdsb.on.ca/ElementarySchool/SupportingYou/MentalHealthStrategy/Resources.aspx>

*Information current as at December 11, 2016.*