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 Delisle Youth Services, room 312A, (416) 489-9586, dcallender@delisleyouth.org, click on attachment called “Revised Delisle Youth Services info.doc” 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, 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, 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

Toronto Distress Centre, 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 available to Ontario parents and legal guardians, includes assessment and, if necessary, mobile response, (416) 363-9990 <http://youthdale.ca/en/crisis_services/crisis_line.php>

*Walk-in Clinics*

Oolagen Youth Mental Health, offers free walk-in clinic with trained clinicians 5 days/week, 65 Wellesley Street East (at Church), suite 500, (416) 395-0660

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

East Metro Youth Services, offers free walk-in clinic with mental health counselling 5 days/week, 1200 Markham Road (at Ellesmere) 2nd floor, (416) 438-3697

<http://emys.on.ca/whats-walk-clinics/>

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

<http://www.yorktownfamilyservices.com/cfc/index.cfm>

Youthlink, offers free walk-in counselling service on Wednesdays, 747 Warden Avenue (between Eglinton and St. Clair), (416) 967-1773

<http://www.youthlink.ca/sites/default/files/walk-in%20counselling%20brochure%20Oct%202012.pdf>

*Counselling*

Delisle Youth Services, offers counselling and other services for youth with mental health issues and addictions, 40 Orchard View Blvd. Suite 255, (416) 482-0081, info@delisleyouth.org, <http://www.delisleyouth.org/pages/what-we-do>

Note : There are plans to open a walk-in mental health clinic for youth at Delisle in May 2016 which will be open from 3 p.m. to 8 p.m.

The Anne Johnston Health Station, offers confidential, free of charge 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, (416) 486-8666

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

Central Toronto Youth Services, offers free programs to help Toronto based youth with mental health challenges, located at Church/Wellesley, (416) 924-2100 (9 am to 5 pm),

<http://www.ctys.org/category/about-us/#who-we-are>

*Other Resources*

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

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, <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>

Apps etc.:

Thought Spot, live map designed by and for students in the GTA to identify and access health and wellness services, <http://mythoughtspot.ca/>

Walk Along, Canadian based resource with tools for assessing and tracking mental health as well as links to online cognitive behavioural therapies, <https://www.walkalong.ca/>

Mind your Mind, a site for youth (14 to 24) to find help (such as stress management tips) and co-develop a resource to increase the use of mental health supports and reduce the stigma associated with mental illness, <http://mindyourmind.ca/about/mindyourmind>