



**CANADIAN MENTAL  
HEALTH ASSOCIATION**  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

**YORK REGION BRANCH**  
Serving York Region and South Simcoe

Please call or email our office for more information.  
905-853-8477 or 1-866-208-5509 ext. 0 ♦ yorkregion@cmhayr.on.ca ♦ www.cmha-yr.on.ca

This list is maintained by CMHA, York Region ♦ This list is not exhaustive  
A United Way of York Region member agency  
Updated January 2007

## YORK REGION MENTAL HEALTH RESOURCE LIST

<b>ABUSE</b>	
Domestic Abuse and Sexual Assault Care	905-882-1406 or 1-800-521-6004
Family Life Centre: Partner Abuse Response Program	905-883-6572 or 1-888-820-9986
Law Society of Upper Canada: Lawyer Referral Service	1-800-268-8326 (Crisis)
Sandgate Women's Shelter of Georgina	905-722-3220 or 1-800-661-8294
Women's Support Network of York Region	905-895-3646 or 1-800-263-6734 (Crisis)
Yellow Brick House	905-727-0930 or 1-800-263-2231
York Region Abuse Program	905-853-3040 or 1-800-263-2240
York Region Children's Aid Society	905-895-2318 or 1-800-718-3850
<b>ADDICTIONS</b>	
Addiction Services for York Region	1-800-263-2288
Bellwood Health Services	416-495-0926 or 1-800-387-6198
Centre for Addiction and Mental Health	905-868-8046 or 1-800-463-6273
Ontario Addiction Treatment Centres — Head Office	905-868-9966
Saint Elizabeth Health Care	905-940-9655
Vitanova Foundation	905-850-3690
<b>BEREAVEMENT</b>	
Bereaved Families of Ontario – York Region	905-898-6265 or 1-800-969-6904
Genesis Bereavement Resource Centre	905-895-7750
<b>CRISIS/DISTRESS LINES</b>	
Community Crisis Response Service (24 hours)	310-2673 (COPE)
Kids Help Phone (24 hrs)	1-800-668-6868
Markham-Stouffville Hospital — Crisis Team	905-472-7556
Pathways for Children	905-471-7877
Southlake Regional Health Centre: Adult Crisis	905-895-4521 ext. 2666
Child & Adolescent Crisis	905-853-2227
Street Outreach Van	416-274-4972 or 1-866-553-4053
Warm Line (7 days/week, 6 p.m. – 12 a.m.) North	1-888-777-0979
South	1-888-777-0979
<b>EMPLOYMENT</b>	
COSTI	905-669-5627
YR District School Board - Employment Source	1-866-992-9930 or 905-883-4402
Strategic Employment Solutions	1-866-228-8890

Job Skills	Keswick	905-476-8088 or 905-476-7588 (TTY) or 1-866-470-5947
	Newmarket	905-898-5138 or 905-898-4465 (TTY)
	Markham	905-948-9622 or 905-415-6900 (TTY)
York Region Neighbourhood Services — Mentorprise		905-895-0809 or 1-866-243-9925
Seneca College Redirection through Education		416-491-5050 ext. 2912
Job Connect	Markham	905-201-8662
	Newmarket	905-898-4646
	Richmond Hill	905-780-9622
Treasures		905-883-5122
YMCA: Seneca Employment Assessment	Newmarket	905-898-6199
	Markham	905-201-8662
	Richmond Hill	905-780-9622
Human Resources and Skill Development Canada		905-953-4052
<b>FINANCIAL</b>		
Community Credit Counselling Services of York Region		905-707-7695
Family Services York Region:	Georgina	905-476-3611
	Newmarket	905-895-2371 or 1-888-223-3999
	Markham-Stouffville	905-415-9719 or 1-866-415-9723
	Richmond Hill	905-883-6572 or 1-888-820-9986
York Region Homelessness Prevention Program		905-895-6119
Ontario Disability Support Program		905-868-8900 or 1-877-669-6658
Social Assistance / Ontario Works	Georgina	905-989-1883
	Newmarket	905-895-5166
	Vaughan	905-850-3790
	South Services Centre	905-762-2095 or 1-866-208-0049
<b>FOOD BANKS</b>		
Aurora Food Pantry		905-841-1577
Georgina Food Pantry		905-722-8305
Markham Food Bank		905-472-2437
Newmarket Food Pantry		905-853-7285
Richmond Hill Community Food Bank		905-508-4761
Salvation Army:: Northridge Community & Family Services		905-895-0577
Vaughan Food Bank		905-851-2333

Whitchurch-Stouffville Food Bank	905-640-4704
York Region Food Network	905-967-0428 or 1-866-454-9736
<b>HOUSING &amp; SUPPORT SERVICES</b>	
Canadian Mental Health Association, York Region	905-853-8477 or 1-866-208-5509 ext. 0
Crosslinks Housing and Support Services	905-713-0137
Homes for Special Care Office	416-535-8501 ext. 3439
Transitional and Supportive Housing	905-898-1015 or 905-830-0121 (youth)
Region of York: Community Services and Housing	905-895-1231 or 1-877-GO4-YORK
York Region Housing Help Centre	905-713-2696
<b>LEGAL</b>	
Community Legal Clinic of York Region	905-508-5018 or 1-888-365-5226
Lawyer Referral Service (\$6.00 for 30 minutes)	1-900-565-4LRS (4577)
Legal Aid Ontario – York Area	Newmarket 905-898-3943 or 1-888-613-8775
	Richmond Hill 1-888-365-5226
Canadian Mental Health Association, York Region	905-853-8477 or 1-866-208-5509 ext. 0
<b>MENTAL HEALTH</b>	
Assertive Community Treatment Team	905-476-1800
Canadian Mental Health Association, York Region	905-853-8477 or 1-866-208-5509 ext. 0
Catholic Community Services of York Region	905-770-7040 or 1-800-263-2075
Centre for Addiction and Mental Health	905-868-8046 or 1-800-463-6273
Community Care Access Centre	905-895-1240 or 1-888-470-2222
Crosslinks Housing and Support Services	905-713-0137
Family Services York Region:	Georgina 905-476-3611
	Newmarket 905-895-2371 or 1-888-223-3999
	Markham-Stouffville 905-415-9719 or 1-866-415-9723
	Richmond Hill 905-883-6572 or 1-888-820-9986
Hong Fook Mental Health Association	416-493-4242
Jewish Child and Family Service	905-882-2331
Krasman Centre	905-780-0491 or 1-888-780-0724
Markham-Stouffville Hospital: Adult Outpatient	905-472-7011
Medical Clinic for Person Centred Psychotherapy	416-229-2399 or 1-888-229-8088
Rose of Sharon Services for Young Mothers	905-853-5514 or 1-877-516-3715
Saint Elizabeth Health Care	905-940-9655
Southlake Regional Health Centre: Brief Therapy	905-895-4521 ext. 2339
	Partial Hospitalization 905-895-4521 ext. 2484
	Day Program 905-895-4521 ext. 2465
	Schizophrenia Clinic 905-895-4521 ext. 2310
	Geriatric Outreach 905-895-4521 ext. 2447
	Community Treatment Orders 905-895-4521 ext. 2790
Telehealth Ontario	1-866-797-0000 or 1-866-797-0007 (TTY)
Victorian Order of Nurses: York Region	905-479-3201
Whitby Mental Health Centre	1-800-341-6323 or 1-800-263-2679 (Crisis)
Women's Centre of York Region	905-727-5837
York Central Hospital: Adult Outpatient	905-832-1406 ext. 2202
	Anxiety Clinic 905-832-1406 ext. 2203
	Psychogeriatric Outreach 905-832-1406 ext. 2304

	Outpatient: Shaw Clinic	905-832-1406
	Vocational Rehabilitation	905-832-1406
York Support Services Network:	Sutton	905-722-6484
	Newmarket	905-898-6455 or 905-895-9775
	Markham	905-305-7440 or 1-800-887-3679
<b>MENTAL HEALTH - YOUTH</b>		
Addiction Services for York Region:	Aurora	905-841-7007 or 1-800-263-2288
	Markham (Pathways)	905-471-7877
	Richmond Hill (Family Life Ctre)	905-707-7695 or 1-800-500-0003
	Sutton (YSSN)	905-722-6484
Canadian Mental Health Association, York Region		905-853-8477 or 1-866-208-5509 ext. 0
Blue Hills Child and Family Services		905-773-4323
Delise Youth Services		416-482-0081
Family Services York Region:	Georgina	905-476-3611
	Newmarket	905-895-2371 or 1-888-223-3999
	Markham-Stouffville	905-415-9719 or 1-866-415-9723
	Richmond Hill	905-883-6572 or 1-888-820-9986
Integra Foundation: Camp Towhee		416-486-8055
Jewish Child and Family Service		905-882-2331
Kids Helpline		1-800-668-6868
Kinark Child and Family Services	Markham	905-474-9595
	Aurora	905-713-0700
	Georgina	905-898-4572 or 1-800-230-8530
Markham-Stouffville Hospital: Child Adolescent & Family		905-472-7530
Pathways for Children		905-471-7877
Region of York Health Services: Health Connection		1-800-361-5653
Rose of Sharon Services for Young Mothers		905-853-5514 or 1-877-516-3715
Southlake Regional Health Centre: Child & Family Clinic		905-895-4521 ext. 2215
	Eating Disorder	905-895-4521 ext. 2322
Thistletown Centre for Children and Adolescents		416-326-0600
Whitby Mental Health Centre: Adolescent & Young Adults		905-668-5881
York Central Hospital: Child and Family Services		905-832-1406 ext. 2203
	Child & Adolescent Anxiety Clinic	905-832-1406 ext. 2203
Youthdale:	Aurora Residential Program	416-368-4896 ext. 269
	Day Treatment	416-368-4896
<b>PHYSICIAN/THERAPIST REFERRALS</b>		
College of Physicians and Surgeons (find a doctor)		416-967-2626 or 1-800-268-7096 ext. 626
General Practitioner Psychotherapy Association		416-410-6644
Ontario Association for Marriage and Family Therapy		1-800-267-2638
ON Psychological Association (psychotherapist referral)		416-961-0069 or 1-800-268-0069
Findasocialworker.ca (private practice)		<a href="http://www.findasocialworker.ca">www.findasocialworker.ca</a>
<b>SELF HELP</b>		
Krasman Centre		905-780-0491 or 1-888-780-0724
211 Community Information and Volunteer Centre		<a href="http://www.civc.ca">www.civc.ca</a>
YorkLink		<a href="http://www.york.ca/NR/YorkLink">www.york.ca/NR/YorkLink</a>