

# CHILD MENTAL HEALTH RESOURCES IN YORK REGION

This resource is for child care and early years educators in York Region to share mental health supports available to children with their families. Not all programs or services available in York Region may be listed. It is recommended that you contact the agencies directly for more information about eligibility and referral.

The following resources are included below:

- [Crisis](#)
- [Counselling Programs](#)
- [Community Supports](#)

## CRISIS

### 310-Cope

Website: [yssn.ca/310-COPE](https://yssn.ca/310-COPE)

Phone: 1-855-310-COPE (2673)

Text: 1-855-310-2673

- York Region community crisis response service. Twenty-four-hour crisis line with live chat and text options.

### Distress Centres of Greater Toronto

Website: [dcoqt.com](https://dcoqt.com)

Phone: 1-866-345-0183 or 905-841-3977

- Provides 24-hour intervention services for at-risk and vulnerable individuals who require crises and/or emotional support, suicide prevention, intervention and postvention.

### Kids Help Phone

Website: [kidshelpphone.ca](https://kidshelpphone.ca)

Phone: 1-800-668-6868

**CHILDREN'S SERVICES**

1-877-464-9675

TTY 1-866-512-6228

[york.ca/children](https://york.ca/children)



- Offers 24 hours a day, seven days a week national support service for professional counselling, information, tools, referrals, volunteer-led and text-based support to young people in French and English.
- There is a map tool, to find services in your community.

### **ConnexOntario: Mental Health Helpline**

Website: [connexontario.ca](http://connexontario.ca)

Phone: 1-866-531-2600

- A free, confidential information and referral service available 24 hours a day, seven days a week via phone, web-chat and email, for mental health, addiction and problem gambling services in Ontario.

### **Telehealth Ontario**

Website: [ontario.ca/page/get-medical-advice-telehealth-ontario](http://ontario.ca/page/get-medical-advice-telehealth-ontario)

Phone: 1-866-797-0000

- A free, confidential service you can call to get health advice or information from a Registered Nurse 24 hours a day, seven days a week.
- Assistance is available in more than 300 languages.

### **Crisis Services Canada**

Website: [crisisservicescanada.ca/en](http://crisisservicescanada.ca/en)

Phone: 1-833-456-4566

Text: 45645

- The Canada suicide prevention service. Call available 24 hours a day, seven days a week, 365 days a year.
- Text available 4 p.m. to midnight.

### **Yellow Brick House**

Website: [yellowbrickhouse.org](http://yellowbrickhouse.org)

24 Hour Crisis Line: 1-800-263-3247

Emergency Shelter: 905-727-1944

- Offers 24 hours a day, seven days a week support for abused women and children with a crisis line, emergency shelters, counselling for women and children, and school and workplace programs.

## **Krasman Centre**

Website: [krasmancentre.com/what-we-do/warm-line-peer-crisis-support/](https://krasmancentre.com/what-we-do/warm-line-peer-crisis-support/)

Phone: 1-888-777-0979

- Offers a warmline 24 hours a day, seven days a week, as well as peer support-based programs, physical hubs and resources for people with lived experience of substance use and/or housing crisis.
- Drop-in centres are located in Richmond Hill, Newmarket and Alliston.

## **COUNSELLING PROGRAMS**

### **360 Kids**

Website: [360kids.ca](https://360kids.ca)

- Supports youth in overcoming crisis and transition to a state of safety and stability.
- Provides young people with access to healthy meals, recreation opportunities and counselling.

### **Canadian Mental Health Association York Region (CMHA YR)**

Website: [cmha-yr.on.ca/learn/covid-19/telephone-based-supportive-counselling/](https://cmha-yr.on.ca/learn/covid-19/telephone-based-supportive-counselling/)

- Supports the resilience and recovery of people experiencing mental illness and addiction. CMHA offers a wide range of programs for clients ages 12 and up at several locations across York Region.
- Services for youth include: H.O.P.E. Early Psychosis Intervention, Mental Health & Justice, Mental Health & Justice Youth Court, Mobile Youth Walk-In Clinic (MOBYSS), Newcomers' Health and Well-Being, Support for Depression, Telemedicine, Youth Wellness.

### **Catholic Community Services of York Region (CCSYR)**

Website: [ccsyrr.org](https://ccsyrr.org)

- Provides goal-focused counselling to youth, adults, seniors, couples and families from diverse backgrounds and faiths.
- Walk-in, phone and online counselling available.

### **Cedar Centre**

Website: [cedarcentre.ca](https://cedarcentre.ca)

- Provides therapy, education and advocacy for individuals who have experienced trauma including strength-based services for children ages three to 18 and their caregivers.
- Outside references are not required.

### **Family Services York Region (FSYR)**

Website: [fsyr.ca/services/counselling/](https://fsyr.ca/services/counselling/)

- Counselling and community support services to help individuals, couples, families and groups in aimed at management of daily life and conflict resolution.

### **Hong Fook Mental Health Association**

Website: [hongfook.ca](https://hongfook.ca)

- Serves Asian and other communities within the Greater Toronto Area by providing mental health services that range in promoting wellness to managing illness.
- Services available in Cambodian, Chinese (Cantonese and Mandarin), Korean, Vietnamese and English.

### **Jewish Child and Family Services**

Website: [jfundcs.com](https://jfundcs.com)

- A multi-service agency that strengthens and supports individuals, children, families and communities by increasing safety and security, improving mental health and wellness and reducing the effects of poverty, within the context of Jewish values.

### **Kerry's Place**

Website: [kerrysplace.org](https://kerrysplace.org)

- Provides evidence-based supports and services to Canadians living with Autism Spectrum Disorder (ASD).
- Services available for those that are two years of age or older and include the Ontario Autism Program, respite options, adult skill building, peer support groups, employment programs and residential or living supports.

### **Kinark Child and Family Services**

Website: [kinark.on.ca/programs-and-services/clinical/community-based-child-and-youth-mental-health/](https://kinark.on.ca/programs-and-services/clinical/community-based-child-and-youth-mental-health/)

- Provides services and supports to children and youth with complex needs and their families in areas of child and youth mental health, autism and forensic mental health/youth justice.

### **Mood Disorders Association of Ontario**

Website: [mooddisorders.ca/program/programs-for-family-members](http://mooddisorders.ca/program/programs-for-family-members)

- Offers free support and recovery programs to people across Ontario living with depression, anxiety and/or bipolar disorder.
- Support includes drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online wellness and recovery tools.

### **Rose of Sharon Services for Young Mothers**

Website: [roseofsharon.com](http://roseofsharon.com)

- Provides trauma-informed, one-on-one supportive counselling to prenatal and parenting individuals ages 14 to 29.

### **The Regional Municipality of York Early Intervention Services (EIS)**

Website: [york.ca/specialneeds](http://york.ca/specialneeds)

- York Region Early Intervention Services supports families who have children with special needs in their homes or in licensed child care settings through the Infant and Child Development Services program and the Inclusion Support Services program.

### **Krasman Centre**

Website: [krasmancentre.com/what-we-do/warm-line-peer-crisis-support/](http://krasmancentre.com/what-we-do/warm-line-peer-crisis-support/)

Phone: 1-888-777-0979

- Offers a warmline 24 hours a day, seven days a week, as well as peer support-based programs, physical hubs and resources for people with lived experience of substance use and/or housing crisis.
- Drop-in centres are located in Richmond Hill, Newmarket and Alliston.

### **York Support Services Network (YSSN)**

Website: [yssn.ca/mental-health-sessions-and-workshops#singlemh](http://yssn.ca/mental-health-sessions-and-workshops#singlemh)

- Supports individuals ages 16 and older who struggle with a mental health need, addiction or have a dual diagnosis (mental illness and developmental disability) with individualized case management, crisis response, peer support services and connections to community services.

### **York Hills Centre for Children, Youth and Families**

Website: [yorkhills.ca](http://yorkhills.ca)

- York Hills has expertise in treating the social, emotional and behavioural challenges of children, youth and their families.
- Programs include Brief Therapy, Cognitive behavioral therapy (CBT), Goal-Focused Counselling and Therapy, Play Therapy and Intensive/Crisis therapy.
- They also have a help line with extended hours.

### **Youth Assisting Youth**

Website: [youthassistingyouth.com](http://youthassistingyouth.com)

- Mentorship programs for vulnerable youth and families, which pair volunteer young adult mentors ages 16 to 29, with at-risk and newcomer youth ages six to 15.
- This program aims to engage youth in activities aimed to develop their mind, body, character and leadership skills.

### **Youthdale**

Website: [youthdale.ca](http://youthdale.ca)

- Provides a range of mental health treatment services to children, youth and emerging adults ages six to 24 and their families.

### **Counselling Services for York Region**

Website: [csyorkregion.com/](http://csyorkregion.com/)

- Provides counselling and educational services to individuals, couples and families who experience mental/physical health issues and/or value personal growth and development.

### **Yellow Brick House**

Website: <https://www.yellowbrickhouse.org>

24 Hour Crisis Line: 1-800-263-3247

Emergency Shelter: 905-727-1944

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## COMMUNITY SUPPORTS

These these agencies direct families to other contacts/agencies in their community based on the needs of the child and family.

### **211 Ontario**

Website: [211ontario.ca](http://211ontario.ca)

- Ontario Helpline and online database that can direct you to supports and services within your community.

### **Family Navigation Project**

Website: [sunnybrook.ca/content/?page=family-navigation-project&rr=familynavigation](http://sunnybrook.ca/content/?page=family-navigation-project&rr=familynavigation)

- Provides expert navigation of the mental health and addictions service system for youth and their families who are living in the Greater Toronto Area.

### **Home and Community Care Support Services Central (previously LHIN)**

Website: [lhins.on.ca](http://lhins.on.ca)

- Supports people of all ages to make informed decisions about their care and delivers local health care services including home, school and community care, as well as living or long-term care home options.

### **Telehealth Ontario**

Website: [ontario.ca/page/get-medical-advice-telehealth-ontario](http://ontario.ca/page/get-medical-advice-telehealth-ontario)

Phone: 1-866-797-0000

- A free, confidential service you can call to get health advice or information from a Registered Nurse 24 hours a day, seven days a week.
- Assistance is available in more than 300 languages.

### **York Region Health Connection**

Website: [york.ca/healthconnection](http://york.ca/healthconnection)

Phone: 1-800-361-5653

TTY: 1-866-512-6228 (for the deaf or hard of hearing)

Email: [AccessYork@york.ca](mailto:AccessYork@york.ca)

- A free and confidential health information/education telephone service provided by York Region Public Health Nurses and Public Health Inspectors.
- Families can contact Health Connection for current health information, support and counselling regarding related health concerns and questions.

### **The Early Years Support Services Registry**

Website: [Early Years Support Services Registry](#)

- A resource for health, early learning and child care professionals in York Region who wish to refer a young child or their family for support services.
- Provides information about programs and services available including information regarding eligibility and referral.

### **Kids Help Phone**

Website: [kidshelpphone.ca](http://kidshelpphone.ca)

Phone: 1-800-668-6868

- Offers 24 hours a day, seven days a week national support service for professional counselling, information, tools, referrals, volunteer-led and text-based support to young people in French and English.
- There is a map tool, to find services in your community.

## **HOSPITAL SUPPORTS IN YORK REGION**

### **Mackenzie Health (Richmond Hill and Vaughan locations) – Mental Health**

Website: [mackenziehealth.ca/programs-services/mental-health](http://mackenziehealth.ca/programs-services/mental-health)

- Offers many programs and services for adults and families experiencing mental health challenges.

### **Markham Stouffville Hospital – Child and Adolescent Mental Health**

Website: [msh.on.ca/clinics-departments/mental-health/mental-health-child-and-adolescent-services](http://msh.on.ca/clinics-departments/mental-health/mental-health-child-and-adolescent-services)

- Provides assessment and treatment for youth up to 18 years of age with moderate-to-severe mental health conditions.

### **Southlake Hospital Mental Health programs**

Website: <https://southlake.ca/patient-care-program/mental-health/>

- Provides a wide range of services for children, adolescents and adults with a focus on helping patients transition from services for severe episodes of illness to less acute services.

- Programs include the Child and Family Clinic, Child and Adolescent Inpatient Program, Day Hospital Program, Eating Disorder Program and the Urgent Clinic.