

## MENTAL HEALTH RESOURCE GUIDE

### General Mental Health Services

Centre for Addiction and Mental Health  
Open Mon-Fri 9am to 5pm  
416-595-6111 (Toll free: 1-800-463-6273)  
Website: [www.camh.net](http://www.camh.net)

Family Service Toronto (\*counseling and support for couples available)  
Open Mon-Fri 9am to 5pm  
355 Church St., Toronto, ON  
416-595-9230  
Email: [sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)  
Website: [www.familyservicetoronto.org](http://www.familyservicetoronto.org)

Humber River Regional Hospital  
Keele Street Site  
Mental Health Services  
Open Mon-Sun 730am to 10pm  
Outpatient clinic and day treatment program: 416-658-2029  
Website: [www.hrrh.on.ca](http://www.hrrh.on.ca)

Women's College Hospital  
Open Mon-Fri 9am to 5pm  
Trauma Therapy Program  
76 Grenville Street, 9th Floor, Toronto, ON  
416-323-6400 ext. 4230  
Email: [ttp@wchospital.ca](mailto:ttp@wchospital.ca)  
Website: <http://www.womenscollegehospital.ca/programs/program125.html>

### Private Psychology Referrals

David Moscovitch, Ph.D., C.Psych.  
Randy Katz, Ph.D., C.Psych.  
The Clinic  
101 Dupont Street, Toronto, ON  
416-966-1692

CBT Associates of Toronto  
100 Adelaide St. West, Suite 805, Toronto  
416-363-4228  
Co-Directors: Eilenna Denisoff, Ph.D., and Peter Farvolden, Ph.D.  
Website: [www.cbtassociates.net](http://www.cbtassociates.net)

Neil Pilkington, Ph.D., C.Psych.  
2 Carlton St., Suite 1718, Toronto, ON  
416-977-5666

Email: [dr.neil.pilkington@rogers.com](mailto:dr.neil.pilkington@rogers.com)  
Brian Ridgley, Ph.D.  
Ridgley, Thomas, and Associates  
60 St. Clair Ave. East, Suite 900, Toronto, ON  
416-944-3747  
Email: [brianridgley@rogers.com](mailto:brianridgley@rogers.com)

Heather Wheeler, Ph.D., C.Psych.  
1333 Sheppard Ave. East, Suite 225, Toronto, ON  
416-788-3038  
Email: [hwheeler@rogers.com](mailto:hwheeler@rogers.com)

Evidence-based Therapy, Training, and Testing (EBT3)  
2 Carlton Street, Toronto, ON M5B 1J3  
416-628-4336

Referrals can also be made through the website at <http://www.ebt3.com/contact-us>.

### Crisis/Help Lines

Assaulted Women's Helpline  
Open Mon-Sun 24 hours  
416-863-0511 (Toll free: 1-866-863-0511)  
Website: [www.awhl.org](http://www.awhl.org)

Distress Centres of Toronto  
Open Mon-Sun 24 hours  
416-408-HELP (4357)  
Email: [info@torontodistresscentre.com](mailto:info@torontodistresscentre.com)  
Website: [www.torontodistresscentre.com](http://www.torontodistresscentre.com)

Mobile Crisis Line  
Open 24 hours per day, 7 days per week  
Downtown Toronto: 416-929-5200  
Etobicoke & North York: 416-498-0043  
Scarborough & East York: 416-289-2434

Toronto Rape Crisis: Multicultural Women Against Rape  
Open Mon-Sun 24 hours  
416-597-8808  
Email: [info@trccmwar.ca](mailto:info@trccmwar.ca)  
Website: [www.trccmwar.ca](http://www.trccmwar.ca)

### Sexual Assault and Domestic Violence Care Centres (\*for both men and women)

Scarborough Hospital – Birchmount Campus  
3030 Birchmount Rd., Toronto, ON  
416-495-2555  
Email: [email@sacc.to](mailto:email@sacc.to)  
Website: [www.sacc.to](http://www.sacc.to)

Women's College Hospital  
Open Mon-Sun 24 hours  
76 Grenville St., Toronto, ON  
416-323-6040  
Website: [www.womenscollegehospital.ca](http://www.womenscollegehospital.ca)

#### Child Sexual Abuse Survivors

Gatehouse  
Open Mon-Fri 9am to 5pm  
3101 Lake Shore Blvd. W., Toronto, ON  
416-255-5900  
Email: [thegatehouse@thegatehouse.org](mailto:thegatehouse@thegatehouse.org)  
Website: [www.thegatehouse.org](http://www.thegatehouse.org)

#### Management of Chronic Illness

Toronto Western Hospital  
Family Health Centre  
399 Bathurst St. West Wing, 2<sup>nd</sup> Floor, Toronto, ON  
416-603-5888  
Website: [www.uhn.ca](http://www.uhn.ca)

#### Eating Disorders

Toronto General Hospital  
200 Elizabeth St., Toronto, ON  
416-340-4800  
Website: [www.uhn.ca](http://www.uhn.ca)

#### Gambling

Centre for Addiction and Mental Health  
Russell Street Location  
Problem Gambling Service  
33 Russell St., Toronto, ON  
416-599-1322 (Toll free: 1-888-647-4414)  
Email: [gambling@camh.net](mailto:gambling@camh.net)  
Website: [www.camh.net](http://www.camh.net)

Gamblers Anonymous  
Answering service Mon-Sun 24 hours  
3 Mulberry Cres., Toronto, ON  
416-366-7613  
Email: [isomain@gamblersanonymous.org](mailto:isomain@gamblersanonymous.org)  
Website: [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

#### Legal Advocacy

ARCH Disability Law Centre (\*funded by Legal Aid Ontario)  
425 Bloor St. E., Ste 110, Toronto, ON

416-482-8255 (Toll free: 1-866-482-2724)

Email: [archlib@lao.on.ca](mailto:archlib@lao.on.ca)

Website: [www.archdisabilitylaw.ca](http://www.archdisabilitylaw.ca)

### Shelters

Interval House – For abused women and their children

131 Bloor St. W., Ste. 200, Toronto, ON

Office Telephone: 416-924-1411

Crisis Phone: 416-924-1491

Email: [info@intervalhouse.on.ca](mailto:info@intervalhouse.on.ca)

Website: [www.intervalhouse.on.ca](http://www.intervalhouse.on.ca)

Red Door Family Shelter- For families

875 Queen St. E., Toronto, ON

416-469-3457

Email: [queenstreet@reddoorshelter.ca](mailto:queenstreet@reddoorshelter.ca)

Website: [www.reddoorshelter.ca](http://www.reddoorshelter.ca)

Salvation Army – For men

Hope Shelter

167 College St., Toronto, ON

416-979-7058

Email: [David\\_Oldford@can.salvationarmy.org](mailto:David_Oldford@can.salvationarmy.org)

Website: [www.torontosalvationarmy.ca](http://www.torontosalvationarmy.ca)

YWCA Women's Shelter – For assaulted women and their children

Housing and Support

3003 Danforth Ave, Box 93647, Toronto, ON

Office Telephone: 416-693-6978

Crisis Phone: 416-693-7342

Website: [www.ywcatoronto.org](http://www.ywcatoronto.org)