

Where to Get Help and More Information

First Steps:

Family Dr. or Pediatrician: a full physical and screening for mental health concerns is a good first step. The Doctor will make recommendations for next steps.

Community Crisis Response Service: 310-2673 (310-COPE) or 905 953 5412 from a cell phone
24/7 Mobile, confidential crisis telephone response service. Support and information; referral to other services. For youth under 16, Kinark will accompany crisis team on home visits.

Kids Help Phone call 1-800-668-6868 or chat with trained counsellors online at www.kidshelpphone.ca

Workplace Benefits: If you have an Employee Assistance Plan at your workplace you could make a confidential call to them to discuss your concerns. Some workplaces have extended health benefits that cover Psychological services so you could look for a psychologist in private practice.

Helpful Websites:

Mind Your Mind <http://mindyourmind.ca>

Canadian Mental Health Association High School: www.cmha.ca/highschool

Teen Mental Health: www.teenmentalhealth.org

Centre for Addiction and Mental Health: www.camh.net

Health Canada, Mental Health Web site: www.hc-sc.gc.ca/hppb/mentalhealth/index.html

National Alliance for Mentally Ill: www.nami.org

SAMHSA's National Mental Health Information Centre: <http://store.samhsa.gov/home>

Mind Matters: A Mental Health Promotion Resource for Secondary Schools:

www.mindmatters.edu.au

Government of British Columbia: Child and Youth Mental Health

http://www.mcf.gov.bc.ca/mental_health/

Brochures with information about anxiety and depression:

<http://www.knowledge.offordcentre.com/images/stories/offord/pamphlets/anxiety%20problems.pdf>

<http://www.knowledge.offordcentre.com/images/stories/offord/pamphlets/Mood%20&W.pdf>

Booklist for further information about anxiety:

<http://www.communityed.ca/docs/booklists/anxiety.pdf>

Mental Health Treatment (no fees);

Hospital Child and Family Clinics: Doctor referral is needed to have a screening appointment with a psychiatrist

Mackenzie Health (South of Bloomington)

Child and Family clinic and ADHD clinic

905 883 2137, fax 883 2144

Website: <http://mackenziehealth.ca/>

Criteria: Grade 1-12, moderate to severe emotional issues, (G.P. must refer)

Southlake Regional Health Centre (North of Bloomington)

Child and Family clinic: G.P. must refer. Psychiatric assessment - offer of medications if needed.

Child and Adolescent Outpatient Programs

905 895 4521 ext 2976, fax 905 830 5977

<http://www.southlakeregional.org/>

Children's Mental Health Agencies:

Kinark

Central Intake # 1 888 454 6275

<http://www.kinark.on.ca/>

(Short discussion first, then book an appointment), 16 or over can self refer, parents can initiate, no cost for services

Interpreters can be arranged

However there's a wait list –groups may be offered sooner

Individual or family counselling

Blue Hills Child and Family Centre

905 773 4323

<http://www.bluehillscentre.ca/>

Support and counselling, respite care

Wait list No cost

Criteria:

- Mental health issue (no formal diagnosis is required)
- Long standing concern
- Have had help elsewhere first
- Affecting more than one area of the child's life (eg. Home and school)

Parent must self refer – talk about what is going on and what they are looking for

Will hire interpreters if needed

Canadian Mental Health Association –York Region Phone: 905-841-3977| Toll Free:

1-866-345-0183 Many individual and group supports available

<http://www.cmha-yr.on.ca/>

The York Centre for Children Youth and Families

11225 Leslie St. Richmond Hill

905 887 5896

<http://www.theyorkcentre.ca/>

Day Treatment – mental health and behavioural issues

Outreach Programs in Schools –choice of several groups that can be offered onsite in schools, wait list is prioritized by need.

Groups for parents are offered to the general public at times

Counselling services and groups (some programs free, some fees based on income):

Family Services York Region

905 780 9927

<http://www.fsyrc.ca/>

Groups for children, teens and adults plus individual, couple and family therapy on a sliding scale (waiting list).

Catholic Community Services of York Region:

Address: 21 Dunlop St. (Yonge St between Major Mackenzie Drive and Elgin Mills Rd)

Richmond Hill L4C 2M6

905 770 7040 or 1 800 263 2075

<http://ccsyrc.org/index.html>

Groups for parents, women, fathers, newcomers in many languages, job search, family and couple counselling. Many services are free or on a sliding scale depending on income. You do not need to be Catholic or Christian to access their services.

Women's Counselling Centre of York Region

905 853 9270 www.wccyr.ca

Yellow Brick House – offers shelter and does VAW (violence against women) specific counseling with women and children and youth. No fees

1-877-222-8438

www.yellowbrickhouse.org/

Mood Disorders Association of Ontario (MDAO)

416.486.8046 Toll Free: 1.888.486.8236

www.mooddorders.on.ca:

Fee for service private counselling:

www.findasocialworker.ca