GREATER TORONTO AREA (GTA) CHILD AND YOUTH MENTAL HEALTH SERVICES

Where to go when you're looking for help

Updated: October 2026

Most of us experience times when we feel sad, worried, scared, overwhelmed or just not like ourselves. These feelings can become a concern when they last for an extended period of time or begin to interfere with everyday life, relationships, school, work or activities we enjoy. Mental health challenges can affect anyone, and signs may be noticeable to others or less visible, such as changes in thoughts, feelings or behaviours.

The resources below may be helpful for youth, parents, caregivers and supportive adults to learn more about mental health and find options for getting help. If you notice changes that concern you, consider talking with someone you trust or reaching out to a doctor or mental health professional.

If you are having thoughts of hurting yourself or someone else, call or text **9-8-8: Suicide Crisis Helpline**, available 24 hours a day, 7 days a week across Canada.

Youth Mental Health Service Directories

211 Central

https://211central.ca/#subtopic_anchor
Tel.: 2-1-1
info@211central.ca
Services: Canada's primary source of verified information for government and community-based social services; topics include food, homelessness, housing, mental health/addictions, serving Black communities, 2SLGBTQQIA+, abuse/assault, accessibility, child/family services, community programs, emergency/crisis services, employment/training, government/legal, health care, income support, Indigenous Peoples, newcomers, older adults, transportation, youth and francophones

Kids Help Phone Resources Around Me (KHP RAM)

https://kidshelpphone.ca/resources-around-me
Tel.: 1 800 668-6868 (24/7 crisis line) | 686868 (text "CONNECT")
Services: A free searchable database to help young people connect with and explore over 40,000 trustworthy mental health and well-being support programs, services providers and mobile apps available in-person, digitally or over the phone in communities across Canada; support topics include Indigenous youth, basic needs, emergency and crisis, health care, addiction and substance use, education and career questions, legal and financial questions, violence and abuse, peer, family and social relationships, etc.

Lumenus

www.lumenus.ca/resources
Tel.: 1 833 586-3687
info@lumenus.ca
Services: Offers a search tool for resources that you can filter by three main headings—"I'm In Crisis," "I'm Not Sure" and "Show Me EarlyON Resources"; you can also filter based on ages (25 and under, 6–18, prenatal, children 0–6, children 7–12, youth 13–18, young adults 18–29, adults 30+), access method (referral, walk-in, drop-in, live-in, respite, day programming) and type of support (intensive services, developmental disability, behavioural challenges, 2SLGBTQ+, substance use, communication and skills building, autism, mental health, counselling, for caregivers, parenting support, dual diagnosis, complex special needs)

Thriving Minds Hub

www.thrivingmindshub.ca
Tel.: 1 877 906-0667, ext. 122
Thriving.Minds@camh.ca
Services: Provides trusted information on existing mental health programs and services for youth, parents and caregivers available across three organizations—SickKids, Garry Hurtvitz Centre for Community and Mental Health at SickKids (GH-CCMH) and Centre for Addiction and Mental Health (CAMH)—and hosts educational resources in one directory; currently includes 38 specialized mental health programs designed for children and young people that can be filtered by program type (integrated and physical mental health, eating disorders, substance use, intensive treatment, learning disability, autism and neurodevelopmental disorders, OCD, depression/mood challenges, anxiety, emotion/behavioural regulation, psychosis, ADHD, tics and Tourette, self-harm and ideation, adolescent/young adult), delivery (in-person, virtual, hybrid, individual, individual and group), geography (provincial, Toronto), duration (time-limited, continuing care), referral type (primary care, self-referral) and age (ages 0–18, ages 19–29)

Youth Wellness Hubs Ontario (YWHO)

https://youthhubs.ca/resources-youth#resources
info@ywho.ca
Services: Offers a compilation of tools and links, including crisis resources (e.g., crisis helplines), in-person supports (a list of in-person services/helplines near you), tools and resources to support mental health and safer substance use (e.g., fact sheets, websites, videos), resources for Indigenous youth (e.g., fact sheets, videos, campaigns, toolkits, harm reduction), resources for Black youth (e.g., text support, letters, poetry, articles, helplines, info sheets), resources for 2SLGBTQIA+ youth (e.g., articles, resources, guides), YWHO News, and Find Your Hub (directory to locate your local YWHO site)

Youth Mental Health Resources

Canadian Mental Health Association (CMHA) Toronto

https://cmhato.org
Toronto Branch: 700 Lawrence Avenue West, Suite 480, Toronto
Tel.: 416 789-7957
info@cmhato.org
Peel Dufferin Branches: 10 Carlson Court, Suite 201, Etobicoke | 314-7700 Hurontario Street, Brampton
Tel.: 905 451-2123
info@cmhapeel.ca
Halton Region Branch: 1540 Cornwall Road, Suite 102, Oakville
Tel.: 1 877 693-4270
info@cmhahrb.ca

York Region and South Simcoe Branch: 15150 Yonge Street, Suite 201, Aurora
Tel.: 905 841-3977
yorkregion@cmha-yr.on.ca
Durham Branch: 60 Bond Street West, Oshawa
Tel.: 905 436-8760
cmha@cmhadurham.org
Services: Family Outreach and Response (FOR) Program provides recovery-oriented support to family/friends who have a loved one experiencing a mental health issue, including one-to-one support, courses (e.g., Change Talk, Family Mental Health Recovery, Family Narrative Program, Living Life to the Full), workshops (e.g., DBT-informed for Families) and weekly groups (e.g., Family Support Group); Family Navigation Program provides support (e.g., counselling, resources, workshops) to families who are using mental health services at St. Joseph's Health Centre; Family Intervention Therapy (FIT) provides support to families and their loved ones living with schizophrenia or psychosis; Transitional Youth Program (TYP) supports youth in their mental health recovery (specifically those diagnosed with schizophrenia or a mood disorder); Case Management program works with individuals age 16+ who have been diagnosed with a serious mental illness and require support to live/work in the community; Early Psychosis Intervention Program provides services (e.g., assessment, treatment, education, case management, support and referrals) to youth who are experiencing early signs and symptoms of psychosis; Healthy Families program assists families impacted by mental illness and currently engaged with Children's Aid Society of Toronto; Mental Health and Justice Case Management Services provides support to individuals age 16+ living with mental illness who are involved in the criminal justice system and require supportive housing; Mental Health and Justice Prevention Program links individuals age 16+ to mental health services and provides short-term case management and community support
Eligibility: Youth and their families; specific age requirements vary by program (see website for details)
Referral: Self-referral accepted; apply either by using the forms available online, emailing the Toronto Branch or via The Access Point (see website for program-specific details)
Fees: Free
Note: Certain programs only serve specific areas/regions (see website for details)

Davenport–Perth Neighbourhood and Community Health Centre (DPNCHC)

1900 Davenport Road
www.dpnchc.ca
Tel.: 416 656-8025 (Neighbourhood Centre) | 416 658-6812 (Health Services)
info@dpnchc.ca | childrenandyouth@dpnchc.ca
Services: EarlyON Child and Family Centre offers a variety of early learning programs for children, ages 0–6, and their parents, and provides information/support on parenting, settlement and child development (e.g., drop-ins and group activities, workshops and skills development/training, health and development screening, perinatal support and pregnancy nutrition programs, referrals/information/links to other community services, access to dieticians and public health nurses, online resources); Children and Youth Service programs include youth summer day camp, After-School Program, one-on-one check-in sessions for parents/caregivers and youth to receive information/support with issues (e.g., family conflict, relationships, school, employment); Youth Hub Drop-In offers a variety of youth supports and workshops (e.g., employment supports, justice supports, life skills, cooking workshops, recreational activities)
Eligibility: Children, youth and their families; certain programs have specific age requirements (see website for details)
Languages: Specific language capacities vary by program; some of the language options available are Bengali, English, French, Hindi, Mandarin, Portuguese, Spanish, Tamil and Urdu
Referral: Self-referral accepted
Fees: Free

Family Service Toronto (FST)

355 Church Street, Toronto | 128A Sterling Road, Toronto | 365 Evans Avenue, Suite 201, Etobicoke | 8 Taber Road, Etobicoke | 1527 Victoria Park Avenue, Scarborough
https://familyservicetoronto.org
Tel.: 416 595-9618
Services: Growing Up Healthy Downtown (GUHD) delivers programs/services that focus on improving the health and well-being of young children and offering support and new skills to parents/caregivers; Healthy Families, Healthy Communities (HFHC) supports newcomers to recognize and address abuse and violence within their family/community (e.g., workshops, peer-support groups); Children's Program works with children with a diagnosed developmental disability in collaboration with families, caregivers and support networks (e.g., case management, service navigation supports); Pathways to Counselling (PTC)–Youth is a counselling program for youth with autism; person-directed planning assists children and youth with developmental disabilities set goals and find community connections/services/supports
Eligibility: Children, youth and their families; specific eligibility criteria vary by program (see website for details)
Languages: Specific language capacities vary by program; some of the language options available are English, Farsi, French, Portuguese, Sinhala, Spanish, Swahili and Tamil
Referral: Self-referral accepted
Fees: Most programs are free except for the PTC–Youth program ($150 per session), however, no one is denied service because of an inability to pay

George Hull Centre for Children and Families

81 The East Mall, 3rd Floor, Toronto | 2670 Islington Avenue, Etobicoke
https://georgehullcentre.ca
Tel.: 416 622-8833
reachus@georgehullcentre.on.ca
Mental Health Services: Offers residential treatment at Libby's Place for female adolescents experiencing complex/longstanding difficulties, counselling and psychiatry (involves assessment/consultation and treatment), Day Treatment Program (academic/therapeutic programming for children and youth dealing with moderate-to-severe mental health challenges), support/therapeutic/psycho-educational group programs for parents, children and/or youth (e.g., CBT Anxiety Group, Feeling Explorers, Baby Love, Nurturing Attachments, Nurturing Connections, Teen Talk, Hear My Voice), Intensive In-Home Service for adolescents and families with complex mental health needs, R.I.T.E.S Collaborative (mental health programming for Black youth and their families)
Prevention and Early Intervention Services: Includes EarlyON Centre (e.g., drop-in parent-child groups, small group/specialized parent-child programs, visiting specialists, parent resources/workshops, community events, special outings/activities), Etobicoke Brighter Futures Coalition (e.g., home visiting, parent relief, parenting education programs, parent-child drop-ins, support for children with special needs, prenatal nutrition groups, school readiness programs), Every Child Belongs Resource Consultation Service (extra support for children in child care programs), Family Group Conferencing (FGC) (helps families involved with child welfare), Preschool Speech and Language Program (provides support to preschool children in need of speech and language services)
Eligibility: Children and youth, ages 0–18, and their families; specific eligibility criteria vary by program (see website for details)
Referral: Self-referral accepted
Fees: Free, however (on occasion) there will be a fee associated with a group program (e.g., offsetting the cost of group materials/supplies); no one will be turned away based on an inability to pay
Note: Prevention and Early Intervention Services are offered from a number of locations in the community (see website for details)

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Regesh Family and Child Services

149 Willowdale Avenue, North York
https://regesh.com
Tel.: 416 495-8832
info@regesh.com
Services: Child and Adolescent Therapy Program that uses cognitive behavioural therapy (CBT) and trauma-focused cognitive behavioural therapy (TF-CBT) to cover issues such as anxiety, ADHD, grief, poor self-esteem, bullying, abuse, trauma and difficulty adjusting to significant change (e.g., moving, new school, birth of a sibling); Family and Individual Mental Health Support Therapy Program offers weekly sessions to families, couples and individuals
Eligibility: Children and youth, ages 3–16, and their families
Referral: Self-referral accepted
Fees: Fee-for-service; check with your insurance provider/health benefits regarding potential coverage/reimbursement

Reconnect Community Health Services

90 Tycos Drive, Toronto
www.reconnect.on.ca
Tel.: 416 248-2050
contact@reconnect.on.ca
General Services: Offers mental health and addiction programs, including Assertive Community Treatment Teams (provides intensive support to individuals with complex mental, physical and emotional needs), Case Management (works with people experiencing mental health concerns and who require support), Central West Concurrent Disorders Specialized Support Services (supports people age 16+ struggling with both mental illness and addiction), Mental Health and Justice Prevention Program (case management for people age 16+ who struggle with mental illness/addictions/cognitive disabilities and are currently, or at risk of becoming, involved in the criminal justice system), Mental Health and Justice Short-Term Crisis Bed (provides 15–30 day stays to people age 16+ with serious mental illness involved with the judicial system and in crisis), Sound Times (a consumer/survivor initiative providing mental health/addiction services), Streets to Homes (offers support to recently housed individuals age 16+ via Toronto's Housing First Homeless Initiative), Transitional Aged Youth Case Management Program (provides community-based support for young people, ages 15–26, living with mental illness and addictions)
Family and Caregiver Support Services (FAME): provides a range of in-person and virtual supports (e.g., one-on-one counselling, peer support groups) to individuals who are acting as caregivers to someone and/or have a family member experiencing mental health concerns; services are divided into three separate groups—adults (age 18+), kids (ages 7–12) and youth (ages 13–17)
Clinical Services: Offers a variety of clinical programs, including Restorative Art (an 8-week in-person program for individuals age 15+ with developmental disabilities and/or mental health/addiction concerns), Cognitive Behavioural Therapy (CBT) skills group, Dialectical Behavior Therapy (DBT) skills group, Mindfulness-Based Cognitive Therapy (MCBT) group sessions, and music therapy sessions
Eligibility: Children, youth and their families; specific eligibility and service area criteria vary by program (see website for details)
Referral: Self-referral accepted for most programs (see website for details)
Fees: Some programs may have applicable fees; contact the organization for further details

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Strides Toronto

100 Consilium Place, Suite 600, Toronto | 1940 Eglinton Avenue East, #300, Scarborough | 184 Galloway Road, Scarborough | 120 Middlefield Road, #2, Scarborough
https://stridestoronto.ca
Tel.: 416 438-3697
contactus@stridestoronto.ca
Services: Offers ADHD seminars, Anxiety Group for Children program, Autism and Developmental Services, Autism Mental Health Counselling (6-month service), B.L.A.C.K.–Black Links and Access to Clinical Community Care for Kids (culturally responsive mental health services for Black, African and Caribbean youth), in-home support for parents/caregivers, children and youth (e.g., Babies' Best Start, Intensive In-Home Treatment Program), Circle of Security Parenting Program (virtual group to strengthen parent–child relationships), Community Counselling program, Community Support program, Day Treatment programs for children and youth, Family Counselling, Gender-Based Violence Program, Growing Healthy Together (postnatal/prenatal programs), Infant Mental Health Program, live-in treatment programs (e.g., CREST, The Megan Residence), Newcomer Youth Engagement Program, One Stop Talk (virtual counselling services), Preschool Speech and Language Program, Priority Access to Child Welfare, Priority Access for Students, Youth Wellness Hubs, Short-Term Counselling, Slaight Dialectical Behaviour Therapy Program, Targeted Prevention–Respect In Schools Everywhere (youth-led, school-based violence prevention/mentorship program), The New Mentality Youth Leadership program, Tree of Life Support Group (6-week in-person art program), Triple P–Positive Parenting Program, Urban Tele-Mental Health Service, What's Up Walk-In (free mental health counselling walk-in service), Youth In Transition Program, and Youth Outreach Worker Program
Eligibility: Children, youth and their families; specific eligibility criteria vary by program (see website for details)
Languages: Services are offered in a variety of languages, including English, French, Tamil, Mandarin and Farsi
Referral: Self-referral accepted for many programs, while some require a referral from a doctor or other service provider (see website for details or contact an intake coordinator via the phone number above)
Fees: Free, however, a few programs may have a fee for use (contact the organization for further details)

What's Up Walk-In (WUWI)

www.whatsupwalkin.ca
Yorktown Family Services
200 Wellesley Street East, Toronto (St. James Town) | 1541 Jane Street, Toronto (West Toronto Youth Hub)
Tel.: 416 964-6657 (St. James Town) | 416 669-3521 (West Toronto Youth Hub)
Strides Toronto
100 Consilium Place, Suite 102 (Ground Floor), Scarborough | 1940 Eglinton Avenue East, Suite 300, Scarborough
Tel.: 416 438-3697, press 1 and then dial 0 for reception
YouthLink
636 Kennedy Road, Scarborough
Tel.: 416 967-1773
Lumenus Community Services
65 Hartsdale Drive, Etobicoke | 1124 Finch Avenue West, Unit 1, Toronto
Tel.: 1 833 586-3687
Caribbean African Canadian Social Services (CAFCAN)
995 Arrow Road, North York
Tel.: 416 740-1056
Services: Offers free six-days-a-week (Monday–Saturday) in-person and virtual mental health counselling (single-session therapy) for infants, children, youth, young adults and families

Eligibility: Infants, children, youth and young adults (up to age 29); parents, families and caregivers may access services along with their child (varies by location)
Referral: No referral required
Fees: Free
Note: No health card is required to receive services; hours and days of operation vary by location (see website for details)

WoodGreen

815 Danforth Avenue, Suite 100, Toronto | 2206 Eglinton Avenue East, 7th Floor, Scarborough (Youth Wellness Centre)
www.woodgreen.org/services/youth
Tel.: 416 645-6000
info@woodgreen.org | yhninfo@woodgreen.org
General Services: Offers counselling and support services (e.g., clinical/therapeutic counselling, case management, group support services), walk-in counselling, comprehensive care specialists, services for children with developmental disabilities, child care, special needs resources and parenting programs, after-school programs, and day camps
Youth Services: Offers Newcomer Youth Settlement program (e.g., recreational skill-building/mental health services, including one-on-one counselling and group activities), Youth Wellness Centre (e.g., financial counselling, settlement programs, mental health support, access to community-based services), Youth Housing Navigator program (supports Toronto youth by helping them find/maintain safe and affordable housing), Ìdàgbà Rites of Passage (guided process supporting Black youth as they transition into adulthood), Youth Justice Mental Health Access Program (provides specialized assessment/counselling support for youth involved in the justice system), Youth in Transition Worker program (supports youth as they transition out of the child welfare system and into adulthood), Youth Justice Open Custody-Detention (Everett and Redwood Programs) (24/7 program for male youth who are referred through courts and probation services), PATH Program (e.g., SNAP-Youth Justice for males, Life PATH, Girls PATH, Music PATH, supportive non-clinical counselling, group/individual sessions), Emergency Youth Shelter for homeless/street-involved male and transgender youth, Youth Live-In Treatment (e.g., Clifton Program, Withrow Program), Youth Education and Community Partnership Program (School Day Treatment Program), Community Counselling program (weekly one-on-one counselling sessions), Youth Mental Health Court Worker Program, Keeping Families Together program, In-Home Intensive Program
Eligibility: Children, youth and their families; specific eligibility criteria vary by program (see website for details)
Referral: Self-referral accepted for most programs, while others require a referral from a court service/probation officer (see website for details)
Fees: Free
Note: Certain programs are hosted at different locations (see website for details)

Yorktown Family Services (YFS), Child and Youth Mental Health Services

2010 Eglinton Avenue West, Suite 300, Toronto | 1541 Jane St., Toronto (West Toronto Youth Hub)
www.yorktownfamilyservices.com
Tel.: 416 394-2424 | 416 394-2999 (crisis line)
info@yorktownfamilyservices.com
Services: Offers clinical services, including Growing With Grief (individual, family and group counselling/support for grief), KFT (Keeping Families Together) and CARE program (provides rapid in-home treatment to families where there is risk of an apprehension/placement breakdown), START Program (8–12 session therapy program), Rapid Access Therapy, Trauma Treatment, What's Up Walk-In Clinic (free mental health counselling walk-in service); Wraparound program (helps youth and their families look at areas in their lives they would like to improve/change); Baby Love (7- or 12-week group program to support parents/caregivers), Parenting in Early Years (9-week parenting program for parents/caregivers of children), Urban Tele-Mental Health (referral-based service that provides easy access to psychiatric assessment and

consultations); Youth Outreach Worker program (helps marginalized/at-risk youth and their families better navigate and connect with services); West Toronto Wellness Hub includes the following programs/services—B.L.A.C. (Black Lives Accessing Care), Care Navigation Primary Health Care Pathway, Care Navigation Triage, youth mentorship programs (e.g., Connect 4, Hey Girl), Rainbow West (2SLGBTQ+ youth program), Supporting Young Families (program for parents under the age of 29 with children)
Eligibility: Infants, children, youth, young adults (up to age 29) and their families; specific eligibility criteria vary by program (see website for details)
Languages: English and Spanish; translation services available (options vary depending on the program)
Referral: Referrals are required for most programs (see website for further details and to contact the applicable intake coordinator)
Fees: Free
Note: Wait-list for START Program is currently over 6 months long; wait-list for trauma assessment and treatment is currently closed

Youthdale Treatment Centres

229 Yonge Street, Suite 305, Toronto
www.youthdale.ca
Tel.: 416 368-4896, ext. 2000 | 416 363-9990 (crisis line)
experience@youthdale.ca
Community Services: Includes an intake service, Medical Consultation Clinic (outpatient psychiatric consultation clinic that offers a one-time psychiatric assessment), live-in treatment programs, day treatment programs, Intensive Extended Day Program for youth with complex health needs who have left the formal school system, Aftercare Program (3-month transitional service), Centre for Individual and Family Therapy (includes family/individual therapy, case management services)
Inpatient Services: Offers a Crisis Support Team via their crisis line, Acute Support Unit (provides court-ordered emergency admission for psychiatric treatment for Ontario children and youth), Transitional Psychiatric Unit (provides stabilization, assessment and intensive treatment for children and youth not in immediate risk of harm), Transitional Age Unit (provides stabilization, assessment and intensive treatment for transitional age youth who have a primary mental health diagnosis with complex special needs), Court-Ordered Secure Treatment (provides comprehensive assessment, stabilization and a lengthier period for treatment); Step-Up Step-Down Program (voluntary 6–8 week mental health program that aims to serve young people struggling with serious emotional and/or behavioural problems)
Eligibility: Children and youth, ages 6–24, and their families; specific eligibility criteria vary by program (see website for details)
Referral: Self-referral accepted for some programs, while others require a physician/nurse practitioner referral (see website for details)
Fees: Free
Note: Crisis line is not available 24/7; its hours are Monday to Friday (8:00 a.m.–8:00 p.m.), weekends (10:00 a.m.–6:00 p.m.) and statutory holidays (9:00 a.m.–5:00 p.m.)

YouthLink

636 Kennedy Road, Scarborough | 747 Warden Avenue, Scarborough (emergency shelter/transition home) | 3545, Unit 1, Kingston Road, Scarborough (Scarborough Village Pathways to Education)
https://youthlink.ca
Tel.: 416 967-1773 | 416 864-4444, ext. 300 (emergency shelter/transition home) | 647 351-0091 (Scarborough Village Pathways to Education)
info@youthlink.ca | pathways@youthlink.ca
Services: Offers a wide range of support for youth and their families, including community outreach, parenting and family support, housing and shelter, education, counselling and psychotherapy—Spark (a visual arts and music program), Youth Outreach Workers Program (links youth to programs, services and opportunities for healthy development); Youth Advocating Anti-Homophobia Awareness (a drop-in group for LGBTQ2S youth to connect with others and receive referrals to other supports), Youth Advisory Committee

(a monthly group meeting for youth leaders to advocate for youth mental health), What's Up Walk-In clinic (single-session counselling) and ongoing counselling service, Live-In Treatment at Constance House (provides therapeutic support for female-identifying youth experiencing complex mental health challenges), Footprintz (a peer-led program for Black/racialized youth in Toronto's Eglinton East community that offers case management, workshops, mentorships, community activities, etc.), WrapAround (in-home program to keep families together), Positive Parenting Program (Triple P), Diversion Program (support for youth who are facing housing instability or at risk of becoming homeless), Transitional Housing Program (provides personalized case management, life skills workshops and housing support), Emergency Shelter Program (10-bed shelter operating on a first-come, first-served basis); Scarborough Village Pathways to Education (supports students to graduate from high school and move on to university, college, training or a job), Big Sister Legacy Fund (provides financial support to YouthLink clients for their continued education through high school, college, university or apprenticeship training)
Eligibility: Youth, ages 12–24, and their families who live in Scarborough and Toronto; specific eligibility criteria vary by program (see website for details)
Languages: What's Up Walk-In counselling clinic sessions are available in English, Armenian, Tamil, Cantonese, Hindi, Arabic, Urdu and Hebrew
Referral: Self-referral accepted for most programs except for WrapAround which receives referrals directly from Children's Aid Society of Toronto (CAST) and Catholic Children's Aid Society (CCAS), Jewish Child and Family Service, Native and Child Family Services of Toronto
Fees: Free
Note: Triple P is currently on pause

Mental Health Resources for Children

Abiona Centre for Infant and Early Mental Health

1102 Broadview Avenue, Toronto | 40 Humewood Drive, Toronto
www.abionacentre.ca
Tel.: 416 425-6348
info@abionacentre.ca | intake@abionacentre.ca
General Services: Offers specialized services for families with young children at the Early Learning Centres and the EarlyON Child and Family Centre, as well as a variety of services/programming to help young mothers graduate high school, find safe housing, build employment skills, access child care, address mental health concerns, learn to parent, bond with their babies and improve life skills; programs include the Kuumba Project (supports the mental well-being of Black children up to Grade 1), Live-In Treatment Program (supports young mothers and their babies after delivery), Postnatal Transitional Housing program (provides up to 6 months of support for young mothers and their babies), Employment Support Program for young mothers with limited job experience (e.g., job readiness training, certification support, job search/networking opportunities, financial literacy, mental health and well-being resources), Community of Young Mothers (provides a rent-geared-to-income unit for young parenting mothers), New Lives Start Here (a one-year transitional housing and education program for young moms), Education and Community Partnership Program (Onsite High School for Young Moms) (provides two high school locations for pregnant and parenting young women who wish to continue their education)
Maternal Infant Mental Health (MIMH) Services: Includes the Kuumba Project: Developmental Screenings (helps to develop plans and support for children identified as high-risk for developmental delays), HomeNest (in-home guidance service for children and their parents) and Baby Love: Supporting Infant Security (weekly program to promote secure attachment between child and caregiver)
Eligibility: Pregnant and parenting youth, ages 13–29, and their children, as well as families with young children, ages 0–6; specific eligibility criteria vary by program (see website for details)
Referral: Self-referral or referral from a social provider accepted (referral/registration form available online)
Fees: Free

Applegrove Community Complex

60 Woodfield Road, Toronto | 1470 Gerrard Street East (East End Food Hub)
www.applegrovecc.ca
Tel.: 416 461-8143
childandyouth@applegrovecc.ca | frp@applegrovecc.ca
Services: Offers the Afterschool Program for children, ages 6–12; Youth Leadership program for youth, ages 13–16, who want to become more resilient and independent, learn life skills and become a leader in their community (e.g., workshops, activities, events, trips, volunteer opportunities); Summer Adventure Camp for children, ages 6–12 (weekly sessions of recreational and enriching activities); Summer Leadership Program for youth, ages 13–15, to make friends, build confidence and gain leadership and life skills; EarlyON programs for families and their children, ages 0–6, and includes early learning activities and guidance around parenting, child development and community resources; prenatal and postnatal programs that include social and supportive learning activities for pregnant women, new mothers and their babies, ages 0–6 (e.g., weekly sessions, workshops)
Eligibility: Infants, children, youth and their families; specific eligibility criteria vary by program (see website for details)
Referral: Self-referral accepted
Fees: Free except for the Afterschool Program, Summer Adventure Camp and Summer Leadership Program; a subsidy program is available to apply for where fees are reduced based on household income and household size (number of dependents); contact the program director via email (mseto@applegrovecc.ca) or call 416-461-5046 for further information
Note: There is a wait-list for the Afterschool Program

Hospital-Based Youth Mental Health Resources

Garry Hurvitz Centre for Community Mental Health (GH-CCMH), SickKids

440 Jarvis Street, Toronto | 1645 Sheppard Avenue West, Toronto
https://sickkidscmh.ca
Tel.: 416 924-1164, ext. 8708 (Mental Health Access Program) or ext. 8710 (Prevention/Early Intervention Services) | 1 855 944-4673 (toll-free) | 416 922-2672, ext. 294 or 257 (French Language Service)
info@sickkidscmh.ca | mentalhealthaccess@sickkidscmh.ca | prevention.services@sickkidscmh.ca
Mental Health Services: Individual and Family Services offer individual, family and group therapy for infants, children and youth experiencing a broad range of mental health concerns (e.g., depression, anxiety, emotional dysregulation, self-harm, grief/loss, social/educational challenges); Intensive Services for Children (ISFC) supports students in Grades 1–8 who are struggling socially, emotionally or behaviourally in a traditional school setting and includes in-home intensive treatment, individual/family therapy and specialized day treatment; Intensive Services for Youth (ISFY) supports youth in Grades 9–12 with significant mental health needs who have difficulty functioning at home/school or in the community and includes day treatment at a secondary school classroom as well as individual, group, family and milieu therapy; Espace Jeunesse offers mental health services for francophone children, youth and families, including consultation/support in the school environment, individual/family assessments, individual/family therapy and counselling, programs/workshops and specialized (psychological/psychiatric) assessments
Prevention and Early Intervention Services: Offers a variety of programs and services across different neighbourhoods in the city, including the EarlyON Child and Family Centre (e.g., drop-in and registered programs for young children and their parents/caregivers), Families First Parenting Workshops, Building Brighter Futures (promotes the health/social development of at-risk children), Healthy Babies Healthy Children (home-visiting program for families), Family Support Network (free one-on-one support for parents/caregivers), Provincial Youth Outreach Worker (YOW) Program (supports youth and facilitates access to opportunities, solutions and resources within their communities), Community Outreach Intervention Initiative (family support program for children, youth and their families living in Black Creek, St. James Town and Flemingdon Park communities) and Thorncliffe Park Youth Wellness Hub (walk-in services for youth and young adults in Thorncliffe Park and Flemingdon Park)

Eligibility: Infants, children and youth, up to age 18, and their families; specific eligibility and location criteria vary by program (see website for details)
Languages: English; French-language services available through Espace Jeunesse; Prevention and Early Intervention Services are offered in 17 languages by diverse and multilingual staff
Referral: Self-referral accepted for Individual and Family Services (parents/guardians, or youth age 12+ without parental permission, can call the Mental Health Access Program); intensive services are accessed through Help Ahead, Toronto's central intake (1 866 585-6486); professionals refer using the forms on the website
Fees: Services are free and/or covered by OHIP

Holland Bloorview (HB) Kids Rehabilitation Hospital

150 Kilgour Road, Toronto
https://hollandbloorview.ca
Tel.: 416 425-6220 | 1 800 363-2440 (toll-free) | 416 400-8876 (info line)
info@hollandbloorview.ca
Services: Offers inpatient services include brain injury rehab, specialized orthopedic/developmental rehabilitation (SODR), respite care and complex continuing care (CCC); outpatient services include seeing children with cerebral palsy, acquired brain injury, muscular dystrophy, amputation, epilepsy, spina bifida, arthritis, cleft-lip and palate, autism and other developmental disabilities (e.g., writing aids service); Inclusion Programs to improve quality of life and bring joy to children and youth with disabilities and their families (e.g., Inpatient Therapeutic Recreation service, Therapeutic Clowns, Music Therapy and Art programs, Respite Services and Robotics); family workshops, mentorships and resources (e.g., Online Family Resource Centre, Family Support Fund, HB Info Line, HB Family Support Network, Family Leadership Program); Employment Pathways program for youth with disabilities to support early work experience; Integrated Education and Therapy Program (IET) where physical, occupational and speech therapies are integrated as part of the educational programming for children with a physical disability/other associated complex needs; infant and child development services, nursery schools and community outreach services
Eligibility: Children and their families; specific eligibility criteria vary by program (see website for details)
Referral: Most programs require a referral from a physician, nurse practitioner, dentist or other health professional (see website for details)
Fees: Services are covered by OHIP

Michael Garron Hospital (MGH), Child and Youth Mental Health Services

825 Coxwell Avenue, Toronto
www.tehn.ca/programs-services/mental-health-addiction/child-and-youth-mental-health
Tel.: 416 461-8272
Services: Offers inpatient services (assessment, stabilization and treatment for children/youth who present with acute safety concerns and/or serious mental illness that cannot be treated in the community); crisis and urgent care services (crisis mental health assessments for children/youth under the age of 18 who are experiencing mental health crises or serious safety concerns); outpatient services (psychiatric consultations and evidence-based treatment options for children and youth who have mental health conditions that are best addressed in a community hospital setting); Building Bridges Day Program (addresses the needs of youth, ages 12–17, who are unable to attend community school because of mental health concerns associated with school avoidance/refusal); Transitional Youth Program (3-month therapeutic and system navigation support for young people, ages 16–29, experiencing barriers to accessing services in the mental health sector); Child and Youth Eating Disorders Program (e.g., Child and Youth Eating Disorders Outpatient Clinic, NourishED Pathways); Extensive Needs Service (wrap-around support for children and families who require access to more intensive health and developmental services)
Eligibility: Children and youth with mental health challenges and their families; specific eligibility criteria vary by program (see website for details)
Referral: Most programs require a referral from a primary care physician (see website for details)
Fees: Services are covered by OHIP

North York General (NYG) Hospital, Child and Adolescent Mental Health

4001 Leslie Street, 7th Floor, Toronto (Inpatient Unit) | Philips House, 10 Buchan Court, Toronto (Outpatient Program/Day Hospital)
www.nygh.on.ca/care-service/mental-health/child-and-adolescent-mental-health
Tel.: 416 756-6642 (Inpatient Unit) | 416 756-6933 (Outpatient Program/Day Hospital)
Services: Offers an Inpatient Unit that provides services to children and youth up to the age of 18 who are experiencing a mental health crisis; an Outpatient Program that provides assessment and treatment for a broad range of mental health problems common to children/adolescents and includes a team of psychologists, social workers and child youth counsellors; a Day Hospital program that provides youth and their families with support in overcoming various difficulties that interfere with their ability to function in their daily lives (e.g., depression, anxiety, difficulties socializing) and includes services like psychiatric assessment, stabilization, medication management, individual/group/family therapy, and educational programming
Eligibility: Children, youth and their families who are experiencing mental health difficulties and live within a defined geographical area served by the hospital
Referral: Physician referral required for most programs (see website for details)
Fees: Services are covered by OHIP

Scarborough Health Network (SHN), Shoniker Clinic

2877A Ellesmere Road, Scarborough
www.shn.ca/areas-of-care/mental-health-care/shoniker-clinic
Tel.: 416 281-7301 (general inquiries) | 416 431-8167 (for appointment inquiries)
shonikerclinic@shn.ca
Services: Offers individual psychotherapy, group intervention, service navigation, psychiatric consultation, an ADHD Clinic, First Intervention Treatment Team (supports young people experiencing their first episode of psychosis), LINK Program (short-term support for young people experiencing difficulties related to severe mental illness) and Slaight Dialectical Behaviour Therapy (DBT) Program (voluntary treatment program for youth who have difficulties managing their emotions, thoughts and behaviours)
Eligibility: Children and youth with significant mental health problems who reside in Scarborough, Pickering or Ajax; specific eligibility criteria vary by program (see website for details)
Referral: Physicians referral required for most programs (forms are available online)
Fees: Services are covered by OHIP

Sunnybrook Health Sciences Centre

2075 Bayview Avenue, Toronto
https://sunnybrook.ca
Tel.: 416 480-6100
Services: Offers an inpatient youth mental health program that includes assessment, stabilization and treatment/discharge plans; Youth Urgent Assessment Clinic (short-term mental health assessments for young people in crisis); Family Navigation Project (FNP) (assigned navigators helps youth and families find/gain access to resources, service providers and treatment centres); Fresh Start Program (group program to help transition students back to a less treatment-intensive school program); Rapid Access Addiction Medicine (RAAM) clinic (short-term medical addiction care including pharmacotherapy, brief counselling and referrals to community services)
Eligibility: Youth, ages 14–20, with mood disorders (e.g., depression, bipolar disorder), psychotic disorders (e.g., schizophrenia) and severe anxiety disorders (e.g., post-traumatic stress disorder, obsessive-compulsive disorder); specific eligibility criteria vary by program (see website for details)
Referral: Physician or psychiatrist referral required for most programs (see website for details); no referral required for FNP, the RAAM clinic or emergency inpatient services
Fees: Services are covered by OHIP

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.