

## Youth Resources

- **AirTable:** A list of youth-focused websites and apps for youth:

- **Web-based:**  
<https://airtable.com/shrGftaJlwYqWVrsh/tbluJTvakiAWXdPS4>



- **Youth Wellness Hubs Ontario – [www.youthhubs.ca](http://www.youthhubs.ca)**

One-stop shops for youth across Ontario that provide a full range of integrated youth services, including programs co-designed by 2SLGBTQIA+ youth to meet their needs.

## Additional Resources

Here are some service directories accessible to 2SLGBTQIA+ communities:

- **Take Care 19 – [www.TakeCare19.com](http://www.TakeCare19.com)**  
A resource list of accessible and inclusive mental health resources for Canadians during the COVID-19 pandemic, including mindfulness tools, wellness tools, activity plans, group support, and more.
- **Queer Ontario – <https://queerontario.org/resources/directory/>**  
Queer Ontario introduces our 2SLGBTQIA+ Resource Directory that has the ability to instantly connect individuals with LGBTQ+-friendly organizations and services.
- **211 Ontario – LGBTQ+ Resources <https://211ontario.ca/211-topics/lgbtq/lgbtq/>**  
Programs for persons who are lesbian, gay, bisexual, transsexual, transgender, queer or questioning.

For more information on mental health, including addiction, or to download a copy of this resource, please visit our website: [www.camh.ca](http://www.camh.ca)

For information about other formats of this pamphlet, to order multiple copies or to order other CAMH publications, contact CAMH Publications:  
Toll-free: 1 800 661-1111  
Toronto: 416 595-6059  
Email: [publications@camh.ca](mailto:publications@camh.ca)  
Online store: <http://store.camh.ca>

To make a donation, please contact the CAMH Foundation:  
Tel.: 416 979-6909  
Email: [foundation@camh.ca](mailto:foundation@camh.ca)

If you have questions, concerns or compliments about services at CAMH, please contact the Client Relations Office:  
Tel.: 416 535-8501 ext. 32027  
Email: [client.relations@camh.ca](mailto:client.relations@camh.ca)

Family members can contact the Family Resource Centre in the RBC Patient and Family Learning Space for information and support: 1025 Queen St. West (McCain Complex Care and Recovery Building), ground floor  
Tel.: 416 535-8501 ext. 33202  
Email: [familyengagement@camh.ca](mailto:familyengagement@camh.ca)

**camh**  
mental health **is** health



**#MentalHealthisHealth**  
Resources to support  
your mental health

## Did You Know

36%

of 2SLGBTQIA+ youth at risk and those experiencing homelessness in the GTA have attempted suicide during the pandemic.

21%

of transgender people reported avoiding visiting the emergency department because of experiences of discrimination related to their gender identity.

Transgender people who access acute mental health care are twice as likely to be diagnosed with personality disorders than the general population accessing these services.

Source: CAMH

## Seeking mental health support at CAMH

CAMH believes that #MentalHealthisHealth, but also recognizes that some may experience barriers to getting the support you need. Here is a list of our key services:

- **ACCESS CAMH:** Your first point of contact at CAMH. Phone 416-535-8501 and press 2 to find out more about any of our programs and services
- **First Impressions:** This team may also be your first point of contact at CAMH – either via the CAMH Info Line (416-535-8501), email (info@camh.ca), or in person across our sites dressed in purple.
- **Adult Gender Identity Clinic:** Offers services to individuals and their primary care practitioners in regards to gender identity and expression.
- **Rainbow Services:** Group therapy provided to lesbian, gay, bisexual, transgender, queer and Two-Spirit people concerned about their drug and alcohol use.
- **Drop-In Bridging Clinic:** A clinic for people who arrive at the CAMH Emergency Department with less-acute needs to receive quality care
- **RBC Patient and Family Learning Space and Family Resource Centre:** A place to ask questions about mental health and navigating the mental health system. Open to the public: pfls@camh.ca and family.engagement@camh.ca
- **Collaborative Learning College:** An accessible, inclusive, non-clinical education program offering a range of courses to people who have experienced mental health challenges. All the courses are created or co-created, and facilitated or co-facilitated, by people with lived experience. clc.camh.ca
- **The CAMH Library:** The Library has a 2SLGBTQIA+ collection featuring books by and about 2SLGBTQIA+ writers, themes and issues, as they relate to mental health.

For a full list of services at CAMH, visit [www.camh.ca](http://www.camh.ca), and navigate to “Your Care” and “Programs and Service.”

## Crisis Resources

- **911** for any emergency or crisis event
- **9-8-8: Suicide Crisis Helpline:** Call or text 9-8-8.
- **LGBT Youthline:** [www.youthline.ca](http://www.youthline.ca) or text 647-694-4275
  - Peer support hotline for LGBTQ2S+ youth in need of mental health support through text, phone or online chat.
- **Hope by CAMH** (Mobile App)
  - A FREE smartphone app where you can create a personalized suicide safety plan, practice wellness activities, access crisis resources, and learn about suicide risk factors.

