Toronto Services for Women
with Postpartum Depression and Anxiety
# Table of Contents

## Help Lines
- Distress Line 3
- The Mental Health Helpline 3

## Mobile Crisis
- Gerstein Crisis Centre 3
- Mobile Crisis Intervention Team (MCIT) 4
- Scarborough Regional Mobile Crisis Program 4
- St. Elizabeth Crisis Response Program 5

## Hospitals
- Centre for Addiction and Mental Health (CAMH) 5
- Humber River Regional Hospital – Keele Site (HRRH – K) 6
- Humber River Regional Hospital – Church Site (HRRH – C) 6
- Humber River Regional Hospital – Finch Site (HRRH – F) 6
- Mount Sinai Hospital (MSH) 7
- North York General Hospital (NYGH) 7
- North York General Hospital – Branson Site (NYGH – B) 8
- Rouge Valley Health System Centenary and Ajax and Pickering Sites (RVHS) 8
- St. Joseph’s Health Centre (SJH) 9
- St. Michael’s Hospital (SMH) 9
- Sunnybrook Health Sciences Centre (SBHC) 10
- The Scarborough Hospital – Birchmount Campus (TSH – B) 10
- The Scarborough Hospital – General Campus (TSH – G) 11
- Toronto East General Hospital (TEGH) 11
- University Health Network – Toronto General Hospital (UHN – G) 12
- University Health Network – Toronto Western Hospital (UHN – W) 12
- William Osler – Etobicoke General Site (WO) 13
- Women’s College Hospital (WCH) 13

## Community Health Centre - No boundary restrictions
- Access Alliance Multicultural Health and Community Services 14
- Anishnawbe Health Toronto 14
- Anne Johnston Health Station 15
- Centre Francophone de Toronto 15
- Evergreen Health Centre 16
- Women's Health in Women's Hands 16

## Community Health Centre - West of Yonge
- Black Creek Community Health Centre 17
- Davenport Perth Neighbourhood Centre 17
- Four Villages Community Health Centre 18
- LAMP Community Health Centre 18
- Parkdale Community Health Centre 19
- Queen West Community Health Centre 19
- Rexdale Community Health Centre 20
- Stonegate Community Health Centre 20
- Unison Health and Community Services 21

## Community Health Centre - East of Yonge
- Community Volunteer Clinic for the Medically Uninsured 22
- East End Community Health Centre 22
- Flemingdon Community Health Centre 23
- Flemingdon Community Health Centre Satellite – Fairview Community Health 23
- Regent Park Community Health Centre 24
# Table of Contents

## Community Health Centre - East of Yonge
- Sherbourne Health Centre
- South Riverdale Community Health Centre
- TAIBU Community Health Centre
- Scarborough Centre for Healthy Communities

## Counselling Services
- 519 Church Street Community Centre
- Aberfoyle Clinic
- Across Boundaries, An Ethnoracial Mental Health Centre
- Afghan Women’s Organization
- Alternatives: East York Mental Health Counselling Services
- Canadian Hearing Society
- COSTI Family and Mental Health Services
- Family Service Toronto
- Hong Fook Mental Health Association
- Jane / Finch Community and Family Centre
- June Callwood Centre for Women and Families
- Parkdale Psychotherapy Clinic
- The Medical Clinic
- Thorncliffe Neighbourhood Office
- Women’s College Brief Psychotherapy Centre for Women
- Woodgreen Walk-in Counselling Services

## Infant Mental Health and Attachment Resources
- Aisling Discoveries Child and Family Centre
- Child Development Institute
- Hincks – Dellcrest Centre
- Rosalie Hall
- The Etobicoke Children’s Centre
- The George Hull Centre for Children and Families
- Yorktown Child and Family Centre

## Community Resources
- Access Point Mental Health Intake Network
- Babies Best Start
- Community Care Access Centre – Central Site
- Family Association for Mental Health Everywhere (FAME)
- Mood Disorders Association of Ontario
- Motherisk Hospital for Sick Children
- Toronto Public Health
- Visiting Homemakers Association
- VON – Good Beginings Program

## Children’s Aid Society
- Catholic Children’s Aid Society of Toronto (CCAS)
- Children's Aid Society of Toronto (CAST)
- Jewish Family and Child Services
- Native Child and Family Services Of Toronto

## Websites
- Postpartum Support International
- The Online PPD Support Group

## Appendix
- Hospital Table
**Help Lines**

**Distress Line**
☎ (416) 408-HELP (4357)
24 hours a day, 7 days a week

Provide confidential 24 hour emotional support, crisis intervention and suicide prevention to persons in distress. There is access to confidential interpreter for 151 languages.

**The Mental Health Helpline**
☎ 1-866-531-2600
24 hours a day, 7 days a week

Provide information about mental health services in Ontario such as counselling and community services. Translation services available. Services are free, confidential and anonymous.

**Mobile Crisis**

**Gerstein Crisis Centre**

100 Charles St. East
Toronto, ON M4Y 1V3

**Major Intersection:** Bloor St. E. / Jarvis St.
☎ (416) 929-5200 (crisis line)
 (416) 929-9897 (referral)

**Catchment:**
City of Toronto Residents

**Eligibility:**
Within catchment

**Who offers services?**
- Community Crisis worker

**Who can make a referral**
- Self

**What do these services include:**
- 24 hr Crisis Telephone Line
- 24 hr Mobile Crisis Service
- Short Stay Crisis Beds - Contact Gerstein on Bloor, 1045 Bloor St. West, (416) 604-2337
- Waitlist – none
- Interpretation: Through translation agencies
- Hours of service:
  24-hr
Mobile Crisis

**Mobile Crisis Intervention Team (MCIT)**

(416) 808-2222 or 911

**Catchment:**
12 Divisions across Toronto

**Eligibility:**
Anyone in the catchment areas who is in crisis, requires police support, and would benefit from presence of a mental health professional.

**Accessibility:**
No e-mail access

**Who offers services?**
- This service can only be accessed with the police
- Each team consists of a specially trained police officer and a mental health nurse

**Who can make a referral**
- Anyone (family, worker, self)

**What do these services include?**
- Mental health assessment in the community
- Crisis intervention on scene
- Offering community resources as needed
- Brief follow-up visit by phone or on site, if needed
- Transport to hospital for those at risk and support through the triage process
- Waitlist – none
- Interpretation – when required through TPS

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**Scarborough Regional Mobile Crisis Program**

Birchmount Campus
3030 Birchmount Road
Scarborough, ON M1P 2V5

(416) 495-2400
(416) 495-2891 (Telephone crisis response)

**Catchment:**
Scarborough and East York

**Eligibility:**
Live in catchment area

**Accessibility:**

**Who offers services?**
- Police officer
- Collaborative partnership between Toronto Scarborough Hospital and Toronto Police Service
- Registered Practical Nurse

**Who can make a referral**
- Public health nurse
- Self

**What do these services include?**
- Assessment and intervention on the telephone or in home
- Crisis management
- Waitlist - no
- Hours of service:
  - 24-hr telephone Crisis Line
  - 16-hr Mobile Team

[www.tsh.to/areas-of-care/mental-health/Regional-Crisis-Programs](http://www.tsh.to/areas-of-care/mental-health/Regional-Crisis-Programs)
Mobile Crisis

St. Elizabeth Community Crisis Response Program

☎️ (416) 498-0043  🌐 www.saintelizabeth.com

Catchment: North York and Etobicoke

Eligibility: Residents of North York and Etobicoke

Accessibility:

Who offers services?

- Mental Health Community Crisis workers

Who can make a referral

- Public health nurse (may be asked to stay for a mobile visit)
- Self

What do these services include:

- Individual – Telephone, in home or elsewhere in the community
- Crisis management
- Referrals for ongoing support
- Waitlist – none
- Interpretation services available
- Hours of service: 24 hr Telephone Crisis Line, 7 days a week

Hospitals

Centre for Addiction and Mental Health (CAMH)

250 College St.
9th Floor
Toronto ON M5T 1R8

📞 Major Intersection: College St. / Spadina Ave.
☎️ (416) 535-8501 Ext. 34702 (main)
☎️ (416) 260-4208 (intake fax line)

Mental health services include assessment, brief interventions, inpatient/residential programs, continuing care, outpatient/ambulatory services, and family support. There are 10 major clinical care programs at CAMH – one of them focuses on mood and anxiety.

PMD Services: Women experiencing PPD or anxiety disorders could be seen in the Mood and Anxiety Program which provides inpatient and outpatient services to clients with major depression, bipolar disorder, anxiety disorders and obsessive-compulsive disorders. Treatment includes psychiatric consultation, pharmacotherapy recommendations and cognitive behavioural therapy.

Catchment: Open

Cultural/Language Services: English

Who can make a referral?

- Family doctor or Psychiatrist needs to fill out referral and fax to intake line. Referral forms can be downloaded from their website.
**Hospitals**

**Humber River Regional Hospital – Keele Site**
2175 Keele St.
Toronto, ON M6M 3Z4
Major Intersection: Finch Ave. W. / Hwy 400
(416) 249-8111 (main)
(416) 249-8111 (Keele Mental Health Program)

Mental health services include crisis and inpatient services to children, adolescents and adults, adult outpatient services and Cognitive Behavioural Therapy groups. If a client is in an Emergency situation, they are to access the hospital through the Emergency department.

**PMD Services:** Services can be accessed through the Keele Mental Health Program or through the Emergency Department.

**Catchment:** Open

**Cultural/Language Services:** English

**Humber River Regional Hospital – Church Site**
200 Church St.
Weston, ON M9N 1N8
Major Intersection: Hwy 400 / 401 / Jane St.
(416) 249-8111

Mental health services are not offered at this site. A Crisis team is available in the Emergency Department at this site.

**PMD Services:** Not Available

**Catchment:** Open

**Cultural/Language Services:** English

**Humber River Regional Hospital – Finch Site**
2111 Finch Ave. West
Downsview, ON M3N 1N1
Major Intersection: Finch Ave. W. / Hwy 400
(416) 744-2500

Mental health services are not offered at this site. If a client is in an Emergency situation, they are to access the hospital through the Emergency departments at Keele or Church sites.

**PMD Services:** Not Available

**Catchment:** Open

**Cultural/Language Services:** English
Hospitals

Mount Sinai Hospital
600 University Ave.
Toronto ON M5G 1X5
Major Intersection: University Ave. / College St.
☎️ (416) 586-4800
🌐 www.mountsinai.on.ca
✉️ mgoldband@mt.sinai.on.ca

Mental health services include clinical care, consultation, crisis and emergency services and treatment in inpatient, ambulatory and community settings.

PMD Services:
Perinatal Mental Health Program - (416) 586-4800 ext. 5461
The Perinatal Mental Health Program sees women at risk of mental health problems or with active mental health concerns that are planning to get pregnant, are pregnant, or are within one year postpartum. Treatment includes medication, individual psychotherapy and group therapy.

Support Groups:
Late Loss Bereavement Support Group: group for women who have experienced a recent spontaneous late pregnancy loss or neonatal death. No catchment, no physician referral needed.
Postpartum Support Group: group for women who are at risk for or currently suffering from postpartum anxiety and/or depression, following delivery and up to one year postpartum.

Catchment: Priority to those who deliver at MSH but will take other clients
Cultural/Language Services: English

Who can make a referral?
- Physician (a referral form can be downloaded from their website. PHN’s may initiate a referral but a physician needs to sign it)
- Groups – anyone can refer

North York General Hospital
4001 Leslie St.
Toronto ON M2K 1E1
Major Intersection: Leslie St. / Sheppard Ave. E.
☎️ (416) 756-6000
☎️ (416) 756-6671 (Fax)
☎️ (416) 756-6642 (Mental Health Services)
🌐 www.nygh.on.ca

Mental health services include in-patient, day hospital, out-patient, emergency and crisis intervention, child and adolescent mental health and women's clinic.

PMD Services: Women with PMD will be seen by a psychiatrist at the Branson Site or women in crisis can access service through the emergency department or by calling Mental Health Services. There is no wait list.

Catchment: Dufferin St. / Victoria Park Ave. / Steeles Ave. E. / Eglinton Ave. E.
Cultural/Language Services: English

Who can make a referral?
- Physician (if outside the catchment area, a referral from an in-house physician is required)
North York General Hospital – Branson Site
555 Finch Ave. West
Toronto ON M2R 1N5

Major Intersection: Finch Ave. W. / Bathurst St.

(416) 633-9420
(416) 756-6642 (Mental Health Services)

www.nygh.on.ca

Mental health services include addiction programs, Mental Health Clinic, outpatient groups, Assertive Community Treatment Team (ACTT), Child and Adolescent Outpatient Mental Health and day treatment programs.

PMD Services: Women with PMD will be seen by a psychiatrist at the Branson Site or women in crisis can access service through the emergency department. There is no wait list.

Catchment: Dufferin St. / Victoria Park Ave. / Steeles Ave. E. / Eglinton Ave. E.

Cultural/Language Services: English

Who can make a referral?
- Physician (if outside the catchment area, a referral from an in-house physician is required)

Rouge Valley Health System Centenary and Ajax and Pickering Sites

Centenary Site:
2867 Ellesmere Rd.
Scarborough, ON M1E 4B9

Major Intersection: Neilson Rd. / Ellesmere Rd.

(416) 284-8131 Ext. 4209

www.rougevalley.ca

Ajax and Pickering Site:
580 Harwood Ave. S.
Ajax, ON L1S 2J4

Major Intersection: Bayly St. /Harwood Ave.

(905) 683-2320

Mental health services include in-patient, day hospital, out-patient, emergency and crisis intervention, psychiatric intensive care unit, mood disorders clinic and child and adolescent mental health. The Ajax/Pickering site also has an Assertive Community Treatment Team (ACTT).

PMD Services: Women with PMD will be seen at both sites either through emergency or by referral from a physician.

Catchment: Scarborough residents (some exceptions), Ajax and Pickering residents

Cultural/Language Services: English, Tamil, Arabic

Who can make a referral?
- Physician (if outside the catchment area, a referral from an in-house physician is required)
Toronto Services For Women With Postpartum Depression and Anxiety

**St. Joseph’s Health Centre**
30 The Queensway
5th Floor, Unit 5M5G
Toronto, ON M6R 1B5

**Major Intersection:** Roncesvalles Ave. / Queensway

(416) 530-6000  
(416) 530-6860 (The Toronto Centre for Substance Use in Pregnancy)

Mental Health Services include a mobile Crisis Team, 34 bed inpatient Mental Health Unit, Withdrawal Management Services, Child and Adolescent Mental Health Programs, Community Mental Health Programs and the Toronto Centre for Substance Use in Pregnancy.

**PMD Services:**
**Women’s Connection Program**
Parkdale CHC, 27 Roncesvalles Ave., Suite 301 & 503
(416) 537-8222

Individual and group counselling for women dealing with pre and postpartum mood disorders, parenting issues, relationship violence, childhood and adult trauma and newcomer settlement issues.

Post Partum Depression Program: a weekly support group, individual counselling, couple intervention, information and education. A doctor's referral is not needed.

**Catchment:**
Postal codes beginning with M6, M8, M9

**Who can make a referral?**
- Physician
- Self
- Public Health Nurse

**Cultural/Language Services:**
Counselling services available in English, Polish, Spanish and Tamil.

**St. Michael’s Hospital**
30 Bond St.
Toronto ON M5B 1W8

**Major Intersection:** Queen St. E. / Yonge St.

(416) 360-4000  
(416) 864-5120 (Mental Health Assessment Clinic)

Mental health services include emergency and crisis intervention, a crisis stabilization unit, and assessment, treatment, rehabilitation, linkage to community agencies and support to individuals with mental illness in the out-patient mental health assessment clinic.

**PMD Services:** Women experiencing PMD would be seen in the Mental Health Assessment Clinic. There is a wait list but priority can be given to women who need to be seen quickly. Women in crisis can access service through the Emergency Department.

**Catchment:**
East of Yonge / West of Victoria Park / South of Bloor St. / Danforth Ave. / North of Lakeshore Blvd.

**Who can make a referral?**
- Physician

**Cultural/Language Services:**
English
# Hospitals

## Sunnybrook Health Sciences Centre

2075 Bayview Ave  
Toronto ON M4N 3M5  
**Major Intersection:** Bayview Ave. / Eglinton Ave. E.  
☎️ (416) 480-6100  
🌐 [www.sunnybrook.ca](http://www.sunnybrook.ca)

Mental health services include outpatient and inpatient care.

**PMD services:**  
**Women’s Mood and Anxiety Clinic: Reproductive Transitions**  
416-480-5677  
416-480-5318 (fax)

This clinic specializes in mood and anxiety disorders that women experience across the lifespan. Assessment, consultation and short-term treatment are provided.

**Catchment:**  
Open

### Cultural/Language Services:

<table>
<thead>
<tr>
<th>Services:</th>
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<tr>
<td>English</td>
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Who can make a referral?

- Physician
- Midwife

(A referral form can be downloaded from the website  
http://sunnybrook.ca/uploads/Womens_Mental_Health_Program_Referral_Form_-_121025.pdf)

## The Scarborough Hospital – Birchmount Campus

3030 Birchmount Rd.  
Toronto, ON M1W 3W3  
**Major Intersection:** Birchmount Rd. / Finch Ave. E.  
☎️ (416) 495-2400  
☎️ (416) 431-8135 (Community Mental Health Outpatient Program)

Mental Health Services include in-patient, emergency, crisis intervention and out-patient services. As TSH is the designated Regional Crisis Program for Scarborough, they have an on-site crisis worker available 24 hours a day, 7 days a week to see individuals who come into the Emergency Department.

### Community Mental Health Outpatient Program

1225 Kennedy Rd., Unit J  
TSH’s Mental Health Outpatient Clinic is designed to help people in the community who are experiencing emotional distress associated with major psychiatric disorders. A referral from a doctor is required.

**PMD Services:** Women with PMD can be seen in the Mental Health Outpatient Clinic. Women with PPD are not usually waitlisted. Women in crisis can access services through the Emergency Department.

**Catchment:**  
Scarborough: Victoria Park / Steeles Ave./  
Markham Rd. / Lake Ontario

### Cultural/Language Services:

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<th>Services:</th>
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<tbody>
<tr>
<td>English</td>
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Who can make a referral?

- Physician
Toronto Services For Women With Postpartum Depression and Anxiety

Hospitals

The Scarborough Hospital – General Campus
3050 Lawrence Ave. East
Toronto ON M1P 2V5
**Major Intersection:** Lawrence Ave. E. / McCowan Rd.
📞 (416) 438-2911
📞 (416) 431-8135 (Community Mental Health Outpatient Program)

Mental Health Services include in-patient, emergency, crisis intervention and out-patient services. A crisis program is offered at the Birchmount site.

Community Mental Health Outpatient Program
2425 Eglinton Ave. East. Suite 301
TSH’s Mental Health Outpatient Clinic is designed to help people in the community who are experiencing emotional distress associated with major psychiatric disorders. A referral from a doctor is required.

PMD Services: Women with PMD can be seen in the Mental Health Outpatient Clinic. A referral from a doctor is needed. Women with PPD are not usually waitlisted. Women in crisis can access services through the Emergency Department at the Birchmount site.

**Catchment:**
Scarborough area: Victoria Park Ave. /
Steeles Ave./ Markham Rd. / Lake Ontario

**Cultural/Language Services:**
English, Tamil, Cantonese, Mandarin, Vietnamese, Punjabi, Hindi

Who can make a referral?
• Physician

Toronto East General Hospital
825 Coxwell Ave.
Toronto, ON M4C 3E7
**Major Intersection:** Coxwell Ave. / Mortimer Ave.
📞 (416) 461-8272
📞 (416) 469-6310 (Intake)

Mental health services include individual counselling/psychotherapy, medication monitoring, community linkage and discharge-planning. There is a crisis intervention unit in the ER from 9:00am to 11:00pm and a psychiatrist is on call 24 hours/day.

PMD Services:
East Toronto Postpartum Adjustment Program (ETPAP)
955 Queen St. E., (416) 469-7608
ETPAP is a community-based collaboration involving South Riverdale Community Health Centre, Toronto East General Hospital, Toronto Public Health and Alternatives East York Mental Health Agency. The program is for women who are experiencing postpartum adjustment difficulties. There is a weekly support group operating at the South Riverdale Community Health Centre as well as short term individual counselling and referrals from a PHN or Social Worker. Childcare, TTC and snacks are provided to program participants.

**Catchment:**
East of Yonge St. / South of Steeles Ave. / Scarborough East border / Lake Ontario

**Cultural/Language Services:**
English

Who can make a referral?
• Physician
• Self
• Public Health Nurse
Toronto Services For Women With Postpartum Depression and Anxiety

Hospitals

**University Health Network – Toronto General Hospital**
200 Elizabeth St.
Toronto, ON M5G 2C4
**Major Intersection:** University Ave. / College St.

Phone Numbers:
- (416) 340-4800
- (416) 340-4462 (Women’s Mental Health Program)
- (416) 603-5751 (Urgent Care Clinic)

**www.uhn.ca**

Mental Health Services include emergency and crisis intervention and out-patient services.

**PMD Services:**
**Women’s Mental Health Program**
The Women's Mental Health program provides assessment, consultation, treatment and short term therapy for women's mental health concerns that are associated with all aspects of the reproductive cycle (pregnancy, infertility, postpartum disorders, premenstrual disorders and menopause).

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<thead>
<tr>
<th>Catchment:</th>
<th>Cultural/Language Services:</th>
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<tbody>
<tr>
<td>Open</td>
<td>English</td>
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**Who can make a referral?**
- Physician
- Clients may access service through the ER

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**University Health Network – Toronto Western Hospital**
399 Bathurst St.
Toronto ON M5T 2S8
**Major Intersection:** Bathurst St. / Dundas St. W.

Phone Numbers:
- (416) 603-5800
- (416) 603-5809 (Urgent Care Clinic)
- (416) 603-5747 (Community Mental Health Clinic)

**www.uhn.ca**

**Urgent Care Clinic:** provides services to those who are not in need of immediate hospitalization or emergency department assessment, but are unable to wait weeks for an outpatient assessment. Referrals are accepted from a physician or from the Emergency department.

**Community Mental Health Clinic:** provides mental health services including individual and group therapy in English, Spanish and Italian. A doctor's referral is needed. Referral forms available online.

**Psychiatric Emergency Services Unit:** located within the Toronto Western Hospital’s Emergency Department. Services provided 24 hours, 7 days-a-week, for most psychiatric emergencies.

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<thead>
<tr>
<th>Catchment:</th>
<th>Cultural/Language Services:</th>
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<tbody>
<tr>
<td>Open for ER</td>
<td>English, Portuguese, Chinese, Italian and Spanish</td>
</tr>
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**Clinics:** Parkside Dr. /Yonge St. /Lake Ontario/Eglinton Ave.

**Who can make a referral?**
- Physician
- Clients may access service through the ER
## Hospitals

### William Osler – Etobicoke General Site

101 Humber College Blvd.
Etobicoke, ON M9V 1R8

**Major Intersection:** Humber College Blvd. / Hwy 27

📞 (416) 747-3400 Ext. 32362  (Centralized Intake and Triage (CIT)) 🌐 www.williamoslerhc.on.ca

Mental Health Services include emergency, crisis intervention, in-patient and out-patient services. **Mobile Crisis** (416) 498-0043 – Residents of EGH service area

**PMD Services:** Women with PPD can be seen in the Outpatient Mental Health Department or access services through Emergency.

**Day treatment:** (416) 494-2121 Ext. 32156

**Catchment:** Open

**Who can make a referral?**
- Physician
- Psychiatrists
- Clients may access service through the ER

### Women’s College Hospital

76 Grenville St.
Toronto ON M5S 1B2

**Major Intersection:** College St. / Bay St.

📞 (416) 323-6400 Ext 5635 (Reproductive Life Stages Program)

🌐 www.womenscollegehospital.ca www.womenshealthmatters.ca/mothermatters

Mental Health Services include emergency and crisis intervention and out-patient services.

**PMD Services:** For women at risk for PMD and anxiety.

**Reproductive Life Stages Program**
This specialized Women’s Mental Health Program provides assessment and short-term treatment for women experiencing mood and anxiety disorders related to menstrual cycle, pregnancy, postpartum and menopause. This program offers education, short-term psychotherapy, group and couple therapy and medication.

**Group therapy includes:**
- **Symptom Management Group:** a program to increase awareness of depression and anxiety symptoms and to develop the capacity to manage these symptoms using a variety of strategies. Babies under 12 months are welcome.
- **Postpartum Support Group:** a program to support challenges associated with the transition to motherhood. Babies under 12 months are welcome.
- **Parenting Group:** a program for women with babies aged 5 – 12 months which focuses on encouraging and developing the relationship between mother and baby while improving symptoms of anxiety and depression. Babies must attend.
- **Mother Matters:** a 10 week on-line support group for mothers with infants between 0 – 12 months who have access to a computer and proficiency navigating the web. See the web site.

**Catchment:** Open

**Cultural/Language Services:**
- English

**Who can make a referral?**
- Physician
- Midwife (A referral form can be downloaded from their website)
Access Alliance Multicultural Health and Community Services

3079 Danforth Ave.
Toronto, ON M1L 1A8

Major Intersection:
Victoria Park Ave. / Danforth Ave.

(416) 693-8677
www.accessalliance.ca

340 College St. Suite 500
Toronto, ON M5T 3A9

Major Intersection:
College St. / Spadina Ave.

(416) 324-8677

761 Jane St., 2nd Floor
Toronto, ON M6N 4B4

Major Intersection:
Jane St. / St. Clair Ave. W.

(416) 760-8677

Catchment:
City wide

Eligibility:
Newcomers, Immigrants

Accessibility:
Wheelchair accessible building

Who offers services?
- Social Worker
- Counsellor Therapist
- Psychiatrist – once a week
- Settlement Services
- Nurse practitioner
- Dietitian

What do these services include:
- Individual
- Couple
- Family
- Waitlist
- Interpretation services available

Who can make a referral
- Public health nurse
- Self

Anishnawbe Health Toronto

179 Gerrard St. East
Toronto, ON M5A 2E5

Major Intersection:
Gerrard St. E. / Jarvis St.

(416) 920-2605
www.aht.ca

225 Queen St. East
Toronto, ON M5A 1S4

Major Intersection:
Queen St. E. / Sherbourne St.

(416) 360-0486

22 Vaughan Rd.
Toronto, ON M6G 2N1

Major Intersection:
Vaughan Rd. / Bathurst St.

(416) 657-0379

Catchment:
Open

Eligibility:
Aboriginal people

Accessibility:
Wheelchair accessible building

Who offers services?
- Social Worker
- Mental Health and Addiction workers
- Psychologist – Part time
- Psychiatrist – 4 days/week
- Traditional healers
- Nurse practitioner
- Physician
- Mental Health Crisis Line – (416)891-8606 (24 hr)

What do these services include:
- Individual – counselling
- Couple
- Family
- Case management
- Groups – Community Mental Health Nurse
- Waitlist

Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self
Toronto Services For Women With Postpartum Depression and Anxiety

Community Health Centre – No boundary restrictions

Anne Johnston Health Station
2398 Yonge St.
Toronto, ON M4P 2H4
Major Intersection: Yonge St. / Eglinton Ave.
خفف (416) 486-8666
(416) 486-6759 (TTY)
www.ajhs.ca

Catchment:
Bloor St. / Hwy 401 / Bathurst St. / Bayview Ave. / GTA – for people with disability

Eligibility:
Youth 13-29 years and seniors with physical disabilities

Who offers services?
• Physicians
• Nurses
• Nurse practitioner
• Psychiatrist
• Counsellors, Social Workers, Occupational Therapist
• Health Promoters, Peer support workers
• Dietitian

What do these services include:
• Individual (Counselling for people with physical disabilities)
• Groups – Mothering
• Waitlist – Program dependent
• Interpretation services available

Who can make a referral
• Self-referral
• Service providers

Centre Francophone de Toronto
A. (Temporary Location)
790 Bay St
Suite 820
Toronto, ON M5G 1K3
(New Location – Jan. 2015)
303 Richmond St. Unit 308
(416) 922-2672
Major Intersection:
Queen St. / Yonge St.
www.centrefranco.org

Catchments:
Open

Eligibility:
French speaking people living in Toronto

Who offers services?
• Mental Health counsellors
• Infant mental health counsellor
• Community health worker
• Therapist

What do these services include:
• Individual
• Couple
• Family
• Groups

Who can make a referral
• Public health nurse
• Self
Community Health Centre – No boundary restrictions

**Evergreen Health Centre**
381 Yonge St.
Toronto, ON M5B 1S6
**Major Intersection:** Yonge St. / Gerrard St. E.
📞 (416) 977-7259
🌐 www.ysm.on.ca

**Catchments:**
Open

**Eligibility:**
Clients up to 24 years of age

**Accessibility:**
Not accessible

**Who offers services?**
- Psychiatrist – every Thursday
- Counsellor

**What do these services include?**
- Individual

**Who can make a referral**
- Public health nurse
- Self

---

**Women's Health in Women's Hands**
2 Carlton St. Suite 500
Toronto, ON M5B 1J3
**Major Intersection:** Yonge St. / Carlton St.
📞 (416) 593-7655
🌐 www.whiwh.com

**Catchment:**
Open

**Eligibility in the GTA:**
Black women and women of colour from Africa, Caribbean, South Asian and Latin America in the GTA

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Mental Health Therapist
- Physicians
- Nurse practitioners, Registered nurses
- Community health workers
- Counsellors
- Health promoters
- Dietitians

**What do these services include?**
- Individual
- Groups
- Waitlist
- Interpretation services available

**Who can make a referral**
- Self
Community Health Centre – West of Yonge

Black Creek Community Health Centre
2202 Jane St., Unit 5
Toronto, ON M3M 1A4
Major Intersection: Jane St. / Wilson Ave.
☎ (416) 249-8000
🌐 www.bcchc.com

Catchment:
Keele St. / Steeles Ave. W. / Humber River / Wilson Ave.

Eligibility:
Within catchment area

Accessibility:
Wheelchair accessible building

Who offers services?
• Social Worker
• Therapist
• Nurse Practitioner
• Family doctors

Who can make a referral
• Public health nurse
• Self

What do these services include:
• Individual
• Groups – Maternal support groups
• Waitlist
• Interpretation services available

Davenport Perth Neighbourhood Centre
1900 Davenport Rd.
Toronto, ON M6N 1B7
Major Intersection: Caledonia Park Rd. / Davenport Rd.
☎ (416) 658-6812
🌐 www.dpnc.ca

Catchment:
Rogers Rd. / Ossington Ave. / Bloor St. / Railway at Old Weston Rd.

Eligibility:
Within catchment area

Accessibility:
Wheelchair accessible building

Who offers services?
• Counsellor/Therapists
• Psychiatrist – Client must have a General Practitioner at Davenport-Perth

Who can make a referral
• Public health nurse
• Self

What do these services include:
• Individual
• Couple (limited)
• Family (limited)
• Groups
• Waitlist
Four Villages Community Health Centre
1700 Bloor St. West
Toronto, ON M6P 4C3
Major Intersection: Bloor St. W. / Keele St.
☎ (416) 604-0640
🌐 www.4villageschc.ca

Catchment: St. Claire Ave. W. / Lake Ontario / Roncesvalles Ave. / Humber River
Eligibility: Registered clinical clients
Accessibility: Wheelchair accessible building

Who offers services?
- Social Worker
- Psychiatrist once a month (client must have a General Practitioner at the Community Health Centre to see the psychiatrist)

What do these services include:
- Individual
- Couple
- Family
- Groups
- Interpretation services available

Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self

LAMP Community Health Centre
185 Fifth St.
Toronto, ON M8V 2Z5
Major Intersection: Islington Ave. / Lake Shore Blvd. W.
☎ (416) 252-6471
🌐 www.lampchc.org

Catchment: Etobicoke / South of Queensway
Eligibility: Within catchment area
Accessibility: Wheelchair accessible building

Who offers services?
- Social Worker works with high risk families with children 0-6 years. Would refer to CAMH if necessary
- Nurse practitioners
- Family doctors

What do these services include:
- Individual
- Couple
- Family
- Case management
- Groups
- Home visiting
- Interpretation services available

Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self
**Community Health Centre – West of Yonge**

<table>
<thead>
<tr>
<th>Parkdale Community Health Centre</th>
<th>Satellite Office (Women’s Connection Program)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1229 Queen St. West</td>
<td>27 Roncesvalles Ave., Suite 301, Toronto, ON, M6R 3B2</td>
</tr>
<tr>
<td>Toronto, ON M6K 1L2</td>
<td>Major Intersection: Roncesvalles Ave / Queen St. W.</td>
</tr>
<tr>
<td>📞 (416) 537-2455</td>
<td>📞 (416) 537-8222</td>
</tr>
</tbody>
</table>

**Catchment:**
Bloor St. W. / Lake Shore Blvd. / Dovercourt Rd. / Parkside Dr.

**Eligibility:**
Within catchment area

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Clinical counsellor
- Psychiatrist

**What do these services include?**
- Individual
- Couple
- Family
- Groups – PMD support group at Women’s Connection Program
- Case management
- Interpretation services available

**Who can make a referral**
- Primary health care practitioner
- Public health nurse
- Self

---

<table>
<thead>
<tr>
<th>Queen West Community Health Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>168 Bathurst St.</td>
</tr>
<tr>
<td>Toronto, ON M5V 2R4</td>
</tr>
<tr>
<td>Major Intersection: Bathurst St. / Queen St. W.</td>
</tr>
<tr>
<td>📞 (416) 703-8480 – Health Services</td>
</tr>
<tr>
<td>📞 (416) 703-8482 Ext. 400 – Counselling Services</td>
</tr>
<tr>
<td><a href="http://www.cthc.com">www.cthc.com</a></td>
</tr>
</tbody>
</table>

**Catchment:**
College St. / Lake Ontario / University Ave. / Dovercourt Rd

**Eligibility:**
Registered clinical clients

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychiatrist

**What do these services include?**
- Individual
- Couple
- Groups
- Waitlist
- Interpretation services available

**Who can make a referral**
- Public health nurse
- Self
Community Health Centre – West of Yonge

Rexdale Community Health Centre
8 Taber Rd.
Toronto, ON M9W 3A4

Major Intersection: Kipling/Finch
☎ (416) 744-0066
☎ (416) 744-6312

Catchment: Hwy 427 / Steeles Ave. / Humber River / Dixon Rd.
Eligibility: Within catchment area
Accessibility: Wheelchair accessible building

Who offers services?
- Physicians
- Nurse practitioners – run Well Women clinics
- Dietitians
- Mental health nurse

Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self

Jamestown Hub
21 Panorama Court, Unit 3

Major Intersection: Kipling/Finch
☎ (647) 288-0282
☎ www.rexdalechc.com

Who offers services?
- Physicians
- Nurse practitioners – run Well Women clinics
- Dietitians
- Mental health nurse

What do these services include:
- Individual
- Group
- Well Women's Clinic
- Interpretation services available

Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self

Stonegate Community Health Centre
150 Berry Rd.
Toronto, ON M8Y 4H6

Major Intersection: Royal York Rd. / Queensway
☎ (416) 231-7070 Ext. 282 – Women's Programs
☎ www.stonegatechc.org

Catchment: Bloor St. W. / QEW / Royal York Rd. / Humber River
Eligibility: Within catchment area
Accessibility: Wheelchair accessible building

Who offers services?
- Social Worker
- Physician
- Nurse practitioner
- Dietitian

What do these services include:
- Individual (mental health counselling)
- Family
- Groups – Women's Program – offers referral and advocacy (child care and TTC tickets available)
- Waitlist
- Interpretation services available

Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self
Community Health Centre – West of Yonge

Unison Health and Community Services

12 Flemington Rd. 1541 Jane St. 1651 Keele St.
Toronto, ON M6A 2N4 Toronto, ON M9N 2R3 Toronto, ON M6M 3W2
Major Intersection: Major Intersection: Major Intersection:
Lawrence Ave. W/Allen Rd. Jane St. /Trethawey Keele St. / Rogers Rd.

☎️ (416) 787-1661 (416) 653-5400
(416) 645-7575

www.unisonhcs.org

Catchment:
Wilson Ave. / Eglinton Ave.
W/Bathurst St. /Keele St.
St. Clair /401/
Humber River /Keele St.

Eligibility:
Registered clients as well as clients
with own family physician

Accessibility:
Wheelchair accessible building

Who offers services?
• Social Worker
• Counsellors
• Physicians

What do these services include:
• Individual
• Couple
• Family
• Case management
• Waitlist – short if referred by own family physician
• Interpretation services available

Who can make a referral
• Primary health care practitioner
• Public health nurse
• Self

Accessibility:
Wheelchair accessible building
### Community Volunteer Clinic for the Medically Uninsured

1125 Markham Rd.
Toronto, ON M1H 2Y5  
**Major Intersection:** Markham Rd. / Ellesmere Rd.  
☎️ (416) 264-4446

**Catchment:** Scarborough residents  
**Eligibility:** No Health Card (no service to tourists/visitors)  
**Accessibility:** Wheelchair accessible building

**Who offers services?**  
- Family physician  
- Paediatricians

**Who can make a referral?**  
- Public health nurse  
- Self

**What do these services include?**  
- Individual  
- Interpretation services available

---

### East End Community Health Centre

1619 Queen St. East  
Toronto, ON M4L 1G4  
**Major Intersection:** Queen St. E. / Coxwell Ave.  
☎️ (416) 778-5858  
🌐 www.eastendchc.on.ca

**Catchment:** Danforth Ave. / Lake Ontario / Greenwood Ave. / Victoria Park Ave.  
**Eligibility:** Within catchment area  
**Accessibility:** Wheelchair accessible building

**Who offers services?**  
- Counsellors  
- Psychotherapists (for registered clinical clients only)

**Who can make a referral?**  
- Doctor or Nurse from clinic  
- Self

**What do these services include?**  
- Individual  
- Couple  
- Groups  
- Interpretation services available
**Community Health Centre – East of Yonge**

**Flemingdon Community Health Centre**  
10 Gateway Blvd.  
Toronto, ON M3C 3A1  
**Major Intersection:** Don Mills Rd. / Eglinton Ave. E.  
📞 (416) 429-4991  
🌐 [www.fhc-chc.com](http://www.fhc-chc.com)

**Catchment:**  
Lawrence Ave. / Laird Dr. / Victoria Park Ave. / O'Connor Dr.  
**Eligibility:**  
Within catchment area  
**Accessibility:**  
Wheelchair accessible building

**Who offers services?**  
- Social Worker

**Who can make a referral**  
- Public health nurse  
- Self

**What do these services include?**  
- Individual  
- Couple  
- Waitlist  
- Interpretation services available

**Flemingdon Community Health Centre Satellite – Fairview Community Health**  
5 Fairview Mall Dr.  
Toronto, ON M2J 2Z1  
**Major Intersection:** Don Mills Rd. / Sheppard Ave. E.  
📞 (416) 640-5298  
🌐 [www.fhc-chc.com](http://www.fhc-chc.com)

**Catchment:**  
Bayview Ave. / Victoria Park Ave. / Lawrence Ave. / Steeles Ave.  
**Eligibility:**  
Within Catchment  
**Accessibility:**  
Wheelchair accessible building

**Who offers services?**  
- Social Worker

**Who can make a referral**  
- Public health nurse  
- Self

**What do these services include?**  
- Individual – Ongoing counselling  
- Couple  
- Family  
- Waitlist  
- Interpretation services available.
Regent Park Community Health Centre
465 Dundas St. East
Toronto, ON M5A 2B2
**Major Intersection:** Dundas St. / Parliament St.
☎ (416) 364-2261  🌐 www.regentparkchc.org

**Catchment:**
Sherbourne St. / Gerrard St. E. / King St. E. / Don Valley Pkwy.

**Eligibility:**
Within catchment area

**Accessibility:**
Wheelchair accessible building

If no Health card or Homeless:
Bloor St./ Lakeshore Blvd. / Yonge St. / Don River

**Who offers services?**
- Social Worker
- Mental Health Consultant
- Psychiatrist
- Physicians
- Nurse practitioner

**What do these services include?**
- Individual
- Groups
- Interpretation services available

**Who can make a referral**
- Self

Sherbourne Health Centre
333 Sherbourne St.
Toronto, ON M5A 2S5
**Major Intersection:** Sherbourne St. / Gerrard St. E.
☎ (416) 324-4180  🌐 www.sherbourne.on.ca

**Catchment:**
Bloor St. / Lake Ontario/ Yonge St. / Don River
(open for LGBT people)

**Eligibility:**
Within catchment, however services geared to homeless and under housed newcomers and the LGBT population.

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Mental Health Counsellor
- Physician
- Psychiatrist

**What do these services include?**
- Individual
- Couple
- Waitlist
- Interpretation services available

**Who can make a referral**
- Public health nurse
- Self
Community Health Centre – East of Yonge

South Riverdale Community Health Centre
955 Queen St. East
Toronto, ON P6A 2C3
**Major Intersection:** Queen St. E. / Carlaw Ave.
☎ (416) 461-2493  🌐 www.srchc.ca

**Catchment:**
Mortimer Ave. / Lake Ontario / DVP/
Coxwell Ave.

**Eligibility:**
Registered clinical clients only for
Health Centre Services

**Accessibility:**
Wheelchair accessible building

Who offers services?
- Psychiatrist
- Social Worker
- Partner agency with **East Toronto Postpartum Adjustment Program** (416-469-7608)

What do these services include:
- Individual
- Couple
- Case management
- Groups – **East Toronto Postpartum Adjustment Program**
- Interpretation – through TPH

Who can make a referral
- Self

---

TAIBU Community Health Centre
27 Tapscott Rd, Unit 1
Scarborough, ON M1B 4Y7
**Major Intersection:** Neilson Rd. / Tapscott Rd.
☎ (416) 644-3536  🌐 www.taibuchc.ca

**Catchment:**
Malvern area
401 / Steeles Ave. / McCowan Rd./Pickering border

**Eligibility:**
Malvern catchment or from Black community

**Accessibility:**

Who offers services?
- Social Worker
- Therapists

What do these services include:
- Individual
- Groups – **Scarborough Postpartum Support Network**
- Interpretation services available

Who can make a referral
- Self
Scarborough Centre for Healthy Communities
(Formerly West Hill Community Health Centre)

The Hub Mid Scarborough
2660 Eglinton Ave. East
Scarborough ON M1K 2S3
Major Intersection: Eglinton Ave. / Brimley Rd.
☎ (416) 642-9445
🌐 www.schcontrario.ca

Catchment:
Markham Rd. / Victoria Park Ave. / Kingston Rd. / Ellesmere Rd.

Eligibility:
Within catchment area

Who offers services?
• Social Worker

Who can make a referral
• Primary health care practitioner
• Public health nurse
• Self

Accessibility:
Wheelchair accessible building

What do these services include:
• Individual – 10 sessions
• Couple
• Family
• Waitlist
• Interpretation services available

Community Health Centre Satellite
4002 Sheppard Ave. East Unit 401,
Scarborough ON M1S 4R5
Major Intersection: Sheppard Ave. / Kennedy Rd.
☎ (416) 642-9445

Catchment:
Markham Rd. / Victoria Park Ave. / Ellesmere Rd. / Steeles Ave.
Counselling Services

519 Church Street Community Centre
519 Church St.
Toronto, ON M4Y 2C9
**Major Intersection:** Church St. / Wellesley St. E.
☎ (416) 392-6874

**Catchment:** Open
**Eligibility:** LGBTQ

**Who offers services?**
- Social Worker
- Counsellors

**Who can make a referral**
- Self

**Accessibility:** Wheelchair accessible building

**www.the519.org**

Aberfoyle Clinic
304 The East Mall, Unit102
Toronto, ON M9B 6E2
**Major Intersection:** Bloor St. W. / East Mall Rd.
☎ (416) 231-7968

**Catchment:** Open
**Eligibility:** OHIP covered

**Who offers services?**
- Psychiatrist
- General practitioner
- Psychotherapist

**Who can make a referral**
- Primary health care practitioner

**Accessibility:** Wheelchair accessible building

**What do these services include?**
- Individual short-term LGBTQ counselling
- Couple
- Family – support for families of diverse identities and structures
- Waitlist

**Who can make a referral**
- Primary health care practitioner
## Counselling Services

### Across Boundaries, an Ethnoracial Mental Health Centre
51 Clarkson Ave.
Toronto, ON M6E 2T5
**Major Intersection:** Caledonia Rd. / Eglinton Ave. W.

<table>
<thead>
<tr>
<th>Catchment</th>
<th>Eligibility:</th>
<th>Accessibility:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Member of a racialized community (Black/African, South Asian, West Asian, Arab, South-East Asian, Latin American of Color)</td>
<td>Wheelchair accessible building</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who offers services?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Social Worker</td>
</tr>
<tr>
<td>• Psychiatrist</td>
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<table>
<thead>
<tr>
<th>Who can make a referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Public health nurse</td>
</tr>
<tr>
<td>• Self</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>What do these services include?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Individual (for severe mental health, may refer to Women’s Health in Women’s Hands)</td>
</tr>
<tr>
<td>• Case management</td>
</tr>
<tr>
<td>• Groups</td>
</tr>
<tr>
<td>• Interpretation services available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Afghan Women’s Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>789 Don Mills Rd., Unit 700</td>
</tr>
<tr>
<td>Toronto, ON M3C 1T5</td>
</tr>
<tr>
<td><strong>Major Intersection:</strong> Don Mills Rd. / Eglinton Ave. E.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Catchment:</th>
<th>Eligibility:</th>
<th>Accessibility:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Women from the Afghan community</td>
<td>Wheelchair accessible building</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who offers services?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Social Worker</td>
</tr>
<tr>
<td>• Mental Health and Addiction workers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who can make a referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Primary health care practitioner</td>
</tr>
<tr>
<td>• Public health nurse</td>
</tr>
<tr>
<td>• Self</td>
</tr>
</tbody>
</table>

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>• Individual</td>
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<tr>
<td>• Couple</td>
</tr>
<tr>
<td>• Family</td>
</tr>
<tr>
<td>• Case management</td>
</tr>
<tr>
<td>• Groups – Women’s depression group</td>
</tr>
<tr>
<td>• Interpretation services available</td>
</tr>
</tbody>
</table>
Counselling Services

**Alternatives: East York Mental Health Counselling Services**

1245 Danforth Ave.
Toronto, ON M4J 1M8

**Major Intersection:** Danforth Ave. / Pape Ave.

☎ (416) 285-7996

[www.alternativestoronto.org](http://www.alternativestoronto.org)

**Catchment:**
Don Valley Parkway / Victoria Park Ave. / Danforth Ave.

**Eligibility:**
Live in East York

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychiatrist
- Mental health counsellors

**Who can make a referral**
- Public health nurse
- Self

**What do these services include?**
- Individual
- Couple
- Case management
- Groups
- Waitlist
- Interpretation services available

---

**Canadian Hearing Society**

271 Spadina Rd.
Toronto, ON M5R 2V3

**Major Intersection:** Spadina Rd. / Davenport Rd.

☎ (416) 928-2504
(877) 215-9530 (TTY)

[www.chs.ca](http://www.chs.ca)

**Catchment:**
Open

** Eligibility:**
Deaf or hard of hearing

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychologist
- Psychiatrist – Refer out with interpreter

**Who can make a referral**
- Public health nurse
- Self

**What do these services include?**
- Individual
- Couple
- Family
- Case management
- Waitlist
- Interpretation services available
## Counselling Services

### COSTI Family and Mental Health Services

Sheridan Mall  
1700 Wilson Ave., Unit 105  
Toronto, ON M3L 1B2  
**Major Intersection:** Jane St. / Wilson Ave.  
☎ (416) 244-7714  
🌐 www.costi.org  

<table>
<thead>
<tr>
<th>Catchment:</th>
<th>Eligibility:</th>
<th>Accessibility:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Italian / Spanish/Canadian Community.</td>
<td>Not wheelchair accessible</td>
</tr>
</tbody>
</table>

**Who offers services?**  
- Social Worker  
- Mental Health and Addiction counsellors  
- Psychiatrist  

**Who can make a referral**  
- Primary health care practitioner  
- Public health nurse  
- Self  

**What do these services include:**  
- Individual  
- Couple  
- Family  
- Groups  
- Waitlist  
- Interpretation services available

### Family Service Toronto

355 Church St.  
Toronto, ON M5B 1Z8  
(Many sites throughout Toronto – see website for locations)  
**Major Intersection:** Gerrard St. E. / Church St.  
☎ (416) 595-9230 (Administration)  
☎ (416) 595-9618 (Service Access)  
🌐 www.familyservicetoronto.org  

<table>
<thead>
<tr>
<th>Catchment:</th>
<th>Eligibility:</th>
<th>Accessibility:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Open</td>
<td>Wheelchair accessible building</td>
</tr>
</tbody>
</table>

**Who offers services?**  
- Social Worker  

**Who can make a referral**  
- Public health nurse  
- Self  

**What do these services include:**  
- Individual  
- Couple  
- Family  
- Groups  
- Waitlist  
- Interpretation services available
Counselling Services

Hong Fook Mental Health Association

3320 Midland Ave., Unit 201
Toronto, ON M1L 5E6

Major Intersection:
Midland Ave. / Finch Ave.

[36x703] Hong Fook Mental Health Association
[37x679] 3320 Midland Ave., Unit 201
[37x666] Toronto, ON M1L 5E6
[37x654] Major Intersection:
[37x641] Midland Ave. / Finch Ave.
(416) 493-4242
www.hongfook.ca

Major Intersection:
Sheppard Ave. E. / Don Mills Rd.

[36x636] Toronto Services For Women With Postpartum Depression and Anxiety
[36x630] 130 Dundas St. West, 3rd Flr.
[36x618] Toronto, ON M5G 1C3
[36x606] Major Intersection:
Dundas St. W. / Bay St.
(416) 493-4243

Catchment:
Open

Eligibility:
People of Cambodian, Cantonese, Korean, Mandarin, and Vietnamese origins.

Accessibility:
Wheelchair accessible buildings

Who offers services?
- Social Worker
- Community Social Service Worker
- Psychiatrist
- Counsellor

Who can make a referral
- Professionals/community agencies
- Self/family member
- Public health nurse

What do these services include:
- Individual Mental Health Case Management
- Self-help and mutual support groups
- Counselling, Psycho-social assessment, consultation, advocacy
- Waitlist

Jane / Finch Community and Family Centre

4400 Jane St., Unit 108
Toronto, ON M3N 2K4

Major Intersection: Jane St. / Finch Ave.

(416) 663-2733
www.janefinchcentre.org

Catchment:
Jane/Finch community

Eligibility:
Reside in Jane/Finch community

Accessibility:
Office not wheelchair accessible. Some programs may be accessible

Who offers services?
- Counsellors
- Public health nurse

Who can make a referral
- Public health nurse
- Self

What do these services include:
- Groups
- Waitlist
- Interpretation services available
## Counselling Services

### Jessie's – The June Callwood Centre for Young Women

205 Parliament St.
Toronto, ON M5A 2Z4  
**Major Intersection:** Queen St. E. / Parliament St.  
📞 (416) 365-1888  
🌐 [www.jessiescentre.org](http://www.jessiescentre.org)

- **Catchment:** Open
- **Eligibility:** Teen parents (under age 20)
- **Accessibility:** Wheelchair accessible building

#### Who offers services?
- Social Worker
- Counsellors

#### Who can make a referral
- Primary health care practitioner
- Public health nurse
- Self

#### What do these services include?
- Individual
- Couple
- Groups – life skills, parenting, attachment
- Respite care
- Parent Relief
- Interpretation services available

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### Parkdale Psychotherapy Clinic

2333 Dundas St. W.
Toronto, ON M6R 3A6  
**Major Intersection:** Bloor St. W. / Dundas St. W.  
📞 (416) 533-5554

- **Catchment:** Open
- **Eligibility:** Open
- **Accessibility:** Wheelchair accessible

#### Who offers services?
- General Practitioner Psychotherapy (Covered by OHIP)

#### Who can make a referral
- Primary health care practitioner

#### What do these services include?
- Individual counselling
- Waitlist
Counselling Services

The Medical Clinic
265 Yorkland Blvd., Unit 403
Toronto, ON M2J 5C7
Major Intersection: Bayview Ave. / Sheppard Ave. E.
📞 (416) 229-2399
🌐 www.medicalpsychclinic.org

Catchment: Open
Eligibility: Open
Accessibility: Wheelchair accessible

Who offers services?
- General Practitioner Psychotherapy (Covered by OHIP)

What do these services include:
- Individual
- Groups (Depression, Anxiety)
- Waitlist

Who can make a referral
- Primary health care practitioner

Thorncliffe Neighbourhood Office
1 Leaside Park Drive
Unit 7
Toronto, ON M4H 1R1
Major Intersection: Overlea Blvd. / Millwood Rd.
📞 (416) 467-0126
🌐 www.thorncliffe.org

Catchment: Thorncliffe Park and East York
Eligibility: Reside within catchment area
Accessibility: Wheelchair accessible building

Who offers services?
- Mental health counsellors

What do these services include:
- Supportive counselling
- Post immigration counselling
- Counselling for children who face trauma
- Information & referral
- Interpretation services available

Who can make a referral
- Public health nurse
- Self
### Toronto Services For Women With Postpartum Depression and Anxiety

#### Women’s College Brief Psychotherapy Centre for Women
2 Carlton St., Unit 1806  
Toronto, ON M5B 1J3  
**Major Intersection:** Yonge St. / College St.  
☎ (416) 591-2000  
🌐 [www.womenscollegehospital.ca](http://www.womenscollegehospital.ca)

**Catchment:** Open  
**Eligibility:** Ages 16 years and over  
**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychologist

**Who can make a referral**
- Self

**What do these services include:**
- Individual
- Groups
- Waitlist

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#### Woodgreen Walk-in Counselling Services
815 Danforth Ave. 2nd floor, Suite 202  
Toronto, ON M4J 1L2  
**Major Intersection:** Danforth Ave. / Pape Ave.  
☎ (416) 645-6000  
🌐 [www.woodgreen.org](http://www.woodgreen.org)

**Catchment:** GTA  
**Eligibility:** Open  
**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Social Worker

**Who can make a referral**
- Primary health care practitioner
- Public health nurse
- Self

**What do these services include:**
- Immediate, no cost walk-in counselling. Appropriate for people who are on a waiting list for other services, already receiving help or who have had no contact with other community supports.
- Individual
- Group
- Bereavement Group Support/Counselling
**Infant Mental Health and Attachment Resources**

**Aisling Discoveries Child and Family Centre**
325 Milner Ave., Unit 110
Toronto, ON M1B 5N1
**Major Intersection:** Markham Rd. / Sheppard Ave. E.

- Phone: (416) 321-5464
- Website: [www.aislingdiscoveries.on.ca](http://www.aislingdiscoveries.on.ca)

**Catchment:** Scarborough
**Eligibility:** Live in Scarborough or East York
**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Social Worker
- Child and youth workers
- Early childhood educators
- Infant Specialist

**Who can make a referral**
- Public health nurse
- Self

**What do these services include?**
- Family infant/child treatment program with focus on attachment and highly stressed families
- Groups
- Community workshops and presentations
- Services offered in home, office and community
- Waitlist – priority given to mothers with mental health concerns and attachment issues
- Interpretation services available

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**Child Development Institute**
197 Euclid Ave.
Toronto, ON M6J 2J8
**Major Intersection:** Bathurst St. / Dundas St. W.

- Phone: (416) 603-1827
- Website: [www.childdevelop.ca](http://www.childdevelop.ca)

**Catchment:** Open
**Eligibility:** Families with children 0 -12 years of age
**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychiatrist consultation
- Play Therapists

**Who can make a referral**
- Public health nurse
- Self

**What do these services include?**
- Individual
- Family
- Groups
- Early intervention services
- Family violence services
- Healthy child development
- Interpretation services available
Infant Mental Health and Attachment Resources

**Hincks – Dellcrest Centre**

1645 Sheppard Ave. West
Toronto, ON M3M 2X4

**Major Intersection:** Sheppard Ave. W. / Keele St.

📞 (416) 924-1164

http://www.hincksdellcrest.org

**Catchment:**
All of Toronto except Scarborough and Etobicoke

**Eligibility:**
Families with infants, children or youth

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychologist
- Psychiatrist
- Early childhood educators
- Child and youth workers

**Who can make a referral**
- Public health nurse
- Self

440 Jarvis St.
Toronto, ON M4Y 2H4

**Major Intersection:** Jarvis St. / Wellesley St. E.

📞 (416) 924-1164

**What do these services include?**
- Individual and child therapy
- Family and parent counselling
- Groups
- Home visiting
- Waitlist

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**Rosalie Hall**

3020 Lawrence Ave. East
Toronto, ON M1P 2T7

**Major Intersection:** McCowan Rd. / Lawrence Ave. E.

📞 (416) 438-6880

http://www.rosaliehall.com

**Catchment:**
City of Toronto

**Eligibility:**
Teens up to 25 years of age

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Attachment team – attachment temperament play
- Early Childhood Educator – individual work

**Who can make a referral**
- Primary health care practitioner
- Public health nurse
- Self

**What do these services include?**
- Individual counselling
- Groups
- Interpretation services available
Infant Mental Health and Attachment Resources

The Etobicoke Children’s Centre
65 Hartsdale Dr.
Toronto, ON M9R 2S8
**Major Intersection:** Islington Ave. / Eglinton Ave. W.
☎ (416) 240-1111
🌐 [www.etobicokechildren.com](http://www.etobicokechildren.com)

**Catchment:**
West Toronto (former Etobicoke and York)

**Eligibility:**
Children (under the age of 13), and their families who are at risk for, or are experiencing mental health issues

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Child Care Consultants (ECE, CYW)
- Psychiatry Consultation

**What do these services include?**
- Individual child therapy
- Parent Support and training
- Family Therapy
- Consultation Services
- Brief Intervention
- Service Coordination
- Waitlist
- Interpretation services available

**Who can make a referral**
- Physicians
- Public health nurse
- Community Health Centres
- Self

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The George Hull Centre for Children and Families
81 The East Mall (North of the Queensway)
Toronto, ON M8Z 5W3
**Major Intersection:** Hwy 427 / North Queen St.
☎ (416) 622-8833
🌐 [www.georgehullcentre.on.ca](http://www.georgehullcentre.on.ca)

**Catchment:**
Open

**Eligibility:**
Families with children 0 – 18 years of age

**Accessibility:**
Wheelchair accessible building

**Who offers services?**
- Social Worker
- Psychologist
- Psychiatrist
- Child and Youth Worker
- Early Childhood Educator

**Who can make a referral**
- Primary health care practitioner
- Public health nurse
- Self

**What do these services include?**
- Individual therapy
- Counselling services
- Family group conferencing and group programs
- Group treatment
- Parenting and Educational workshops
- Psychiatric assessment
- Residential services
- Home-based assessment
- Waitlist
- Interpretation services available
**Infant Mental Health and Attachment Resources**

**Yorktown Child and Family Centre**  
2010 Eglinton Ave. West, Suite 300  
Toronto, ON M6E 2K3  
**Major Intersection:** Dufferin St. / Eglinton Ave. W.  
☎ (416) 394-2424  
🌐 [www.yorktownfamilyservices.com](http://www.yorktownfamilyservices.com)

**Catchment:**  
Former City of York

**Eligibility:**  
Families with children 0 – 18 years of age

**Accessibility:**  
Wheelchair accessible building

**Who offers services?**  
- Social Worker  
- Early Childhood Educator

**Who can make a referral**  
- Public health nurse  
- Self

**What do these services include?**  
- Individual walk in counselling  
- Counselling services  
- Parenting programs  
- Specialized group programs  
- School base services  
- Waitlist  
- Interpretation services available

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**Community Resources**

**Access Point Mental Health Intake Network**  
(Formerly Access 1)  
661 Yonge St., 4th Flr.  
Toronto, ON M4Y 1Z9  
**Major Intersection:** Bloor St. / Yonge St.  
☎ (416) 640-1934 or 1-888-640-1934  
🌐 [www.access1.ca](http://www.access1.ca)

**Catchment:**  
Toronto

**Eligibility:**  
Over age 16 with mental health issues living in catchment area

**Accessibility:**  
Wheelchair accessible building

**Who offers services?**  
- Case manager

**Who can make a referral**  
- Physicians  
- Public health nurse  
- Self

**What do these services include?**  
- Intensive case management  
- Multi-disciplinary teams provide treatment, rehabilitation and support  
- Intake and referral to mental health agencies in area  
- Waitlist  
- Interpretation services available
### Community Resources

#### Babies Best Start
325 Milner Ave., Unit 110  
Toronto, ON M1B 5N1  
**Major Intersection:** Markham Rd. / Sheppard Ave. E.  
📞 (416) 321-5464  
🌐 [www.aislingdiscoveries.on.ca](http://www.aislingdiscoveries.on.ca)

**Catchment:** Scarborough  
**Eligibility:** Families with children 0-6 years old in Scarborough  
**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Family Home Visitors

**Who can make a referral**
- Public health nurse  
- Self

**What do these services include?**
- Home visits by trained family home visitor who offers support and information to parents  
- Birth companions for women from a variety of cultural groups to provide support before, during and after childbirth  
- Waitlist  
- Interpretation services available

#### Community Care Access Centre – Central Site
250 Dundas St. West, Suite 305  
Toronto, ON M5T 2Z5  
**Major Intersection:** Dundas St. / University Ave.  
📞 (416) 506-9888  
🌐 [www.ccac-ont.ca](http://www.ccac-ont.ca)

**Catchment:** GTA  
**Eligibility:** Live in GTA  
**Accessibility:** Not Applicable

**Who offers services?**
- Mental health Nurse  
- Occupational Therapist offers Cognitive Behavioural Therapy  
- Peer support worker

**Who can make a referral**
- Self

**What do these services include?**
- In home personal care support, (help with infant care, housework etc)  
- Waitlist  
- Interpretation services available for assessment only
Family Association for Mental Health Everywhere (FAME)

Main office:
268 Royal York Rd., 2nd Flr.
Toronto, ON M8V 2W1
Major Intersection: Cavell/Stanley Ave.
(416) 207-5032

www.fameforfamilies.com

Toronto office:
333 Sherbourne St., Room 2100
Toronto, ON M8X 1Y6
Major Intersection: Sherbourne St./Carlton St.
(416) 324-5060

Scarborough office:
1911 Kennedy Rd., Unit 105
Scarborough, ON M8X 1Y6
Major Intersection: Kennedy Rd./Ellesmere Rd.
(416) 913-2144

Catchment: GTA
Eligibility: For families of those with mental illness
Accessibility: Main office not wheelchair accessible. Toronto and Scarborough offices wheelchair accessible

Who offers services?
• Social Worker
• Family support worker

Who can make a referral
• Self

What do these services include:
• Individual supportive counselling
• Support for family members of individuals with a mental illness

Mood Disorders Association of Ontario

36 Eglinton Ave. West, Unit 602
Toronto, ON M4R 1B9
Major Intersection: Yonge St./Eglinton Ave. W.
(416) 486-8046 / 1-888-486-8236
www.mooddisorders.ca

Catchment: Open
Eligibility: Open
Accessibility: Wheelchair accessible building

Who offers services?
• Lay persons

Who can make a referral
• Self

What do these services include:
• Individual peer support in person or over the telephone
• Online information and resources
• Peer lead, drop-in women's peer support group
# Community Resources

**Motherisk Hospital for Sick Children**

555 University Ave.
Toronto, ON M5G 1X8

**Major Intersection:** University Ave. / College St.

☎ (416) 813-6780
☎ 1-877-439-2744

**Catchment:** Open

**Eligibility:** Open

**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Information on medication use during pregnancy and lactation

**What do these services include?**
- Telephone and online information
- Clinical services available by appointment

**Who can make a referral**
- Primary health care practitioner
- Public health nurse
- Self

- [www.motherisk.org](http://www.motherisk.org)

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**Toronto Public Health**

☎ (416) 338-7600

**Catchment:** Open

**Eligibility:** Open

**Accessibility:** Not Applicable

**Who offers services?**
- Public Health Nurses
- Registered Dieticians
- Family Home Visitors

**What do these services include?**
- Home visits
- Telephone support and counselling
- Groups
- Linkage to community resources

**Who can make a referral**
- Public health nurse
- Self

- [www.toronto.ca/health](http://www.toronto.ca/health)

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**Visiting Homemakers Association**

30 Soudan Ave., Suite 500
Toronto, ON M4S 1V6

**Major Intersection:** Yonge St. / Eglinton Ave.

☎ (416) 489-2500 Ext 4349 (parent relief)

**Catchment:** GTA

**Eligibility:** Moms in crisis

**Accessibility:** Wheelchair accessible building

**Who offers services?**
- Homemakers
- Personal support workers
- Nurses

**What do these services include?**
- Newborn assistance, light housekeeping, caregiver relief and respite care
- Waitlist

**Who can make a referral**
- Public health nurse
- Self

- [www.vha.ca](http://www.vha.ca)
## Community Resources

### VON – Good Beginnings Program
2150 Islington Ave., #301  
Toronto, ON M9P 3V4  
**Major Intersection:** Islington Ave / Hwy 401  
📞 (647)788-3180 Ext 2338  
1-866-817-8589 Ext 2382  
🌐 [www.von.ca](http://www.von.ca)

**Catchment:**  
City of Toronto

**Eligibility:**  
New moms with no support

**Who offers services?**
- Volunteers

**What do these services include?**
- Weekly visits by volunteers to provide emotional and practical support to new mothers.

**Who can make a referral**
- Self  
- Public Health Nurse

### Children's Aid Society

#### Catholic Children's Aid Society of Toronto (CCAS)
26 Maitland St.  
Toronto, ON M4Y 1C6  
**Major Intersection:** Yonge St./ Carlton St.  
📞 (416) 395-1500  
🌐 [www.torontoccas.org](http://www.torontoccas.org)

#### Children's Aid Society of Toronto (CAST)
30 Isabella St.  
Toronto, ON M4Y 1N1  
**Major Intersection:** Yonge St./ Bloor St. E.  
📞 (416) 924-4640  
🌐 [www.torontocas.ca](http://www.torontocas.ca)

#### Jewish Family and Child Services
4600 Bathurst St., 1st Floor  
Toronto, ON M2R 3V3  
**Major Intersection:** Bathurst St./ Sheppard Ave. W.  
📞 (416) 638-7800  
🌐 [www.jfandcs.com](http://www.jfandcs.com)

#### Native Child and Family Services Of Toronto
30 College St.  
Toronto, ON M5G 1K2  
**Major Intersection:** Yonge St./ College St.  
📞 (416) 969-8510  
🌐 [www.nativechild.org](http://www.nativechild.org)
**Websites**

**Postpartum Support International**

🔗 www.postpartum.net

The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. They provide current information, resources, education, and advocate for further research and legislation to support perinatal mental health. There is an online support group as well as “chat with an expert” phone support. Their newsletter gives up-to-date information on worldwide news, conferences, resources, research and events.

**The Online PPD Support Group**

🔗 www.ppdsupportpage.com

The purpose of this organization is to offer information, support and assistance to those dealing with postpartum mood disorders, their families, friends, physicians and counsellors. They are a resource for finding help and offer support from others through their forums, email group and chat rooms.
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**Legend:**

- **D/C** – Discharge
- **PMD** - Perinatal Mood Disorders
- **MH and A** - Mental Health and Addictions worker
- **OT** - Occupational Therapist
- *** Please refer to the book to see individual hospital
- **** Recommends client with PMD go to TGH
Toronto Services for Women
with Postpartum Depression and Anxiety