

HEALTH SERVICES

Where to go when you're looking for help

In Ontario, health care services are managed, integrated and funded by 14 local health integration networks (LHINs) across the province. These LHINs help people find and access health care resources in their region. To find out which region you are a part of, visit www.lhins.on.ca and enter your postal code.

In an emergency, always call 911.

Public Health

Health Care Connect

www.ontario.ca/page/find-family-doctor-or-nurse-practitioner
1 800 445-1822

Services offered: Refers people from Ontario to a nurse practitioner or family doctor in their area who may be accepting new clients

Eligibility: People who do not have a family physician, have a valid OHIP card and an up-to-date address associated with that card

Referral: Register by phone or online; phone line operates Monday to Friday from 9:00 a.m. to 5:00 p.m.

National Home Doctor Service

homedoctor.ca
416 631-3000

Services offered: After-hours home doctors' visits from 4:00 to 11:00 p.m. Monday to Friday and weekends and public holidays from about noon to 11:00 p.m., depending on location

Eligibility: People living in Toronto, Richmond Hill, Vaughan, Markham, Mississauga, Brampton, Oakville and Burlington experiencing acute, episodic illness and injury; they will not see patients for new mental health issues, but can refill a prescription from an existing psychiatric medication as long as it's not an opioid or benzodiazepine

Fee: All appointments covered by OHIP

Note: You can book appointments online or over the phone from 8:00 a.m. to midnight, seven days a week, for same-day appointments only

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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

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Telehealth Ontario

www.ontario.ca/page/get-medical-advice-telehealth-ontario

1 866 797-0000

TTY: 1 866 797-0007

Services offered: Confidential, 24/7 phone service providing free health advice or information from a registered nurse

Eligibility: Anyone with health-related questions

Note: Services are only available over the phone (email advice is not available)

Toronto Public Health

277 Victoria St., Toronto, ON

www.toronto.ca/community-people/health-wellness-care

416 338-7600

Services offered: Information and access to Toronto Public Health's programs and agencies with a focus on public health concerns and healthy living (e.g., breastfeeding clinics; vaccination clinics; speech, language and hearing clinics; dental clinics; medical advice and information)

Note: Refer to the various clinics and/or programs listed through Toronto Public Health for individual eligibility criteria and referral process

Low-Cost Dental Clinics

Canadian Centre for Refugee and Immigrant Health Care, Urban Dental Clinic

4158 Sheppard Ave. E., Scarborough, ON

www.healthequity.ca/dental-clinic

416 289-4349

Services offered: Emergency care, prescriptions, x-rays and fillings

Eligibility: Working adults between 18 to 64 with no employer or government dental benefits (a financial screen will be conducted over the phone)

Fee: Free for people who meet the eligibility criteria

Note: Call to book an appointment

Evangel Hall Mission Dental Clinic

www.evangelhall.ca/services/health-dental-clinic

416 504-3563, press 4

Services offered: Free dental care

Eligibility: Torontonians facing poverty, homelessness and physical and mental illnesses; individual eligibility based on the person's Revenue Canada Notice of Assessment for the previous year and a copy of their most recent pay stub or more recent Ontario Works cheque

Referral: Submit the documents listed above by fax to 416 504-8056 or by email to arsema.okbat@evangelhall.ca

Fee: Free to eligible participants

Note: Refer to the website for additional referral and eligibility criteria

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Evergreen Health Centre (Yonge Street Mission)

365 Spadina Ave., Toronto, ON

www.ysm.ca/wp-content/uploads/2019/02/EG-Health-Centre-Program-Brochure-Feb2019.pdf
416 929-9614, ext. 2238

Services offered: Dental and hygiene services, including examinations, cleanings, x-rays, fillings, root canals, extractions, night guards, crowns, surgical removal of wisdom teeth and partial dentures; other health care services

Eligibility: Homeless and street-involved youth age 16 to 24 and their children up to age four

Fee: All services are free and confidential; no OHIP card required

Note: The health centre is open Monday to Friday from 12:30 to 4:30 p.m., but the lineup starts at noon

Healthy Smiles Ontario

www.ontario.ca/page/get-dental-care
1 844 296-6306

Services offered: Free preventive, routine and emergency dental services including check-ups, cleanings, fillings, x-rays, scaling and tooth extraction

Eligibility: Children and youth under 17 from low-income households: children are automatically enrolled in the program if their family receives assistance/income support, all others need to enrol online or by mail; refer to their website for information on the application process and what qualifies as low income

Fee: Free

Note: Cosmetic dentistry, including teeth whitening and braces, are not covered by this program

George Brown College, WAVE Clinic

51 Dockside Dr., 3rd floor, Toronto, ON

www.georgebrown.ca/wave/dentalclinic
416 415-4547

Services offered: School of Dental Health students work with faculty to provide low-cost dental care, including dental hygiene services, denture services, restorative services and x-rays from September to April and varied hours in May and June

Fee: Detailed fees based on age and required service can be found on the website

Note: You must book an appointment; check the website to find out if the clinic is accepting new patients

Parkdale Queen West Community Health Centre, West End Oral Health Clinic

1229 Queen St. W., Toronto, ON

168 Bathurst St., Toronto, ON

pqwchc.org/programs-services/dental-services/west-end-oral-health-clinic
416 537-2455 ext.1415

Services offered: Free check-ups, cleanings, fillings, extraction, x-rays, oral self-care instruction and referrals provided by volunteer dentists and students from George Brown School of Dental Health

Eligibility: People with low income age 18 to 64 who have no coverage for dental care; ODSP recipients are eligible for cleanings only (if these cleanings are required and above their allowed coverage) and OW recipients are only eligible for a cleaning with the dental hygienist

Fee: Free

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Parkdale Queen West Community Health Centre, Reduced Fee Dental Services

168 Bathurst St., Toronto, ON

pqwchc.org/programs-services/dental-services/reduced-fee-dental-services

416 703-8482, ext. 2203

Services offered: Basic dental services for a reduced fee, including dental examinations, x-rays, cleanings, fillings, extractions and selected root canals

Eligibility: Youth and adults living in Toronto

Fee: Contact the service for more information about their fees

Note: Contact the service to see if they are accepting new patients

Health Care for People Who Are Underhoused or Underserved

Imagine Clinic

168 Bathurst St., Toronto, ON

imagine-clinic.squarespace.com/clinic

Services offered: Drop-in service offering holistic care and referrals from students and their instructors in medicine, nursing, pharmacy, physiotherapy and social work

Eligibility: People who are underserved and homeless in downtown Toronto; no ID or OHIP card is required

Fee: Free

Note: The clinic is only open on Saturdays from 10:00 a.m. to 2:00 p.m.

Sherbourne Health, Acute Respite Care (ARC) Program

333 Sherbourne St., Toronto, ON

sherbourne.on.ca/acute-respite-care

416 324-4108

Services offered: Short-term health care unit offering 24/7 care for people expected to recover from a medical condition in a short period time and who do not need hospital care

Eligibility: People 16 years and older who are homeless, underhoused and/or socially isolated and in need of a safe place to recuperate from an acute medical condition, illness, injury or surgery; no OHIP card is required

Referral: Referrals accepted from community-based health and social service programs, hospitals, drop-ins, outreach programs, shelters and from individuals directly (complete the referral form on their website and fax it to 416 324-4258)

Note: This program is not meant to replace other forms of health care such as emergency or urgent assessment, crisis, mental health or addiction services

Street Health

338 Dundas St. E., Toronto, ON

www.streethhealth.ca

416 324-4108

Services offered: Nursing clinics, community health programs, harm reduction programs, health card access support, ID Safe and overdose prevention sites

Eligibility: People who are homeless or underhoused living in the neighbourhood around Dundas St. E. and Sherbourne St.

Note: The nursing clinic and ID replacement clinic are at different locations and open at different times each day of the week, see their website for a detailed listing

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The West End Non-Insured Walk-in Clinic (Access Alliance)

340 College St., Toronto ON

accessalliance.ca/programs-services/primary-health-care/walk-in-clinic

416 760-2810

Services offered: Confidential health care services on a first-come, first-serve basis, including episodic care (attention to a specific medical problem), telephone interpretations and referrals to other health care providers/specialists; midwives available to see pregnant women on Thursdays

Eligibility: People living in Toronto who don't have a family doctor or health insurance (people are not eligible if they have OHIP private health insurance, are a visitor or a student or if they are covered by the Interim Federal Health Program [IFHP] or Ontario Temporary Health Program [OTHP])

Fee: Free

Note: Clinic operates Mondays and Thursdays from 4:30 to 7:30 p.m.

ID Clinics

Partners for Access and Identification (PAID)

www.neighbourhoodlink.org/index.php?page_id=239

Services offered: 40 clinics around the GTA that help people access health care and sources of income such as pensions and other services

Eligibility: The PAID clinics can support people in obtaining the following documents: birth registration, Canadian birth certificate, Verification of Status replacement (formerly know as Record of Landing) and Ontario health care (if the person does not have an address and ID)

Note: Refer to the website for information on the various clinics, hours of operation, location and closures

Street Health

338 Dundas St. E., Toronto, ON

www.streethhealth.ca/street-resources/id-replacement

416 921-8668 ext. 227

Services offered: A schedule of identification clinics for clients looking to replace or obtain legal identifications

Eligibility: Anyone who needs help replacing or obtaining legal ID

Note: Only 30 people can be seen at each clinic, so it's best to arrive early to sign up; refer to their website for their ID replacement clinic hours and locations (their schedule changes often)