

TRAUMA

Where to go when you're looking for help

Anyone who has experienced trauma knows that it can be very emotionally painful, and can elicit feelings of terror, shame and helplessness. Trauma can involve a single event (e.g., death of a child) or it can be a pattern (e.g., growing up in a violent environment). People respond to trauma in different ways. Responses include isolation, increased alertness, substance use and depression. Trauma can also lead to strained relationships or physical symptoms such as headaches or nausea.

Trauma sometimes develops into post-traumatic stress disorder (PTSD). Symptoms include re-experiencing the event, avoiding reminders of the event and feeling overly alert. Some therapies target the symptoms of PTSD directly, while others focus on social, family or job-related problems. Therapists often use a combination of treatments. Treatment includes trauma-focused therapy, which addresses the traumatic event, and non-trauma focused therapy, which focuses more on the present.

To learn more about services for people who have experienced sexual assault or other forms of abuse, visit www.connexontario.ca and search the Directory under “Abuse Services.”

Counselling and Support Services

Across Boundaries for 2SLGBTQIA+

51 Clarkson Ave., Toronto, ON

<https://acrossboundaries.ca/2slgbtq/>

Tel.: 416 787-3007 ext. 222 (intake and program information)

Services: Community-based and in-house programming, case management, trauma-informed counselling, on-site psychotherapist and addictions counsellor, alternative healing, referrals to other health support agencies, outreach

Eligibility: 2SLGBTQIA+ and QTBIPOc (queer, trans, Black, Indigenous, people of colour)

Referral: Self-referral

Fee: Free

Notes: Multilingual support (e.g., Caribbean dialects, African and Central/South/South East Asian languages)

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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Canadian Centre for Victims of Torture

194 Jarvis St., 2nd floor, Toronto, ON

www.ccvt.org

Tel.: 416 363-1066 or 1 877 292-2288 (toll free)

mabai@ccvt.org

Services: Assessment, treatment planning, crisis intervention and support services, individual, family and group counselling; anti-human trafficking program; referral to treatment; public education

Eligibility: Survivors of torture, war or human trafficking

Referral: Self-referral

Fee: Free

Distress Centres of Greater Toronto – Survivor Support Programs (Suicide & Homicide Loss)

www.dcoqt.com

Tel.: 416 595-1716 or 905 278-4890 (TTY)

Services: Individual or group support after suicide or homicide; support group for 2SLGBTQ+

Eligibility: Individuals 18+ who have experienced a death by suicide or homicide

Referral: Self-referral

Fee: Free

Notes: Some services offered online

Family Services of Peel – Immediate Intervention Services

Services available at several locations in Peel region

<https://fspeel.org/services/trauma-intervention/immediate-intervention-services/>

Tel.: 905 453-5775 (intake department)

fsp@fspeel.org

Services: Counselling

Eligibility: People who have experienced a recent crisis and are unable to manage (e.g., bereavement due to sudden loss or death, traumatic events, suicidal ideation, PTSD)

Referral: Self-referral

Fee: Free

The Gatehouse

3101 Lakeshore Blvd. West, Toronto ON

www.thegatehouse.org

Tel.: 416 255-5900

karen@thegatehouse.org

Services: Adult support program (31 weeks); 5-week young adults support group; Road from Estrangement to Reconciliation program; investigation support program; Full Circle art therapy program

Eligibility: Adult survivors of childhood sexual abuse

Referral: Self-referral

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Fee: \$25 materials fee for adult support program and Road from Estrangement to Reconciliation; Full Circle program – \$250 in-person (materials included) or \$200 virtually (materials not included)

Notes: Intake and services in person, via phone or online using Zoom; all gender identities welcome

Toronto Rape Crisis Centre – Multicultural Women against Rape

Confidential location

www.trccmwar.ca

Tel.: 416 597-1171 (inquiries), 416 597-8808 (crisis line)

info@trccmwar.ca

Services: 24-hour crisis line, individual peer counselling, group support court/medical appointment support and accompaniment, web and text chat support, advocacy, community support

Eligibility: Survivors of sexual assault, childhood sexual assault and gender-based violence who are age 16+ and who identify as women, trans or non-binary

Referral: Self-referral

Fee: Free

Notes: Sessions can be in person, virtual (over Zoom) or by phone

Hospital-based Services

CAMH Aboriginal Service

60 White Squirrel Way, 2nd floor, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/aboriginal-substance-use-outpatient--counselling-service

Tel.: 416 535-8501 and press 2 (centralized intake service)

Services: Outpatient group and individual counselling

Eligibility: First Nations, Inuit or Métis with substance use or other mental health challenges

Referral: Self-referral

Fee: Free

CAMH Concurrent Outpatient Medical & Psychological Addiction Support Services (COMPASS)

100 Stokes St., 3rd floor, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/compass

Tel.: 416 535-8501 and press 2 (centralized intake service)

Services: Seeking Safety group for trauma and substance use; Mantram First Aid group for PTSD

Eligibility: People with addiction/concurrent disorders

Referral: Self-referral

Fee: Free

Notes: Limited individual therapy

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CAMH Integrated Day Treatment Service

100 Stokes St., 4th floor, Toronto, ON

www.camh.ca/en/your-care/programs-and-services/integrated-day-treatment-service

Tel.: 416 535-8501, press 2 (centralized intake service)

Services: Group programming includes cognitive-behavioural therapy, dialectal behaviour therapy, cognitive processing therapy, mindfulness; wellness recovery action plans

Eligibility: Clients with primary diagnosis of mood or anxiety disorder, in addition to a concurrent substance use disorder, trauma or borderline personality disorder

Referral: CAMH inpatient physician referrals only, closed to external referrals

Fee: Free

Notes: Programs vary from 4 to 12 weeks. May be a wait list.

Women's College Hospital – Trauma Therapy Program

76 Grenville St., 7th floor, Toronto, ON

www.womenscollegehospital.ca/care-programs/mental-health

Tel.: 416 323-6230

Services: Resourced and Resilient Group, Pathways for Healing, Women Recovering from Abuse Program

Eligibility: Women and men who have survived childhood trauma, such as sexual, physical or emotional violence and neglect up to age 18, not in acute crisis, no recent psychiatric hospitalizations, no acute symptoms that interfere with ability to attend program

Referral: By a physician or nurse practitioner providing ongoing care

Fee: OHIP covered

Notes: The program does not treat adult trauma reactions to domestic violence, natural disasters, automobile accidents or other trauma in adulthood. Some programs require prior therapy for trauma or abuse.

Services for Post-traumatic Stress Disorder

Bellwood Health Services – Trauma Recovery Program

175 Brentcliffe Rd., Toronto, ON

www.edgewoodhealthnetwork.com/locations/bellwood/programs/trauma-recovery-program/

Tel.: 1 866 845-1083

Services: 8-week inpatient program that includes cognitive processing therapy, in vivo exposure therapy, cognitive-behavioural therapy, dialectical behaviour therapy, art therapy, individual psychotherapy, group therapy, psychoeducational sessions, mindfulness, physical exercise, medication

Eligibility: People who have experienced psychological distress at work or in their personal life

Referral: Self-referral

Fee: Privately and publicly funded beds

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Gateway Recovery Centre – Concurrent Trauma & Addiction Program

2225 Lansdowne St. West, Peterborough, ON

www.edgewoodhealthnetwork.com/locations/gateway-recovery-centre/programs/concurrent-trauma-program

Tel.: 1 866 926-2710 (Gateway) or 1 866 867-6201 (centralized help line)

Services: 9-week inpatient program that includes prolonged exposure therapy, in vivo exposure, cognitive processing therapy, cognitive-behavioural therapy, dialectical behaviour therapy, individual psychotherapy, group therapy, psychoeducational sessions, relapse prevention groups, recreation therapy

Eligibility: Military service members, veterans and first responders, with or without addiction

Referral: Self-referral

Fee: Privately and publicly funded beds

Women-only Trauma Services

Assaulted Women’s Helpline

www.awhl.org

Tel.: 416 863-0511 (GTA), 1 866 863-0511 (toll free), 1 866 863-7868 (toll free TTY), 1 866 299-1011 (Senior Safety Line) or text (#7233) on Bell, Rogers, Fido or Telus mobile

Services: 24/7 helpline, crisis counselling, emotional support, information (e.g., safe escape planning), referrals

Eligibility: Women who have experienced abuse

Referral: Self-referral

Fee: Free

Notes: Assistance in up to 200+ languages from a feminist perspective

Family Services of Peel – New Beginnings Group

Services available at several locations in Peel region

<https://fspeel.org/services/trauma-intervention/groups/>

Tel.: 905 453-5775 (intake department)

fsp@fspeel.org

Services: Supportive group setting to share experiences; facilitated discussions about trauma healing, safety, self-esteem, personal strengths, healthy relationships

Eligibility: Women who have experienced physical, sexual, emotional, financial abuse

Referral: Self-referral

Fee: Free

Hope Place Women’s Centre – Continuing Care Programs

9605 Regional Rd. 25 North, RR3, Milton, ON

<https://hopeplacecentres.org/womens-live-in-treatment-centre/#continuing-care-programs>

Tel.: 1 877 761-6357 (toll free)

intake@hopeplacecentres.org

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

Services: Healing trauma group, women's peer support group, individual counselling, family and friends support group, couples and family counselling

Eligibility: Women age 18+ with addiction; priority to women who are pregnant or parenting children up to age 6; recovery goals must be compatible with abstinence philosophy

Referral: Self-referral

Fee: Programs covered by the Ministry of Health, workplace benefits and personal funds

Notes: May cover cost of transportation

Hope Place Women's Centre – Women's Live-in Treatment Program

9605 Regional Rd. 25 North, RR3. Milton, ON

<https://hopeplacecentres.org/womens-live-in-treatment-centre/#admission-criteria>

Tel.: 905 465-1679 ext. 102 or 1 877 399-7299 (toll free)

intake@hopeplacecentres.org

Services: 27-day addiction and stage 1 trauma treatment program that includes psychoeducational groups, process groups and individual counselling, work through trauma, building healthy relationships, effective communication, leisure activities (yoga, swimming, art therapy, dance, drumming), 12-step meetings

Eligibility: Women age 18+ with addiction; priority to women who are pregnant or parenting children up to age 6; recovery goals must be compatible with abstinence philosophy

Referral: Self-referral

Fee: Beds available at no charge (health card required), except for program fee payable at admission

Notes: Need physician's report and other health reports for admission; women in drug replacement therapy (e.g., methadone, buprenorphine) are referred to another program

Jean Tweed Centre

215 Evans Ave., Toronto, ON

<http://jeantweed.com>

Tel.: 416 255-7359

info@jeantweed.com

Services: Trauma-specific services include Building Resilience, a 4-week psychoeducational group; Seeking Safety, a 20-week group about trauma, substance use and gambling

Eligibility: Women who are working through gambling or substance use concerns after living through distressing or traumatic events

Referral: By a Jean Tweed counsellor

Fee: Free

Notes: Trauma program available only to current clients of the agency

YWCA Toronto – Breakthrough: Healing through the Arts

Central Toronto, close to a subway station (exact location provided during intake process)

www.ywcatoronto.org/OurPrograms/supportservices/healingthroughthearts

Tel.: 416 433-9314 or 416 487-7151 ext. 273 or 266 or 267

DGarcia@ywcatoronto.org (program worker) or info@ywcatoronto.org

Services: Trauma healing through arts, mindfulness, connecting to the body; connect with others who have experienced violence; social action program

Eligibility: Women and gender-diverse people who have experienced violence (childhood to adulthood, current or past)

Referral: Self-referral

Fee: Free

Notes: TTC tokens and childcare provided; program offered three times a year: winter (January–March), spring (April–June) and fall (September–December)

YWCA Toronto – Choices for Living

4401 Jane St., Toronto, ON (Driftwood Community Centre)

www.ywca-toronto.org/OurPrograms/supportservices/mentalhealthsupport

Tel.: 416 961-8100

CFLInfo@ywca-toronto.org (program worker) or info@ywca-toronto.org

Services: Trauma-informed program that helps women and gender-diverse people build coping skills; resource and referral assistance; safe place to practise building supportive relationships

Eligibility: Women and gender-diverse people

Referral: Self-referral

Fee: Free

Men-only Trauma Services

Bloor West Psychotherapy – A Time for Men

2489 Bloor St. West, Suite 306, Toronto, ON

<https://bloorwestpsychotherapy.ca>

Tel.: 416 989-5090

craigbolton.recovery@gmail.com or heatherhorn.recovery@gmail.com

Services: 12-week group for men who have been sexually abused; phase 2 group for men who have completed 12-week group or have done another trauma recovery program; individual therapy

Eligibility: Men who have been sexually abused; in-person assessment required

Referral: Self-referral or email referral by a health care professional

Fee: Group therapy is free. Contact the agency for other fees

Notes: New intake at the end of each 12-week group; in-person or Zoom video sessions available

Canadian Centre for Men and Families

26 Mansur Terrace, Toronto, ON

<https://menandfamilies.org>

Tel.: 647 479-9611 or 1 844 900-2263 (toll free)

info@menandfamilies.org

Services: One-on-one therapy, men's peer support group, fathering after separation or divorce, domestic abuse support services, We-For-He

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Eligibility: Men age 18+

Referral: Self-referral

Fee: Free

Notes: All programming is online and open to men across Canada. Other locations in Ottawa, St. Thomas/London, York region, Calgary, Vancouver. Online registration mandatory for all services.

Family Services of Peel – For Men

Services available at several locations in Peel region

<https://fspeel.org/services/trauma-intervention/groups/>

Tel.: 905 453-5775 (intake department)

fsp@fspeel.org

Services: Supportive group setting to share experiences; facilitated discussions about effects of childhood sexual abuse, self-esteem, emotions and feelings, healthy masculinity, life skills

Eligibility: Men who experienced childhood sexual abuse

Referral: Self-referral

Fee: Free

Hope Place Men’s Centre – Continuing Care Programs

9605 Regional Rd. 25 North, RR3, Milton, ON

<https://hopeplacecentres.org/mens-live-in-treatment-centre/>

Tel.: 1 877 761-6357 (toll free)

intake@hopeplacecentres.org

Services: Connections group (shame & resiliency), peer support group, 12-step group, individual counselling, family & friends peer support group, yoga, couples & family counselling

Eligibility: Men age 18+ with addiction; recovery goals must be compatible with abstinence philosophy

Referral: Self-referral

Notes: May cover cost of transportation

Hope Place Men’s Centre – Men’s Live-In Treatment Program

8173 Trafalgar Rd., Hornby, ON

<https://hopeplacecentres.org/mens-live-in-treatment-centre/#admission-criteria>

Tel.: 905 465-3961 (admissions), 905 878-1220, 1 877 761-6357 (toll free)

admissions@hopeplacecentres.org

Services: 27-day addiction and stage 1 trauma treatment program that includes psychoeducational groups, process groups and individual counselling, working through trauma, building healthy relationships and effective communication, leisure activities (yoga, swimming, art therapy, dance, drumming), 12-step meetings

Eligibility: Men age 18+ with addiction; recovery goals must be compatible with abstinence philosophy

Referral: Self-referral

Fee: Beds available at no charge (health card required), except for program fee payable at admission

Notes: Need a physician’s report and other health reports for admission. Men in drug replacement therapy (e.g., methadone, buprenorphine) are referred to another treatment program

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First Responders and Military

Gateway Recovery Centre – Trauma & Psychological Injury Program

2225 Lansdowne St. West, Peterborough, ON

www.edgewoodhealthnetwork.com/locations/gateway-recovery-centre/programs/trauma-psychological-injury-program/

Tel.: 1 866 926-2710 (Gateway) or 1 866 988-0924

Services: 7-week inpatient program that includes cognitive-behavioural therapy, dialectical behaviour therapy, individual psychotherapy, group therapy, psychoeducation, recreation therapy (mindfulness, yoga, exercise)

Eligibility: Military service members, veterans and first responders

Referral: Self-referral

Fee: Privately and publicly funded beds

Veterans Affairs Canada – Assistance Service

www.veterans.gc.ca/eng/contact/talk-to-a-professional

Tel.: 1 800 268-7708

Services: Support for issues related to work, health, family, relationships, mental health, bereavement

Eligibility: Canadian Armed Forces veterans, former RCMP members, their families and caregivers

Referral: Self-referral

Fee: Free

Veterans Affairs Canada – Operational Stress Injury Clinics

St. Joseph's at Parkwood OSI Clinic, 5000 Yonge St., Suite 1401, Toronto, ON

www.veterans.gc.ca/eng/services/health/mental-health/understanding-mental-health/clinics

Tel.: 519 685-4292 or 1 888 237-6967 ext. 45860

Services: Assessment, treatment and support for mental health issues related to service

Eligibility: Canadian Armed Forces members, veterans, current or former RCMP, and their families

Referral: Self-referral via My VAC Account, or contact 1 866 522-2122

Fee: Contact the specific clinic you are interested in attending

Notes: Locations across Canada

Wounded Warriors – Trauma Resiliency Program

Locations in Alberta, British Columbia and Ontario

<https://woundedwarriors.ca/our-programs/trauma-resiliency-program/>

Tel.: 1 888 706-4808

phil@woundedwarriors.ca

Services: Trauma resiliency program for veterans and first responders to cope with exposure to trauma

Eligibility: Veterans and first responders

Referral: Self-referral

Fee: Contact the agency for information

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Trauma Support for Children

Child Development Institute – Family Violence Services

197 Euclid Ave., Toronto ON (head office)

www.childdevelop.ca/programs/family-violence-services

Tel.: 416 603-1827

info@childdevelop.ca

Services: Here to Help and Mothers in Mind groups; child and adolescent services for trauma

Eligibility: Women and children who have experienced family violence or other trauma; children, youth and families who have been affected by childhood sexual abuse

Referral: Self-referral

Notes: Free cultural interpretation for all programs; programs may be offered across Toronto

Family Services of Peel – Children Who Have Experienced/Witnessed Violence

Services available at several locations in Peel region

<https://fspeel.org/services/trauma-intervention/children-who-have-experienced-witnessed-violence/>

Tel.: 905 453-5775 (intake department)

fsp@fspeel.org

Services: Individual counselling in a supportive and child-friendly environment

Eligibility: Children of all ages who have sudden behavioural changes (e.g., problems eating or sleeping), with or without parental/guardian consent, depending on their age

Referral: Self-referral

Fee: Free

Radius Child & Youth Services

1 Eva Rd., Suite 216, Toronto, ON

60 Lakeshore Rd. West, Oakville, ON

<https://radiuscys.ca/our-services/>

Tel.: 416 744-9000 (Toronto) and 905 825-3242 (Oakville)

info@radiuschild-youthservices.ca

Services: Clinical assessment and counselling for children, adolescents and families affected by interpersonal abuse; trauma-specific assessment and counselling available

Eligibility: Children and youth up to age 18 who have experienced sexual, physical, emotional abuse, neglect, or who have witnessed intimate partner violence

Referral: Self-referral

Online Resources and Supports

National Center for PTSD (United States)

www.ptsd.va.gov

Tel.: 802 296-6300

ncptsd@va.gov

Services: Information about PTSD and treatment; information for families, friends and care providers; links to mobile apps, videos; veterans crisis line

PTSD Coach Canada – mobile app

www.veterans.gc.ca/eng/stay-connected/mobile-app/ptsd-coach-canada

Services: Education about trauma, PTSD and managing symptoms; self-assessment tool, tools for managing distress; information on crisis support and treatment