

CHILD & FAMILY MENTAL HEALTH SERVICES

in Toronto Southeast Quadrant

Aisling Discoveries Child and Family Centre

325 Milner Ave., suite 110, Scarborough, ON (Child and Family Centre Services)

120 Middlefield Rd., unit 2, Scarborough, ON (Autism Services)

Other locations in schools, hospitals, child care settings and family shelters in Toronto (mostly in East York and Scarborough)

aislingdiscoveries.ca

416 321-5464 (main office)

416 321-1445 (Autism Services)

email@aislingdiscoveries.ca

Services offered: Support for children who are experiencing or are at risk of developing social, emotional or behavioural problems and for children and youth with autism spectrum disorder, as well as their families

Eligibility: Prenatal care for pregnant women and children up to age 12; for autism program, children and youth up to age 18 and their families

Referral: No referral needed

Alternatives – East York Mental Health Counselling Services Agency

1245 Danforth Ave., Toronto, ON

alternativestoronto.org/?page_id=2

416 285-7996

info@alternativestoronto.org

Services offered: One-to-one counselling, case management, community supports

Eligibility: Young adults and adults over age 16 who are living with mental health issues requiring support

Referral: Call The Access Point at 416 640-1934 or go to www.theaccesspoint.ca to complete an application

Languages: English, Tamil, Malayalam, Hindi

Applegrove Community Complex

Duke of Connaught Junior and Senior Public School, 60 Woodfield Rd., Toronto, ON

Toronto Formosan Presbyterian Church, lower level, 31 Eastwood Rd., Toronto, ON (The Applegrove Connection)

www.applegrovecc.ca

416 461-8143

applegroveboard@hotmail.com

Services offered: Pre and postnatal care programs, after-school programs, therapeutic play group for young children who are experiencing behavioural and/or emotional difficulties

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.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

camh

Eligibility: Youth up to age 18; youth under age 16 need guardian consent

Referral: No referral necessary

Catholic Children's Aid Society (East Toronto location)

1880 Birchmount Rd., Toronto, ON

torontoccas.ca

416 395-1500

Services offered: Child protection services, counselling, family groups, support for adoptive parents and kin caregivers, immigration program services, child access programs

Eligibility: Catholic families and children living in Toronto; eligibility criteria varies by program

Centre Francophone de Toronto (Scarborough location)

4040 Lawrence Ave. E., Scarborough, ON

centrefranco.org

416 922-2672

Services offered: Infant and Child Development Program, which helps support optimal development for at-risk children; programs for children with special needs; one-on-one counselling and support services; other services for children and parents

Eligibility: Criteria varies by program; individual counselling and support services for newly arrived young Francophones and Francophiles

CMHA Family Outreach and Response Program (Scarborough location)

1200 Markham Rd., suite 500, Scarborough, ON

toronto.cmha.ca/family-support

416 789-7957 ext. 3329

Services offered: Supportive counselling and group programming including Family Recovery Support, Early Psychosis Intervention Family Support and family support groups

Eligibility: Families and friends of people experiencing a mental health problem

East Metro Youth Services

1200 Markham Rd., suite 200, Scarborough, ON

www.emys.on.ca

416 438-3697

emys@emys.on.ca

Services offered: Child welfare programs, human trafficking survivor programs, Internet child exploitation counselling program, autism and developmental services, youth outreach worker programming, support for newcomer youth and families, recreational youth drop-in centre, Whatever It Takes program (support for youth with intensive service needs), YouthCan IMPACT walk-in clinic and What's Up Walk-In Clinic (full-service mental health walk-in counselling for children, youth and families; see below)

Eligibility: Children and youth of all ages and their families

Referral: Varies by program; no appointments needed for walk-in clinics

Fee: No fee or health card needed for walk-in clinics

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What's Up Walk-In Clinic (East Metro Youth Services location)

1200 Markham Rd., suite 200, Scarborough, ON
416 438-3697

YouthCan IMPACT Walk-In Clinic

1871 Danforth Ave., Toronto, ON
youthcanimpact.com
416 690-1888

FAME: Family Association for Mental Health Everywhere

1911 Kennedy Rd., Scarborough, ON
www.fameforfamilies.com
416 913-2144
irinaf@fameforfamilies.com

Services offered: Help and a safe space, education, advocacy in the community, coping and self-care skill development to foster resilience, one-on-one supportive counselling for youth and families, telephone support, support groups, family caregiver support, educational events

Eligibility: Families, caregivers and friends whose loved ones are living with mental illness

Family Service Toronto

1527 Victoria Park Ave., Scarborough, ON
familyservicetoronto.org
416 595-9618

Services offered: Counselling and community support programs

Eligibility: People struggling to cope with many issues, including depression, physical abuse, sexual orientation, relationships and disabilities

Michael Garron Hospital (Child and Adolescent Mental Health Program)

825 Coxwell Ave., Toronto, ON
tehn.ca/programs-services/mental-health-addiction/child-adolescent-mental-health
416 461-8272

Services offered: Crisis and urgent care services; outpatient services; anxiety, depression and ADHD clinics; inpatient services; Family Support Program (see below)

Eligibility: Children with mental health challenges and their families

Family Support Program

177 Danforth Ave., suite 203, Toronto, ON
416 461-2000 ext. 223

Services offered: Eight-week psychoeducational program

Eligibility: Significant others or families of people with mental health difficulties

Referral: Self-referral accepted

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Rosalie Hall

3020 Lawrence Ave. E., Scarborough, ON

www.rosaliehall.com

416 438-6880

Services offered: Early intervention, prevention and treatment services, including outreach and support, community counselling, community care and treatment teams, parenting groups, youth outreach workers, school program, Young Parent Employment Program, Child Development Centre, a food bank

Eligibility: Young families from Scarborough and across the Toronto region; eligibility varies by program

Referral: No referral necessary

Scarborough and Rouge Hospital, Mental Health Program

2867 Ellesmere Rd., Scarborough, ON (Centenary site)

3030 Birchmount Rd., Scarborough, ON (Birchmount site)

3050 Lawrence Ave. E., Scarborough, ON (General site)

www.rougevalley.ca/child-and-adolescent-mental-health

416 284-8131 (Centenary site)

416 495-2400 (Birchmount site)

416 438-2911 (General site)

Services offered: Mental health program includes a six-bed inpatient unit, a day hospital, a crisis team, outpatient child and adolescent mental health care provided at the Shoniker Clinic (see below)

Eligibility: Children and adolescents with significant mental health problems

The Shoniker Clinic

2867 Ellesmere Rd., Scarborough, ON (Centenary site)

416 281-7301

Services offered: A child and adolescent interdisciplinary mental health clinic that specializes in diagnosing and treating significant mental health problems, assessments, individual and family therapy, parent education, group therapy and medication management; a First Intervention Treatment Team (FITT) for young people experiencing their first episode of psychosis

Eligibility: Varies by program; FITT is for people up to the age of 35 who live in Scarborough

Referral: Clinic accepts physician referrals for youth under age 19 living in Scarborough, Pickering or Ajax; physician referral required for FITT

Turning Point Youth Services

95 Wellesley St. E., Toronto, ON (main location)

752 Logan Ave., Toronto, ON (Danforth location)

106 Redwood Ave., Toronto, ON (Greenwood location)

www.turningpoint.ca

416 925-9250

Services offered: Counselling (individual, family and group), residential treatment, emergency shelter, transitional housing, youth justice programs (counselling, support for youth at court, residential programs for young men ordered to spend time in custody or detention, programs to teach young people skills so they do not get into trouble with the law again) and other support services

Eligibility: Varies by program

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Woodgreen Community Services

815 Danforth Ave., Toronto, ON (main location)

www.woodgreen.org

416 645-6000

Services offered: Newcomer Youth Program offers supportive counselling, employment support, social and recreational activities and volunteer program; Rites of Passage (youth with African background) is a structured program about African rites up through to adulthood, along with education and employment support; walk-in counselling clinic and other services

Eligibility: Young families in Scarborough and across the Toronto region; Newcomer Youth Program is specifically for youth age 13 to 24 who are not born in Canada

Fee: Varies by program; free programs for youth who are new to Canada and looking for work, fun social outings, homework help and to learn new skills

Youthdale Crisis Support Team

youthdale.ca/en/crisis_services/crisis_line.php

416 363-9990

Services offered: Telephone risk and mental health assessments for children (assessment involves the parent/guardian and the professionals caring for the child), mobile response if required (a child psychiatrist is available to consult with the crisis support team at all times)

Eligibility: Children and youth age 7 to 15 in need of mental health services, and their families

Youthlink

636 Kennedy Rd., Scarborough, ON (main office)

1-3545 Kingston Rd., Scarborough, ON (Pathways to Education office)

747 Warden Ave., Scarborough, ON (programs office)

www.youthlink.ca

416 967-1773 (main and programs offices)

647 351-0091 (Pathways office)

Services offered: What's Up Walk-In Clinic (see below), ongoing counselling service, telepsychiatry, Youth Advocating Anti-Homophobia Awareness (YAAHA) group, Pathways to Education, youth co-op housing program, youth residential treatment home and program, service options for parenting and family support

What's Up Walk-In Clinic (Youthlink location)

Location: 636 Kennedy Rd., Scarborough, ON

www.whatsupwalkin.ca

416 967-1773

Services offered: Walk-in support

Eligibility: Youth up to age 24 and their parents, guardians and caregivers

Referral: No referral necessary

Fee: None; no health card required