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Family Service Organizations

**CENTRE FOR ADDICTION AND MENTAL HEALTH: SAPACCY**  
**COLLEGE STREET SITE**

Phone  (416) 535-8501 X 7055  
Address  250 College Street,  
Toronto ON,  
M5T 1R8

Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) -  
- individual and group counselling for black youth 13-24 years,  
family support, early intervention and prevention services.  
www.camh.net

**CENTRE FOR ADDICTION AND MENTAL HEALTH: WHITE SQUIRREL WAY**

Phone  (416) 535-8501 X6765  
Address  60 White Squirrel Way,  
Toronto ON,  
M6J 1H4

For family members concerned about substance abuse, treatment and support services, individual and group support, parenting groups, educational workshops and consultation.  
www.camh.net

**COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT): THE FAMILY PROGRAM**

Phone  (416) 482-4103 x316  
Email  coster@crct.org  
Address  230-366 Adelaide Street E  
Toronto ON  
M5A 3X9

The Family Program assists adults (16 and over) who are having a lot of difficulty in day-to-day living as a result of severe and persistent mental health issues. Services are provided in English, Tamil, Somali and several other languages. The Family Program’s catchment area is East North York, Scarborough and Central/West Toronto. The Family Program assists you to: meet your basic needs such as food, housing, clothing; health care; manage crises; learn the skills you need to meet your goals; connect to resources and services you need and want for yourself or your children. Model of service is psychosocial rehabilitation. Average length of stay is two to six years.  
www.crct.org  
6 MONTHS

**CONCERNED PARENTS OF TORONTO INC**

Phone Number  (416) 492-1468  
Email  thejohnstons@attglobal.net.  
Address  149 Heatherside Drive  
Toronto ON  
M1W 1T6

Support groups for families and friends of individuals with a dual diagnosis of intellectual disability and a mental health issue. Scarborough Central area.  
NO WAIT LIST

**CONNECT COUNSELLING SERVICES**

Phone Number  (416)928-2500  
Email  info@chs.ca  
Contact  Karen Frayn  
Address  271 Spadina Road  
Toronto ON  
MSR2V3

This is a community-based program offering mental health, wellness and addiction services for the deaf, deafened and hard of hearing and their families. Support, education, advocacy and counselling are offered. Assessment, treatment and referral as well. Fully accessible for Culturally Deaf, oral deaf, deafened and hard of hearing - use of American Sign Language (ASL), Langue Des Signes Quebecois (LSQ), interpreters, captionists, technical devices, and video-conference for remote locations. Community outreach - education to consumers and service providers, service partnerships. Model of service is matched to consumer needs. Average length of stay is matched to consumer needs.  
www.chs.ca

**FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE (FAME)**

Phone Number  (416) 207-5032  
Email  fameforfamilies.com  
Address  4214 Dundas St.W  
Suite 209  
Etobicoke, ON  
M8X 1Y6

FAME offers support to families where any mental illness is an issue by providing education, resources, advocacy and coping strategies. Professionally-facilitated support groups meet monthly in Etobicoke, North York, Scarborough, Mississauga, Brampton and Bolton. Special programs include Early Intervention for First Episode Psychosis and Dual Diagnosis. FAMEKIDS, an educational program for children aged 7-12 who have a family member with mental illness. Professional and self-referrals accepted.  
www.fameforfamilies.com

**FAMILY CRISIS SUPPORT PROGRAM: SCHIZOPHRENIA SOCIETY OF ONTARIO**

Phone Number  (416) 449-6830  
Email  flongdon@schizophrenia.on.ca  
Address  302-130 Spadina Avenue  
Toronto, ON  
M5V 2L4

This program provides program information and referral services to families of those affected by serious mental illness, connecting callers to supportive services in their communities. It also provides short-term supportive counselling to families across Ontario.  
www.schizophrenia.on.ca

**FAMILY INITIATIVES: HONG FOOK MENTAL HEALTH ASSOCIATION**

Phone Number  (416) 493-4242  
Email  info@hongfook.ca  
Address  1065 McNicol Avenue  
Scarborough, ON  
M1W 3W6

Family Initiatives is a part of Hong Fook’s continuum of services with the focus of
enhancing the capacities of family members in supporting individuals with mental health challenges in their recovery process. We aim at promoting self-care and mutual support among family members. Based on the Holistic Health and Recovery approaches, we provide a range of services / programs including mental health support groups, educational workshops, and community outreach through publication of educational materials and displays.

www.hongfook.ca  6-10 MONTHS

FAMILY INITIATIVE PROGRAM: MOOD DISORDERS ASSOCIATION OF ONTARIO

Phone Number  (416) 486-8046
Address  602-36 Eglinton Avenue W
Toronto, ON  M4R 1A1

The family program offers support to families dealing with a loved one 14-35 with a first episode psychosis and mood disorder. This support includes family education and counselling, as well as referrals, resources and advocacy. Families also have access to a variety of groups. Average length of stay is 16 family sessions, 8-10 group sessions.

www.mooddisorders.on.ca  3 WEEK

FAMILY MENTAL HEALTH ALLIANCE (FMHA)

Phone Number  (416) 658-0175
Email  familymentalhealthalliance@gmail.com
Address  18 Lower Village Gate
Apt.102
Toronto ON  M4K 3M1

FMHA works to develop a stronger voice for families in the mental health system, to strengthen the supports provided to families and raise awareness of issues from a family perspective. Members are agencies providing family supports and services and individual family members who support the mandate of the alliance in working to address a number of needs, including formal recognition of families' role within the mental health system, increased funding for family supports and services, reduction of stigma and more recognition of special needs and issues in diverse ethno-racial communities, among others.

FAMILY OUTREACH AND RESPONSE (F.O.R)

Phone Number (416) 535-8501 x2011
Email  kbaker@camh.net
Address  1001 Queen St W.
Admin Build, RM 2005-1
Toronto ON  M6J 1H4

FOR provides individual and group counseling, support groups and educational seminars for family members and friends of people with a serious mental illness, supporting their role as caregivers and/or helpers of their relative or friend. Located at the Centre for Addiction and Mental Health.

familymentalhealthrecovery.org

FAMILY SUPPORT AND EDUCATION: SCHIZOPHRENIA SOCIETY OF ONTARIO

Phone Number  (416) 449-6830
Email  lneedham@schizophrenia.on.ca
Address  302-130 Spadina Avenue
Toronto, ON  M5V 2L4

This program provides support to families of those affected by serious mental illness. This support takes the form of family support groups, based on self-help, peer support model, as well as ten-week psychoeducational programs for families. It also provides short-term counselling and support to families who are in crisis. Model of service is self-help, peer support and psychoeducation.

www.schizophrenia.on.ca

FAMILY SUPPORT GROUP ROUGE VALLEY HEALTH SYSTEM

Phone Number  (416) 284-8131
Address  2867 Ellesmere Rd.
Toronto, Ontario  M1E 4B9

Information and support groups are held on Tuesdays, 6 - 7 PM on the 6th floor.

FAMILY SUPPORT PROGRAM @ TORONTO EAST GERNERAL HOSPITAL

Phone Number (416) 461-2000 x223
Email  dmark@tegh.on.ca
Address  177 Danforth Ave
Suite 203
Toronto ON, M4K 1N2

The Family Support Program offers an eight-week educational course for family members and friends of people with bipolar disorder or schizophrenia, ongoing support groups for those who have finished the course, and short-term supportive counseling and psychoeducational support for individual families. Located at Community Outreach Services.

www.tegh.on.ca  3 WEEKS

INTEGRATED CRISIS SERVICE

Phone Number  (416) 289-2434
Address  S01-1200 Markham Rd
Scarborough, ON  M1H 3C3

Crisis line and mobile response team will provide assistance to adults 16 and over who have mental illness. Support to families and referrals to mental health and other community services.

MENS SANA (“HEALTHY MIND”) FAMILY SUPPORT PROGRAM: TORONTO

Phone Number (416) 749-6234 ext 246
Email  info@menssana.ca
Address  5109 Steeles Avenue West
Suite 202
Toronto ON  M9L 2Y8

A professionally-led support and educational group for Italian-speaking families, relatives and friends of people with schizophrenia. Weekly meetings on Wednesdays, 7:30-9:30pm. Guest speakers.

NETWORK THERAPY PROGRAM COTA HEALTH

Phone Number  (416) 785-9230
Email  labro_o@cotahealth.ca
Individual supportive counselling provided by FAME Family Outreach Workers to build supportive partnerships within families. Includes referrals to other community resources, education, advocacy and solution-focused assistance. Confidential services provided in-person or on the telephone.

SCHIZOPHRENIA SOCIETY OF ONTARIO-TORONTO CHAPTER

Phone Number (416)449-6830
Email toronto@schizophrenia.on.ca
Address 130 Spadina Ave. Suite 302
Toronto ON

The Schizophrenia Society and its many local chapters offer self-help support groups for family members of individuals with schizophrenia. Contact local chapters for information on support groups in your area.

www.schizophrenia.on.ca

NO WAIT LIST

ONE-TO-ONE SUPPORT: FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE (FAME)

Phone Number (416) 207-5032
Email fame@fameforfamilies.com
Address 4214 Dundas St. W Suite 209
Etobicoke, ON

Individual supportive counselling provided by FAME Family Outreach Workers to build supportive partnerships within families. Includes referrals to other community resources, education, advocacy and solution-focused assistance. Confidential services provided in-person or on the telephone.

SCHIZOPHRENIA SOCIETY OF ONTARIO-TORONTO CHAPTER

Phone Number (416)449-6830
Email toronto@schizophrenia.on.ca
Address 130 Spadina Ave. Suite 302
Toronto ON

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NO WAIT LIST

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Email toronto@schizophrenia.on.ca
Address 130 Spadina Ave. Suite 302
Toronto ON

The Schizophrenia Society and its many local chapters offer self-help support groups for family members of individuals with schizophrenia. Contact local chapters for information on support groups in your area.

www.schizophrenia.on.ca

NO WAIT LIST
Child and Youth Services

Better Behaviours Service (BBS) --

assessment and treatment for children 3-17 years who have behaviour problems at home and/or at school, including aggression, social skills difficulties, inattention, hyperactivity and non-compliance, must not have developmental delay, serious medical illness or psychotic disorder, parent referral required.

General Consultation Service -- assessment of children with attention deficit hyperactivity disorder or oppositional behaviour, also children with adjustment or family problems, by referral from family doctor, pediatrician or psychiatrist.

Mood and Anxiety Service -- assessment, treatment recommendations and treatment for children 4-17 years with anxiety and mood problems.

Parent Support Groups -- 10 week support group for parents dealing with adolescent development, communication or behavioural issues and concerns, communication, problem solving and behaviour management strategies.

Psychotic Disorders and Pervasive Developmental Disorders Service -- assessment and consultation for children and adolescents 5-13 years with a referral.

residential treatment for children 6-12 years -- co-ed community-based program includes assessments, individual and group work, and parent training workshops, preschool speech and language services, preschool autism services -- intensive behaviour intervention and transition support, preventive and consultative services -- training, consultation and support to child care programs, schools, homeless shelters, early years centres and other agencies in East York and Scarborough.

http://www.aislingdiscoveries.on.ca/

FAMEKIDS

fameKids is a pre-registered, multi-modal educational support group for children aged 7-12 who have a family member with mental illness. Our fundamental belief underlying the program is that all children have their own innate resiliency skills. This program is designed to build on their pre-existing knowledge and skills to develop safer and more appropriate coping skills for the future.

fameKids educates and equips children with coping skills through artwork, games, and discussions in a safe environment. fameKids is delivered across Toronto, the GTA and Peel region. Professional or family referrals are accepted. One-on-one support is also available by appointment.

fame@fameforfamilies.com
LEARN offers a range of social, educational and vocational opportunities aimed at maximizing the integration of individuals who have had a first episode of psychosis into mainstream community life and positive social roles. The services offered at LEARN are available through the First Episode Division of CAMH.

www.camh.net

**HINCKS-DELLCREST CENTRE: SHEPPARD LOCATION (NORTH YORK)**

**Phone Number (416) 633-0515**

**Email info@hincksdellcrest.org**

**Address 1645 Sheppard Ave W**

Toronto, ON M3M 2X4

Mental health centre, nonresidential treatment -- individual, family and group counselling, art and play therapy, day treatment, parent training, community support, residential treatment for children 7-14 years, group homes and treatment programs for older youth under Youth Criminal Justice Act, prevention and early intervention -- support, parent education groups, child focused consultation, training for child care professionals, variety of school and community-based programs in conjunction with parents, community caregivers, teachers and other support agencies.

**Children's Caravan** -- family resource program information and support service, mobile resource centre including toy lending library, workshops and consultation with leaders of family resource programs.

www.hincksdellcrest.org

**SLIDING SCALE / FAMILY THERAPY**

6 MONTH / NO WAIT AT SHEPPARD LOCATION

**JVS: AL GREEN RESOURCE CENTRE**

**Phone Number 416-782-3976**

**Email algreen@jvstoronto.org**

**Address 2700 Dufferin St**

Unit 90 A

Toronto On

Developing Connections -- vocational counselling and employment planning, vocational life skills workshops, community-based work trials and job placement, job coaching and monitoring.

Path to Work -- offers pre-employment skills training and job development to assist persons with developmental disabilities secure paid employment.

Workshops -- work activities within an active, social and supportive environment, in partnership with Reena Foundation (see separate entry).

Youth: Community Choices for Success, 416-782-3976 ext 205 -- for youth 18-30 years with a dual diagnosis of mental illness and a developmental disability, vocational planning, work experience, job development, job coaching, day programs including vocational, social and basic life skills workshops, community outings, social and recreational groups, crisis planning and support, assistance in accessing services, partnership with Reconnect Mental Health Services.

www.jvstoronto.org

**NATIVE CHILD AND FAMILY SERVICES OF TORONTO**

**Phone Number (416) 969-8501**

**Address 30 College St**

Toronto, ON M5G 1K2

Child protection services, family violence treatment and prevention including child sexual abuse, individual and family counselling, children’s mental health program, Aboriginal Ontario Early Years Centre, 416-850-6110, 1 Wood St -- local lead agency for Ontario Early Years Centers, drop-in for parents and caregivers of preschoolers -- Tumbling Tots 18 months-6 years, Jolly Phonics 3-6 years, Aboriginal Art 3-6 years, parenting circles -- Beyond the Basics, Families First, prenatal and postnatal sessions, family support and development, peer nutrition program, adult yoga with free child care, for complete program listing, see website for separate entry Ontario Early Years Centers.

**NETWORK THERAPY PROGRAM COTA HEALTH**

**Phone Number (416) 785-9230 X2086**

**Address 362-700 Lawrence Avenue W**

North York, ON M6A 3B4

Works with clients and/or their support network to build and/or strengthen their support network. Model of service is social network.

**4 MONTHS**

**REGESH FAMILY AND CHILD SERVICES**

**Phone Number (416) 495-8832**

**Email eschild@regesh.com**

**Address 149 Willowdale Ave**

Toronto, ON M5N 4Y5

Chezi’s Corner Safe House -- residential program for Jewish youth 15-24 years when living at home is not an option, Kosher environment, counselling including life skills and social skills Family support Program -- diagnosis and treatment planning, crisis intervention, individual therapy for children, youth and adults, strategies for enriching school performance, child management sessions, aftercare follow-up for youth discharged from residential centres or foster care, parenting courses for teen mothers and families with young children or teens, anger management -- group and individual sessions.

High on Success (HOS) Mentor Program -- day program for youth 15-24 years who are homeless, unemployed and/or not in school, day program includes social and life skills training, self-esteem enhancement, decision making, conflict resolution, peer relationships, interpersonal communication, drug awareness and harm reduction, homework club, field trips and other social activities, youth mentor training.

www.regesh.com

**SABAWOON AFGHAN FAMILY EDUCATION AND COUNSELLING CENTER**

**Phone Number (416) 293-4100**

**Email zpopal@hotmail.com**

**Address 1200 Markham Rd.**

Suite 219
The Access Workers responsibility is to raise awareness of addiction issues amongst Afghan youth and its effects on the individual, their families and the community as a whole. The worker will provide support groups for Afghan youth, help individuals to work on goals of addiction prevention, harm reduction or abstinence, and to create healthier options to help youth empower themselves. This project is in partnership with Center for Addiction and Mental Health.

- Individual/group counselling
- Family counselling
- Harm reduction
- Community Service Assistance
- Legal advice for Young Offenders
- Youth empowerment

http://www.safeccc.org

TURNTING POINT YOUTH SERVICES

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<tr>
<th>Phone Number</th>
<th>(416) 925-9250</th>
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<tbody>
<tr>
<td>Address</td>
<td>95 Wellesley Street</td>
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<td></td>
<td>Toronto, ON</td>
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<td>M4Y 2X9</td>
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Residential and nonresidential programs, structured, individualized treatment, support and counselling for families of current and graduate residents (aftercare)

Clifton House, Withrow House, Woodycrest House residences, individual and family therapy, life skills, client focused, self management skills, child welfare and young offender residents, rents geared to income, combined capacity 24

Concurrent Disorders Program (CDP) -- short term residential program for young men 16-24 years, support and stabilization, development of life skills and family and community support networks, preparation for longer term treatment, assistance with securing permanent housing, intensive case management, follow up, capacity 6

Counselling Services counselling and assessment for youth 12-18 years, individual, family and group therapy, self or professional referral, referrals to TPYS residential programs or community-based services, call first if possible (limited drop-in service)

Redwood House transitional residential program for young men 16-24 years, able to live cooperatively and manage a personal budget, some support and instrumental assistance, monetary contribution required, capacity 8

Shelter short term residence for young men 16-24 years, food, supportive counselling, referrals, evening and day programming, housing support, employment and community support, capacity 35

The Classroom educational services for residents and nonresidents, individualized attention to academic and behavioural difficulties, life skills, drug abuse, family intervention, ethno specific counselling, aftercare

4 MONTHS

YOUTHDALE TREATMENT CENTRES

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<tr>
<th>Phone Number</th>
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<tr>
<td>Address</td>
<td>227 Victoria St</td>
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<td>Toronto, ON</td>
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Residential treatment centres in various locations for youth 12-18 years with emotional, behavioural and adjustment difficulties outpatient counselling and assessment for youth and their families also rural program

Sleep Centre Mobile Crisis Support Team professional team responds to children and youth in crisis, supports family or agency in crisis resolution, Acute Support Unit 10 bed, secure short term residential crisis unit for youth from 12 to under 16 years at risk to themselves or others, children under 12 years admitted only with Ministry of Community and Social Services' consent, assessment, crisis intervention, case management support for referring agencies

Transitional Psychiatric Unit 10 bed unit for children and youth under 16 years with emotional, psychological and/or cognitive impairments Medication Consultation Clinic for general practitioners who work with youth who live at home with their families, consultation with a Youthdale child psychiatrist regarding medication concerns

Minimal wait list
Supportive Housing

**ACCOMMODATION, INFORMATION, AND SUPPORT**

**Phone** (416) 504-3610  
**Email** aiscorp1@rogers.com  
**Address** 720 Spadina Avenue  
**Suite 316**  
**Toronto, ON**  
**M5S 2T9**

Provides long term, permanent affordable housing in self contained apartments for consumer/survivors. 16+. Optional activities include social recreation, community development, maintenance jobs, and committee and board membership. No violent history.  
**RENT GEARED TO INCOME/ SUBSIDIES AVAILABLE**

**AFGHAN WOMEN’S COUNCILLING AND INTERGRATION COMMUNITY SUPPORT ORGANIZATION**

**Phone** (416) 588-3585  
**Email** avo@afghanwomen.org  
**Address** 789 Don Mills Rd  
**Suite 312**  
**Toronto, ON**  
**M3C 1T5**

Settlement services for immigrants and refugees, needs assessment, information and referral, advocacy, orientation, sponsorship, job search training, translation and interpretation, escort, assistance in finding housing, health workshops, mental health -- support groups, counselling, crisis intervention, heritage, language classes, skills upgrading, adult literacy, classes, seniors program and youth program.  
**www.afghanwomen.org**

**BAYVIEW CASE MANAGEMENT: BAYVIEW COMMUNITY SERVICES**

**Phone** (416) 495-7778 x 22  
**Email** bayview@bayviewservices.ca  
**Address** 250 Consumers Rd  
**Suite 805**  
**Toronto, ON**  
**MJ2 4V6**

Provides intensive case management services and supported housing in low and high-rise apartment buildings. 16-65. Applicants who wish an apartment must meet the criteria for both Toronto Community Housing Corporation and Bayview Community Services.  
**www.bayviewservices.ca**  
**RENT GEARED TO INCOME**

**CANADIAN MENTAL HEALTH ASSOCIATION: TORONTO BRANCH**

**Phone** (416) 789-7957 x 282  
**Email** cmha.toronto@sympatico.ca  
**Address**  
**Lawrence Square Mall**  
**700 Lawrence Ave W, Ste 480**  
**Toronto, ON M6A 3B4**

Persons 16-65 years with serious mental health illness. Housing Services -- persons who are homeless or at risk of becoming homeless due to mental illness  
**www.toronto.cmha.ca**  
**SUBSIDIZED**

**CHAI TIKVAH FOUNDATION: JERRY TURK FELLOWSHIP HOME**

**Phone Number** (416) 665-0482  
**Email** chaitikvah@aol.com  
**Address**  
**37 Stonedene Boulevard**  
**Toronto, ON M2R 36C**

24 hour supportive housing in a Jewish Environment for adults with mental health problems. Assists members to build self esteem, manage stress, improve social interaction and improve practical skills. Members plan and participate in house meetings and outings and attend individual programs outside the house. The home observes kosher food laws and Jewish festivals. Rooms are shared. Chai Tikvah also provides weekly counselling to individuals in their apartments.  
**Phone** (416) 538-6971  
**Email** info@cotahealth.ca  
**Address** 1330 Kings St W  
**Toronto, ON M6K 1H1**

COTA directly operates residential programs funded via the Ministry of Health’s Mental Health Homelessness Initiatives. These programs provide both supports and rent subsidies to individuals living with mental health challenges. Long term affordable housing with private rooms for men who are homeless and/or mental health concerns.  
**www.cotahealth.ca**  
**VARIES**

**COMMUNITY SUPPORT AND RESEARCH UNIT: CENTRE FOR ADDICTION AND MENTAL HEALTH**

**Phone** 416-535-8501 X 2068  
**Address**  
**1001 Queen St W**  
**Toronto, ON M6J 1H4**

18+ Direct service, advocacy, community development initiatives, community development evaluation and research, Community Support and Development Team -- consultations, housing assessments and referral services, partnership with other clinical programs at the Centre and community providers, Homes for Special Care, 416-535-8501 ext 3439 -- housing options, homes are licensed by the Ministry of Health and Long-Term Care, Income Maintenance and Advocacy Program -- income maintenance and advocacy at the individual and systemic level, also education on income support systems and how to access and maintain social assistance benefits for clients, their families, Centre for Addiction and Mental Health staff and community agencies  
**www.camh.net**
EDEN COMMUNITY HOMES:
EDEN HOUSE

Phone (416) 481-5652
Email info@edencommunityhomes.org
Address 1 Hillholm Road
Toronto, ON M5P 1M1

Eden house offers rent-geared-to-income and permanent housing for men and women who have suffered with serious mental health issues. The residential program is staffed up to 10 hours a day and there is a 24-hour on call service. We are committed to providing a safe environment of acceptance, hope, and encouragement to adults who have experienced mental health problems. Residents have their own private and secure bedroom. 16-65 Women Only
www.edencommunityhomes.org
RENT GEARED TO INCOME

ETHIOPIAN ASSOCIATION IN THE GTA

Phone (416) 694-1522 x22
Email office@ethicommun.org
Address 2064 Danforth Ave
Toronto, ON M4C 1J6

Settlement program for immigrants and refugees, reception, orientation, counselling including assaulted women, information and referral, assistance in finding housing and employment, translation and interpretation, documentation, escort, advocacy, community education, youth development and integration services, participates in LINC (Language Instruction for Newcomers to Canada), upon assessment by YMCA of Greater Toronto, child care available, see separate entry, literacy classes, programs for women, seniors and children Mental health -- psychiatric crisis intervention and counselling including long term counselling and follow-up, life skills training and workshops, education, case management and advocacy
www.excellentcare.com

GATESVIEW HOUSE: ROUGE VALLEY HEALTH SYSTEM

Phone (416) 284-8131 x4219
Address 2867 Ellesmere Road
Toronto, ON M1E 4B9

One six-bedroom house provides housing for men and women with serious mental illness and who have been homeless. Staff is available on site daily, and on call overnight. Residents have single rooms but share bathrooms, kitchen and common areas. Rent is geared to income.
www.excellentcare.com

GOOD SHEPARD NON PROFIT HOMES

Phone (416) 203-2711
Address 10 Tracy Street
Toronto, ON M5A 4P2

Single men and women 18-65 years who experience the effects of mental illness and are at risk of homelessness, must be willing to participate in recovery focused psychosocial rehabilitation Brother Joseph Dooley Apartments supportive permanent housing, bachelor and one bedroom apartments, 16 units MacNeil House -- life skills, advocacy, information and referral, 10 units
Housing Outreach and Support Team (HOST) supported permanent housing, bachelor, one and two bedroom apartments, 153 units.
www.goodshepherdcentres.ca
RENT GEARED TO INCOME

HABITAT SERVICES

Phone (416) 537-2721 X240
Email info@habitatservices.org
Address 38 Dundas Street West
Suite 301
Toronto ON M6R 3A9

Habitat Services’ mandate is to improve the quality of life for tenants with serious mental health issues who live in boarding homes. Habitat Services monitors boarding homes operated by private owners to ensure minimum standards of supervision, nutrition and cleanliness. 16+ Habitat’s Intake Service refers and matches eligible clients to funded boarding homes. 930 spaces are located in 48 homes in Toronto, Etobicoke, and North York.

Some boarding homes for women or men only are available. Maximum room & board:
$543.30 (ODSP) $356.72 (Ontario Works). Seniors’ rent is a percentage of income.
www.habitatservices.org

HOMES FIRST SOCIETY: SAVARD’S

Phone Number (416) 395-0932
Address 1332 Bloor St West
Toronto, ON M6H 1P2

Open concept accommodation, 24 hour staff support, meals, TTC tickets, visiting nurse and visiting mental health nurse, capacity 30 Chronically homeless women with mental health issues 18 years and over who have been traditionally underserved
www.homesfirst.on.ca

HOMES FOR SPECIAL CARE PROGRAM – QUEEN ST. OFFICE
CENTRE FOR ADDICTION AND MENTAL HEALTH – QUEEN STREET SITE

Phone (416) 583-4315
Address 1001 Queen Street West,
Toronto, ON M6J 1H4

The Homes for Special Care program is part of the Community Support and Research Unit at CAMH. HSC manages and monitors the program established by and for the Ministry of Health and Long Term Care. Homes for Special Care were established to provide high support and supervision for people with chronic and severe mental health problems with limited daily living skills. The CAMH HSC program operates from the Queen Street site and has 427 licensed residential beds in 22 homes. The majority, 18, are located north of Toronto in York Region, 3 are in Peel Region and 1 in Toronto. These are group home settings often in rural areas, with an average of 17 beds. Most are shared bedrooms with some singles. The homes are licensed annually following formal inspections conducted by the Fire Marshall, Public Health and the HSC Community Support Workers (CSWs) at CAMH. The CSWs have the responsibility and mandate to closely monitor the homes and ensure the residents’ needs are being met. They also handle the referral and placement.
process, and work with residents on an ongoing basis to facilitate their continued rehabilitation, recovery and well-being.

www.camh.net

**HOUSELINK COMMUNITY HOMES**

**Phone** (416) 539-0690  
**Email** info@houselink.on.ca  
**Address** 805 Bloor Street W.  
Toronto, On  
M6G 1L8

Co-operative and independent housing for adults. Both shared accommodation and self-contained units. About 22 locations in Metro area, made up of houses and apartments. Program designed to develop residents. Supportive networks within the community. Household tasks are also shared. Eligibility includes psychiatric survivors with history of continuous mental treatment, homeless singles and families marginalized by poverty. Case management services, job skills training, community kitchen and a variety of events and outings. Staff available 9am to 5pm, plus staff on call.

www.houselink.on.ca

**ST. GEORGE HOUSE:**

**Phone** (416) 323-3416  
**Email** admin@stgeorgehouse.ca  
**Address** 316 St. George Street  
Toronto, ON  
M5R 2P5

St. George House, a HABITAT boarding home, provides housing to 26 adults, 16 years and over (22 single rooms, and 2 shared rooms) with mental health disabilities. There is 24 hour a day staff support. Meals are provided. Residents have keys to their own rooms. Residents are expected to follow house rules and maintain personal hygiene. There are smoking and non-smoking common areas in the house. Cause for eviction includes ongoing threats of violence or extremely disruptive behaviour. Optional activities include social/recreational activities and committee work: food committee, membership committee, and intake committee.

**LOFT COMMUNITY SERVICES: MCEWAN HOUSE**

**Phone Number** (416) 929-6228  
**Email** mcewan@loftcs.org  
**Address** 20 Dundonald Street  
Toronto, ON  
M4Y 1K8

Two high support transitional houses, and one medium support long term co-op house for adults with mental health problems and/or addictions who are HIV positive or living with AIDS. Rent is geared to income with max stay of two years. Focus on those HIV positive

www.loftcs.org

**RENT GEARED TO INCOME**

**LOFT COMMUNITY SERVICES: W JOHN GIBSON HOUSE SUPPORTIVE HOUSING PROGRAM**

**Phone** (416) 537-3477 x 222  
**Address** 227A Crawford Street  
Toronto, ON  
M6J 2V5

Provides permanent supportive housing for 50 vulnerable older adults or seniors who are at risk in the community. The majority of residents are 60 years of age and over who have unique special needs including those with mental health issues. Rent is geared to income

www.streethaven.com

**SALVATION ARMY: LIBERTY HOUSING AND SUPPORT SERVICES**

**Phone** (416) 531-3523  
**Email** salvationarmydufferin@bellnet.ca  
**Address** 248 Dufferin Street  
Toronto, ON  
M6K 1Z3

Dufferin Residence is a two-phase program. Phase 1 is a group home with daily staff support, and single rooms for 18 adults with psychiatric disability. The program focuses on individual goal planning towards greater independence. Communal meals and house meetings. Phase 1 residents participate in counselling, chores, life skills, cooking classes and are encouraged to join recreational activities.

**STREET HAVEN AT THE CROSSROADS: JOUBERT HOUSE**

**Phone** (416) 967-6060  
**Email** info@streethaven.com  
**Address** 87 Pembroke Street  
Toronto, ON  
M5A 2N9

Sherbourne and Dundas Long term, medium support housing for six WOMEN with a history of psychiatric illness and homelessness. Two single bedrooms on each of three floors. Each floor has its own kitchen and bathroom. Staff is available support

www.streethaven.com
STREET HAVEN AT THE CROSSROADS : JOUBERT HOUSE

Phone  (416) 977-1333 X222
Email  joewen@mahass.on.ca
Address  111 Lombard Street
Toronto, ON
M5C 1M3

Madison has seven houses located in the downtown Toronto areas, which provide a variety of cooperative living arrangement for adults living with mental health problems. Single rooms are available at all locations. Tenants of the seven housing programs receive staff support on an individual and/or group basis to maintain and improve household and community living skills. Tenants are expected to share responsibility for tasks such as meal preparation, shopping and housekeeping.

www.mahass.on.ca

MAINSTAY HOUSING

Phone  (416) 703-9266
Email  shc@supportivehousing.ca
Address  761 Queen Street West
Suite 301
Toronto, ON
M6J 1G1

The Supportive Housing Coalition owns and manages affordable housing, primarily for consumer/survivors of the mental health system. Wheelchair access available in some units. People who are clients of mental health agencies should apply for housing through those agencies. The Tenant Protection Act covers most properties.

mainstayhousing.ca

MANSER ROAD GROUP HOME: SCARBOROUGH HOSPITAL

Phone  (416) 786-7967
Email  mzaborowski@tsh.to
Address  125 Manser Road
Toronto, ON
M1E 3V2

A high support group home with single bedrooms for adults with mental illness who live in Scarborough. The program offers social, interpersonal, and living skills, community access, mental health and medication monitoring, client-centered goal setting, discharge plan and follow up. Program aims to help residents work towards independent living with less reliance on staff.

Rent: $435.00 food and utilities $180 and $20

6 MONTHS

MARGARET FRAZER HOUSE

Phone Number  (416) 463-1481
Email  info@margaretfrazerhouse.org
Address  301 Broadview Ave
Toronto, On
M2R 36C

Women 18-64 years with psychiatric histories, should have outside day activity Housing services -- 24 hour staff supported transitional housing, semi-supported independent units in the community, crisis support including safe beds, respite bed for caregivers, food, clothing and shoe bank, psychiatric assessment and monitoring, short-term support, support line www.margaretfrazerhouse.org

MY BROTHERS PLACE

Phone  (416) 533-9767
Email  mbp739@idirect.com
Address  739 Dufferin Street
Toronto, ON
M6H 3K5

My Brother’s Place is a non-profit supportive housing program for men between 18 and 60 years of age. Our services are offered to those men who have had some experience with the mental health system. On-site staffing is provided Sunday to Friday 10am to 6pm and Saturdays 11am-5pm. There is 24/7 on call support for emergencies. No overnight guests and it is a dry house.

NELLIE’S COMMUNITY SUPPORT AND OUTREACH PROGRAM

Phone  (416) 461-3404
Email  outreach@nellies.org
Address  754 Queen Street East
Toronto, On
M4M 1H4

Single women 16 years or over and women with children who are homeless or leaving violence, all Nellie’s facilities are trans-women positive. Assistance for women in accessing and maintaining safe, affordable housing, and in developing community support networks, support for women with children who have experienced or survived violence, practical support to women who have been homeless or lived in poverty for a long period, assistance for women with mental health or substance abuse issues to live independently in the community, information, referrals, community links including immigration and legal information, family advocacy, workshops and seminars, support groups, community development and outreach.

www.nellies.org

PILOT PLACE SOCIETY

Phone  (416) 368-5832
Email  ppsjanet@rogers.com
Address  70 Lombard Street
Toronto, ON
M5C 2W2

Pilot Place is a housing project designed by families, community leaders and relatives of those with schizophrenia. The residence provides permanent, comfortable and affordable housing for persons with schizophrenia, are stable, but are unable to continue to live at home with their families, and cannot secure adequate living accommodation which provides the support they need at a rent they can afford. Each tenant has a furnishing, private room, 4-piece washroom and attached dressing and storage room. Meals are provided three times a day in a communal dining room. Services provided include: 24 hour staffing, nursing care, medication administration and management, money management, appointment escort services, room cleaning assistance and case management. There are Family support, Social Recreation Programs, Vocational Programs and Educational Information.

LONG WAIT LIST
RESIDENTS PAY $478 PER MONTH

PROGRESS PLACE

Phone  (416) 323-0223
Email  theclub@progressplace.org
Address  576 Church Street
Toronto, On
M4Y 2E3

Residential Services -- affordable housing for Clubhouse members, flexible as-needed support in bachelor and one or two bedroom apartments

www.progressplace.org
Youth and adults 16 years and over experiencing serious mental health problems and other concurrent challenges who need rehabilitation or support to live in the community. Supportive Housing Etobicoke/York (SHEY) Program -- residential, community and individual support services to persons who are homeless or at imminent risk of homelessness and have a mental illness, partnership with Supportive Housing in Peel (SHIP) and Trillium Health. www.reconnect.on.ca

Society of St. Vincent de Paul: St. Francis Residence

Phone (416) 603-4340
Address 229 Manning Avenue
Toronto, ON M6J 2K8

High support boarding home for 24 adults (18-60) with mental health problems, on low income. Mostly single rooms. Meals plus snacks are provided. Residents may participate in some voluntary activities.

St. Jude Community Homes

Phone (416) 359-9241
Address 431 Dundas Street East
Toronto, ON M5A 2B1

Permanent, affordable housing in a community setting. For single adults with a chronic psychiatric disability who are able to live independently. 37 self-contained bachelor apartments with kitchens in a low rise apartment complex with community rooms, roof gardens, parking and laundry facilities. Community meal program: breakfast and dinner Monday to Friday and brunch on Sunday. Resource staff available weekdays till 11pm and on weekends. No violent or abusive behaviour. Professional referral required. Optional social and recreational activities. Open to persons on social assistance. Rent is geared to income, plus $200 per month for meals. Residents are expected to attend monthly floor and community meetings. There is a waiting list for vacancies, expect a 3-5 year wait.

info@streethaven.com

For adults ages 55 and over who have serious mental illness and are homeless or at risk of becoming homeless, WoodGreen offers a nine-bed housing cluster which provides assisted living and a more supportive housing environment. Tenants live in private bachelor-style apartments with access to a common dining and living area so they can interact regularly with other tenants. Assistance is provided to each tenant, according to their specific needs, in the following areas: Grooming, laundry, house cleaning, managing finances, taking medication, nutrition, social activities and help with personal problems.

www.woodgreen.org

Rent geared to income

WoodGreen Community Centre: Mental Health Supportive Housing Cluster

Phone (416) 462-3110 ext 2234
Email mhds@woodgreen.org
Address 835 Queen Street East
Toronto, Ontario M4M 1H9

Men and women 16+ with a history of mental health problems. Individualised, voluntary support including assessment, goal setting, skills teaching, resource exploration.

www.regenerationhouse.com

Rent geared to income

WoodGreen Community Centre: Mental Health and Development Services

Phone (416) 462-5211
Address 835 Queen Street East
Toronto, Ontario M4M 1H9
For persons with disabilities or developmental delays, persons who are socially isolated or have a history of mental illness. Community mental health program which includes counselling and support groups, mental health housing clusters, patient outreach program (POP), in-home peer support and teaching for parents of children and youth diagnosed with having development disabilities.

www.woodgreen.org

**WYCHWOOD OPEN DOOR**

**Phone Number**  (416) 652-0857  
**Email** kbiasi@yahoo.com  
**Address** St Mathews United Church  
729 St. Clair West Bsmt  
Toronto, On  
M6C 1B2  

Socially isolated persons, persons who are homeless and discharged psychiatric patients, including youth, elderly, and families. Drop-in, fosters social interaction and motivational development, social and recreation programs, life skills, community and health information, help with housing and legal issues, full course lunch and light breakfast

www.wychwoodopendoor.org
Peer Support Groups and/or Educational Groups

ACROSS BOUNDARIES
Phone (416) 787-3007
Email info@acrossboundaries.ca
Address 51 Clarkson Avenue
Toronto, ON M6E 2T5

Across Boundaries is a mental health centre serving people of color in Toronto. In addition to peer support groups for the Afghan community, the Tamil Support Group, and other peer-support groups addressing individual, systemic and ethno-specific issues affecting mental health, Across Boundaries from time to time offers support groups for families within these communities. 16+
www.acrossboundaries.ca

ALTERNATIVES: EAST YORK MENTAL HEALTH COUNSELING SERVICES AGENCY
Phone (416) 285-7996
Email alternatives@primus.ca
Address 2034 Danforth Ave
Toronto, On

Services provided in English, Gujarati, Hindi, Urdu. Support groups and support for consumer/survivor and family involvement in community mental health reform. 16+

ANISHNAWBE HEALTH TORONTO
Phone (416) 360-0486
Email reception@aht.ca
Address 225 Queen St East
Toronto, On

Culturally specific, traditional mental health services, including individual, couple and family counseling, delivered in American Sign Language, Cree, English, Inuktitut, and Ojibway.
www.aht.ca

BREAKAWAT- FAMILY AND YOUTH INITIATIVE
Phone (416) 234-1942
Email breakaway@breakawayyouth.org
Address 2 Billingham Rd

Breakaway provides free, confidential harm reduction and addiction treatment services and has made support for parents a key part of its programming. Individuals and family members can receive counselling regarding drug and alcohol use. The goal of the family and youth initiative is to reduce the harm from drug and alcohol use while helping the youth and family to develop better alternative coping skills.
http://www.breakawayyouth.org/

CAMH: FAMILY OUTREACH AND RESPONSE PROGRAM
Phone (416) 535-8501 X2011
Address 1001 Queen Street West
Toronto, On

To provide direct support, information, referrals and linkages to family members in immediate and ongoing times of need. To develop and facilitate support/education groups for family members. On going support groups are available. They are open to all family members and friends. Please call for location and time
www.familymentalhealthrecovery.org

CMHA: NAMI FAMILY TO FAMILY EDUCATION PROGRAM
Phone (416) 789-7957 x270
Email cmha.Toronto@simpatico.ca
Address 700 Lawrence Avenue West
Suite 480
Toronto, On M6A 3B4

CMHA Toronto sponsors this free course of twelve classes co-taught by family members. The course is designed for family members of people who have been diagnosed with schizophrenia, major depression, bipolar illness (manic depression), panic disorder, obsessive compulsive disorder, borderline personality disorder, or who exhibit behaviours that strongly suggest one of these diagnoses. The course is run in the fall at our Lawrence Avenue West site.

CMHA : SUPPORT THE SUPPORTERS DROP-IN GROUP
Phone (416) 798-8500
Contact Michele Brown
Email mbrown@cmha-yr.on.ca
Address 15150 Yonge Street
Suite 3A
Aurora ON L4G 1M3

To provide support to friends, families and loved ones supporting someone with depression or bipolar illness. Meetings are held the last Tuesday of each month at CMHA 15150 Yonge Street. Call for time and more information.

CMHA- OAKVILLE POLAR BEARS MOOD DISORDER SUPPORT GROUP:
Phone (905) 338 2130
Email polarbearmood@yahoo.ca
Address 136 Cross Ave
Oakville, On L6J 2W6

The group is open to those diagnosed or suspect they are afflicted with unipolar depression, bipolar affective disorder and schizo-affective disorder as well as their family and friends those seeking information. Every Wednesday from 7-8:30 p.m. at CMHA Oakville office, 136 Cross Ave, Oakville. There are no fees. Please call for more info.
www.polarbearmooddisorder.sampasite.com

CONCERNED PARENTS OF TORONTO
Phone (416) 492 1468
Email thejohnstons@attglobal.net
Address 149 Heatherside Dr
Toronto, ON M1W 1T6

As an association of concerned parents and friends, we are specifically concerned with adolescents and adults who have both an intellectual disability, and mental health needs. There is a lack of services for these individuals in Toronto. Our role has been to lobby government for specialized services, and to inform and support parents and friends of
these adults. We meet on a monthly basis at
the J.D. Griffin Adolescent Centre (located at
24 Silverview Dr., Willowdale) every second
Wednesday evening of the month. We have
published a directory of resources for adults
dual diagnosis.

EQUILIBRIUM

Phone (905) 693-4270
Email equilibrium@cogeco.ca
Address CMHA Halton Region
388 Main St E
Milton, On

A facilitated discussion group for persons
experiencing Bipolar and/or depression...and
for their family and friends. Provide support for
consumer survivors. The group meets every
second Tuesday at 7:30 p.m. at Evangel
Pentecostal Church, 1450 Rebecca Street,
Oakville. Call for more info.

FAMILY ASSOCIATION FOR
MENTAL HEALTH
EVERYWHERE, F.A.M.E.

Phone (416) 207-5032
Email fame@fameforfamilies.com
Address 4214 Dundas Street West
Suite 209
Toronto, On

To reduce stress on families who are
connected to the mental health service
system. Open to all friends and relatives.

Scarborough
Centenary Hospital Support Group
Second Tuesday of the month, 7:00-9:00 p.m.,
2867 Ellesmere Rd., 6th floor.
Parking is validated.
The Scarborough Hospital - Grace Division
Support Group
Last Thursday of the month, 7:00-9:00 p.m.,
150 Queen Street South.
www.fameforfamilies.com

FREEDOM FROM FEAR
OUTREACH

Phone (416) 761-6006
Email jffearless@yahoo.com
Address 10 Lornborough Ave
Toronto, On
M6M 1X3

Support group meetings for people with
anxiety disorders and phobias and for their
significant others who want to be supportive

LANCE KRASMAN MEMORIAL
CENTRE FOR COMMUNITY
MENTAL HEALTH

Phone (905) 780-0491
Email kristab@look.ca
Address 10121 Yonge Street
Richmond Hill, On
M9L 1A1

Serving the York Region, the Krasman Centre
provides a range of services for
consumer/survivors and family members,
including self-help and professional support
groups as well as resource services and
supportive counseling for family members.
www.krasmancentre.com

MENS SANA- FAMILIES FOR
MENTAL HEALTH

Phone (416) 747-6018
Email menssana87@hotmail.com
Address 87 Ironside Drive
North York, On
M9L 2S6

To strengthen, support and educate families,
friends and relatives in their roles as
caregivers to their mentally ill family members.
To rebuild the strengths, abilities and
7:30 to 9:00 p.m. Meetings also at 87 Ironside Drive,
York Ontario, M9L

MOOD DISORDERS
ASSOCIATION OF ONTARIO

Phone (416) 486-8046
Email info@mooddisorders.on.ca
Address 36 Eglinton Ave W Ste 602
Toronto, On
M4R 1A1

Family Members Only- This group is for family
members and/or friends who do not have a
mood disorder. Sibling Support Group is a
psycho-educational group for siblings of
individuals with Mood Disorders. Please
check online for times/date.
www.mooddisorders.on.ca/pdf/calendar.pdf
www.mooddisorder.on.ca

SCHIZOPHRENIA SOCIETY OF
ONTARIO (TORONTO CHAPTER)

Phone (416) 449-6830
Email support@schizophrenia.on.ca
Address 130 Spadina Avenue
Suite 302
Toronto On
M5V 2L4

The Family support Centre is open Monday to
Friday 9:30 a.m. - 4:00 p.m. with telephone
counselors (all family members of someone
with Sz) who provide information, support and
referral services. Monthly newsletter,
speakers' bureau, advocacy for clients with
landlords, government agencies, courts,
mental health system, etc., public information
meetings, family support groups.
There are five public meetings per year with
guest speakers at Timothy Eaton Memorial
Church, 230 St. Clair Avenue West at 7:30
p.m. on the last Wednesday of the months of
September, November, January, March and
May. Regular support meetings are held for
relatives only at designated hospitals; call for
further information. Annual membership fee is
$25.00 for individuals and families.
Complimentary membership is available for
those in financial difficulty. Call the office for
further information

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These services offer support and education for families who have an adult member with a mental illness. Please note which programs and support groups listed below are designed specifically for family members and do not include the outpatient/consumer.

**Understanding Mental Illness – Seminar for Families:**
This meeting takes place once a week in the evening. Speakers address groups of families on topics such as: care for care givers, Schizophrenia, Mood Disorders, coping with stress, grief, medication compliance, limit setting, boundaries, etc. This seminar does not include the outpatient/consumer.

**Just Between Us – Support group for Families:**
This psycho-educational support group is led by a counsellor(s) and meets once a week in the evening. Families are encouraged to analyse and understand one another's challenges regarding mental illness in the family. This seminar does not include the outpatient/consumer.

**Specific Information and Resources for Your Family:**
A counsellor is available to meet with individual families or members to enhance their understanding of mental illnesses, community resources and advocacy specifically related to their particular needs. This seminar does not include the outpatient/consumer.

**Family Focus:**
A counsellor is available to meet with all family members including the outpatient/consumer if requested, to enhance family coping skills.

416-530-6486
ACROSS BOUNDARIES: AN ETHNORACIAL MENTAL HEALTH CENTRE
Phone (416) 787-3007
Email info@acrossboundaries.ca
Address 51 Clarkson Ave
Toronto, Ontario
M6E 2T5

Persons 16 years and over from an ethnoracial community with severe mental health problems/illnesses. Self referral or referral by family member, service provider, agency, psychiatrist, doctor, hospital, or social organization. Ethnoracial mental health centre, individual and community support (case management), support groups for consumers/survivors, anti-racism education and training in mental health, consumer/survivor initiatives to address economic and social barriers, community outreach, alternative models of support and services, art therapy, drop-in, life skills, community kitchen.

6 MONTHS
www.acrossboundaries.ca

BAYVIEW COMMUNITY SERVICES: CASE MANAGEMENT
Phone (416)495-7778
Email intake@bayviewservices.ca
Address 250 Consumers Way
Toronto, Ontario
M2J 4V6

Men and women 16-65 years with a history of serious mental health issues, group homes--no recent history of substance abuse or violent behaviour, no criminal record, case management. Bayview Case Management Services--offered with or without a housing component.

9 MONTHS
www.bayviewservices.ca

CANADIAN MENTAL HEALTH ASSOCIATION: TORONTO BRANCH
Phone (416) 789-7957
Email cmha.Toronto@simpatico.ca
Address Lawrence Square Mall
700 Lawrence Ave W Ste 480
Toronto Ontario
M6A 3B4

Persons 16-65 years with serious mental health illness. Case Management Services--for persons with serious mental illness who require support to live and work in the community, assistance in meeting basic needs (food, shelter, finances), developing skills and accessing community resources.

12 MONTHS
www.toronto.cmha.ca

CENTRAL TORONTO YOUTH SERVICES
Phone (416) 504-6100
Email Adelaide@ctys.org
Address 425 Adelaide St W
Suite 301 Toronto On
MSV 3C1

Youth 16-24 years with persistent and severe psychiatric disorders. Self or professional referral.

www.ctys.org

CENTRE FOR ADDICTION AND MENTAL HEALTH: DUAL DIAGNOSIS
Phone (416) 535-8501 X 7800
Address 501 Queen St W.
Toronto, On
M5V 2B4

Persons with dual diagnosis disabilities. Self-referral, or telephone referrals from case manager, service provider, physician or family member, detailed history, including current diagnoses, treatments and factors that may be contributing to the problem will be requested.

Dual Diagnosis Case Management
www.camh.net

CIRCLE OF CARE
Phone (416) 635-2860
Email info@circleofcare.com
Address 530 Wilson Ave 4th Floor
Toronto, On
M3H 5Y9

Seniors, adults with physical disabilities, cognitive impairments, or mental health problems, caregivers, children with special needs (developmental or physical). Social Work Services -- information and referral, counselling, case management, support groups, workshops.

www.circleofcare.com

COMMUNITY CARE EAST YORK
Phone (416) 422-2026
Email ccey@cccey.org
Address 840 Coxwell Ave Ste 202
Toronto, On
M4C 5T2

Persons 50 years and over, adults with physical disabilities, cognitive impairments, chronic mental health problems, anyone who needs care and support to promote independence, health and well being. Social Work Services -- case management, service coordination, crisis intervention, outreach and monitoring, counselling, consultation.
COMMUNITY RESOURCE

CONNECTIONS OF TORONTO

Phone (416) 482-4103
Email crct@crct.org
Address 366 Adelaide St E
Toronto, On M5A 3X9

Support services -- persons 16 years and over with severe mental health problems, and their families. Mental Health Court
Support Services -- based at Old City Hall and College Park provincial courts, activities to divert people with serious mental health problems charged with low risk offences toward support services in the community, information, consultation and case management, housing support

www.crct.org

12 MONTHS

COTA HEALTH

Phone Number (416) 785-9230 X316
Address 362-700 Lawrence Avenue W
North York, ON M6A 3B4

Case Management Services -- intensive case management services for individuals with serious mental health problems, including seniors with Alzheimer Disease and related dementias, adults with dual diagnosis (developmental disability and mental illness), adults with acquired brain injuries, and adults with

www.cotahealth.ca

6 MONTHS

COTA HEALTH: FOR MEN

ONLY: BAILEY HOUSE

Phone Number (416) 538-6971
Address 1330 King St W
Toronto, ON M6K 1H1

Homeless men with mental health concerns and diabetes. Long term affordable transitional housing, capacity 11, private

www.ccey.org

rooms in shared household, case management, counselling, assistance with food planning and preparation, laundry, exercise, personal health and hygiene, and accessing community services

www.cotahealth.ca

ETHIOPIAN ASSOCIATION

IN THE GREATER TORONTO AREA

Phone (416) 694-1522
Email office@ethiocommun.org
Address 2064 Danforth Ave
Toronto, On M4C 1J6

Open to all, with focus on Ethiopian community. Mental health – psychiatric crisis intervention and counselling including long term counselling and follow-up, life skills training and workshops, education, case management and advocacy

www.ethiocommun.org

GERSTEIN CRISIS CENTRE

Phone (416) 929-0149
Email admin@gersteincentre.org
Address 100 Charles St E
Toronto, On M4Y 1V3

Adults 16 years and over experiencing an acute mental health crisis. 24 hour nonmedical crisis intervention for acute psychosocial crises, mobile response in the home or other community setting, if necessary, concrete assistance with problems immediate to the crisis, support, brief stay at base facility when necessary, referrals for assistance with ongoing needs such as financial, housing, case management, assistance with remaining in the community

www.gersteincentre.org

GRiffin CENTRE

Phone (416) 222-1153
Email contact@griffin-centre.org
Address 24 Silverview Dr
Toronto, On M2M 2B3

Mental Health Program -- youth 12-18 years with mental health concerns who are experiencing difficulties at home, school or in the community. Flexible, community-based mental health services, assessment of

strengths and needs, individual, family, group and short term counselling, crisis support, substance abuse treatment, sexual assault

harm reduction treatment for offenders (limited capacity), case management, school-based prevention and consultation, skill development, after school groups, summer work experience opportunities, preparation for independence, youth and family involved in service planning and decisions, consultation for parents, schools, agencies, communities

www.griffin-centre.org

HONG FOOK MENTAL HEALTH ASSOCIATION

Phone (416) 493-4242
Email info@hongfook.ca
Address 1065 McNicoll Ave
Toronto, On M3N 2Y2

Mental health and substance use supports including case management, outreach, drop-in, assistance in accessing community services such as legal support, housing, employment, food, meetings with youth and their families in the home or other community setting, school-based counselling and consultation, workshops, training, groups in partnership with other community agencies

www.hongfook.ca

HOMEWARD

Phone (416) 462-3334
Email inquiry@hmward.ca
Address 125 Danforth Ave
Toronto, On M4K 1N2

Adults 16 and older with serious mental health needs. Community mental health agency, community case management, mental health and justice case management, release planning case management for individuals in the Toronto Jail and Toronto West Detention Centre.

www.hmward.ca
consumers/survivors to housing, health care and other community resources, intensive case management, community banking program, street outreach component.

Reconnect Mental Health Services

Phone (416) 248-2050
Email contact@reconnect.on.ca
Address 2150 Islington Ave Ste 202
Toronto, On
M9P 3V4

Youth and adults 16 years and over experiencing serious mental health problems and other concurrent challenges who need rehabilitation or support to live in the community, see below for specific programs. Community Support -- case management, assistance in securing and maintaining housing, intensive mental health support and life skills training. Dual Diagnosis Day Program -- specialized groups, case management, and individual support to clients who have serious mental illness and developmental delay, partnership with CORE (Centre for Opportunity, Respect and Empowerment) and Griffin Centre

www.reconnect.on.ca

Mount Sinai Hospital: Wellness Centre

Phone (416) 291-3883
Email info@horizonsforyouth.org
Address 422 Gilbert Ave
Toronto, On M6E 4X3

Young men and women 16-24 years who are homeless or transient. Emergency shelter and short term housing program, capacity 35, length of stay depends on plan, food packages, meals, clothing, personal needs, emotional support, counselling, access to housing worker, life skills training, crisis intervention, housing workshops, community referrals, outreach and aftercare support, day programs, drop-in services, clinical referral and assessment, case management, advocacy.

St Michael's Hospital: Kennedy Road Clinic

Phone (416) 431-8230
Address 1225 Kennedy Rd, Unit J
Toronto, On M1P 4Y1

Persons with severe and persistent mental illness. Self contained clinical team of health care professionals, case management, home visits, long term treatment, services and support.

www.TSH.to

St Michael's Hospital: Community Connections Case Management Program

Phone (416) 864-6060 ext 6519
Address 410 Sherbourne St, Ste 102
Toronto, ON M4X 1K2

Persons with a severe and persistent mental illness such as schizophrenia or bipolar affective disorder who are having difficulty functioning independently in the community, also persons with a concurrent disorder (mental illness and substance use disorder), includes persons who are homeless. Case management, intensive support, recovery approach, home visits and treatment, outreach, social and recreational program, links to employment supports, multidisciplinary team -- psychiatrist, nurses, occupational therapist, social workers, promotes success and satisfaction in the community.

www.stmichaelshospital.com

St Stephen's Community House

Phone (416) 964-8747 ext 0
Address 260 Augusta Ave
Toronto, On M5T 2L9

Addiction Counselling Program -- information and referral to addiction treatment programs, individual support, relapse prevention group, Mental Health Case Management -- for homeless and under-served adults with mental health issues.

www.ststephenshouse.com

Storefront Humber

Phone (416) 259-4207
Email storefronthumber@bellnet.ca
Address 2445 Lake Shore Blvd W
Toronto, On M8V 1C5

Seniors 65 years and over, adults with physical or mental disabilities 18 years and over. Home help, homemaking (bathing, meal preparation), home maintenance -- fees on a sliding scale, student grass cutting, snow shovelling -- brokerage fee, respite care (caregiver relief) -- fee, Adult Day Program Monday-Friday and one Saturday per month -- fee, congregate dining, transportation available -- fee, bimonthly breakfast program at off-site location -- fee, transportation to medical appointments, shopping -- fee, friendly visiting, telephone security check -- free, foot care -- fee, client intervention and assistance including crisis intervention, case management, supportive housing -- personal care for residents of Toronto Community Housing Corporation buildings in Etobicoke --
fee, participates in Toronto Ride, information and referral
www.storefronthumber.ca

SUNNYBROOK HEALTH SCIENCES CENTRE

Phone (416) 480-4611
Address 2075 Bayview Ave, Section F120
Toronto, On
M4N 3M5

Adults 16 years and over with severe, persistent mental illness, priority to persons with schizophrenia, bipolar disorder and other major psychiatric disorders. SUNPAC:

- Intensive outreach program, multidisciplinary team including addictions specialist, occupational therapists, peer support worker, psychiatrist, registered nurses, social workers and vocational specialist, health education, medication and symptom management, substance abuse, individual counselling, family support, social skills development, vocational rehabilitation, assistance in activities of daily living, development of leisure and recreational opportunities, assistance in finding housing and other social services.

TORONTO ABORIGINAL CARE TEAM

Phone (416) 969-8501
Address 30 College St
Toronto, On
M5G 1K2


www.torontoareatteam.org

TORONTO CENTRAL COMMUNITY CARE ACCESS CENTRE

Phone 416-506-9888
Email toronto_ccac@toronto.ccac-ont.ca
Address 250 Dundas St W Ste 305
Toronto, On
M5T 2Z5

Arranges in-home or school-based health and social services, and placement in long term care homes, service coordination, information and referral for related community services, brochures available in Braille.

Chinese, English, Filipino, French, Greek, Hungarian, Italian, Japanese, Korean, Polish, Portuguese, Spanish, Tamil, Vietnamese

In-home services -- nursing care, physiotherapy, occupational therapy, speech-language pathology, social work, nutritional counselling, personal support, homemaking, if eligible for above services, other services may be provided such as drug card, medical equipment or supplies, laboratory services, transportation

Child and family services -- for children or youth with short or long-term disabilities or other special needs and their families, 2 components, in-home health and personal support, services as listed above, with the addition of palliative care and respite care (caregiver relief), school-based services -- professional services to enable children with disabilities or ongoing diseases to attend school.

Also information and assistance in linking to existing community support services, which may also be contacted directly by consumers, such services include friendly visiting, meals on wheels, volunteer transportation, security checks, that are relatively low in cost and primarily volunteer-based, also help finding other services, such as attendant care for persons with physical disabilities and supportive housing services.

Placement in long term care homes -- access for admission to long term care homes, or for transfer to facilities outside Toronto, does not include seniors apartments, retirement homes, or chronic care hospitals, subsidies for ward accommodation may be available -- apply directly to facility after placement.

Short stay -- respite for caregivers, includes persons with Alzheimer Disease, Convalescent Care -- following surgery or illness, medical and therapeutic supportive care provided in a long term care facility, usually 30-45 days

Crisis placements -- when support suddenly breaks down at home, person is placed wherever a bed is available, while awaiting placement in the facility of choice.

www.toronto.ccac-ont.ca

TORONTO EAST COUNSELLING AND SUPPORT SERVICE

Phone 416-462-0461
Email info@tecss.com
Address 95 Queen St E, 3rd Floor
Toronto, On
M4M 3P3

Community-based mental health program, case management including supportive counselling, advocacy and life skills development, liaison and referral to appropriate services, crisis prevention and intervention, outreach, information, wellness education and planning.

www.tecss.com

TORONTO EAST GENERAL HOSPITAL

Phone 416-461-2000 ext 227
Email reach@tegh.on.ca
Address 177 Danforth Ave Ste 2
Toronto, On
M4K 1N2

Reach Services -- case management for individuals with serious mental health problems, supportive housing.

www.tegh.on.ca

TORONTO NORTH SUPPORT SERVICES

Phone 416-499-5969
Email info@tnss.ca
Address 32 Railside Rd. Ste 2
Toronto, On
M3A 1A3

Community Support Program -- case management, assistance in meeting basic needs, having stable income, finding and maintaining housing, participating in employment, educational, vocational or social activities, and developing community supports.

www.tnss.ca

TURNING POINT YOUTH SERVICES

Phone 416-925-9250
Email info@turningpoint.ca
Address 95 Wellesley St E
Toronto, On
M4Y 2X9
Concurrent Disorders Program (CDP) -- short term residential program for young men 16-24 years, support and stabilization, development of life skills and family and community support networks, preparation for longer term treatment, assistance with securing permanent housing, intensive case management, follow up, capacity 6

www.turningpoint.ca

WOODGREEN COMMUNITY CENTRE: CASE MANAGEMENT

Phone (416) 469-5211 ext 1279
Email mhds@woodgreen.org
Address 835 Queen Street East
         Toronto, Ontario
         M4M 1H9

WoodGreen's Case Management Services offer intensive one-on-one support to individuals experiencing serious mental health issues. We provide the following:
- Assessment of the services suitable for you
- Individual counselling
- Self-directed goal setting
- Problem solving
- Advocacy support
- Referrals to other services
- Crisis prevention and intervention
- Case coordination and education

YOUTHDALE TREATMENT CENTRES

Phone Number (416) 368-4896
Address 227 Victoria St
          Toronto, ON
          M5B 1T8

Psychiatric Crisis Service .. 416-363-9990
Mobile Crisis Support Team -- professional team responds to children and youth in crisis, supports family or agency in crisis resolution, Acute Support Unit -- 10 bed, secure short term residential crisis unit for youth from 12 to under 16 years at risk to themselves or others, children under 12 years admitted only with Ministry of Community and Social Services' consent, assessment, crisis intervention, case management support for referring agencies

www.youthdale.ca
Respite

TORONTO CENTRAL COMMUNITY CARE ACCESS CENTRE

Phone 416-506-9888
Email toronto_ccac@Toronto.ccac-ont.ca
Address 250 Dundas St W Ste 305
Toronto, On
M5T 2Z5

Child and family services -- for children or youth with short or long-term disabilities or other special needs and their families, 2 components, in-home health and personal support, services as listed above, with the addition of palliative care and respite care (caregiver relief), school-based services -- professional services to enable children with disabilities or ongoing diseases to attend school

Short stay -- respite for caregivers, includes persons with Alzheimer Disease, Convalescent Care -- following surgery or illness, medical and therapeutic supportive care provided in a long term care facility, usually 30-45 days

www.toronto.ccac-on.ca

COMMUNITY CARE EAST YORK

Phone (416) 422-2026
Email ccey@ccey.org
Address 840 Coxwell Ave Ste 202
Toronto, On
M4C 5T2

Home Support Services -- homemaking, personal care, home help, respite care (caregiver relief) including persons with Alzheimer Disease -- fees on a sliding scale, foot care -- in-home and community clinics -- fee, handyperson -- fee, friendly visiting, accompaniment services -- free, transportation and escort to medical appointments and social outings for CCEY clients only, Monday-Friday 8-2 -- fee, participates in Toronto Ride, SCOPE -- registry of students who do odd jobs, grass cutting, snow shovelling -- fee

www.ccey.org

CENTRAL EAST COMMUNITY CARE ACCESS CENTRE

Phone 416-750-2444
Address 1940 Eglinton Ave E 3rd Floor
Toronto, On
M1L 4R1

Short stay -- respite for caregivers, includes persons with Alzheimer Disease, Convalescent Care -- following surgery or illness, medical and therapeutic supportive care provided in a long term care facility, usually 30-45 days

www.ce.ccac-ont.ca

CIRCLE OF CARE

Phone (416) 635-2860
Email info@circleofcare.com
Address 530 Wilson Ave 4th Floor
Toronto, On
M3H 5Y9

Home Support Services -- homemaking, housekeeping, personal care, palliative care, companionship, caregiver support/respite care, specialized workers for individuals with Alzheimer Disease or mental health problems, supportive housing services, Pediatric Services -- above services also for children with special needs

www.circleofcare.com

COMMUNITY CARE EAST YORK

Phone (416) 422-2026
Email ccey@ccey.org
Address 840 Coxwell Ave Ste 202
Toronto, On
M4C 5T2

Home Support Services -- homemaking, personal care, home help, respite care (caregiver relief) including persons with Alzheimer Disease -- fees on a sliding scale, foot care -- in-home and community clinics -- fee, handyperson -- fee, friendly visiting, accompaniment services -- free, transportation and escort to medical appointments and social outings for CCEY clients only, Monday-Friday 8-2 -- fee, participates in Toronto Ride, SCOPE -- registry of students who do odd jobs, grass cutting, snow shovelling -- fee

www.ccey.org

MOBILE CRISIS OF PEEL

Phone 905-848-7754
Email crisispeel@saintelizabeth.com
Address Box 29617
Mississauga, ON L5A 4H2

Other services -- pre-crisis support, support to family members, significant caregivers, friends, referrals to emergency respite housing, referrals to short-term residential safe beds, follow-up support, short term case management, linkages to other community services, partnership with Saint Elizabeth Health Care, Distress Centre Peel, William Osler Health Centre and Canadian Mental Health Centre, Peel Branch

www.ccey.org

GRIFFIN CENTRE

Phone (416) 222-1153
Email contact@griffin-centre.org
Address 24 Silverview Dr
Toronto, On
M2M 2B3

Dual Diagnosis Service (Mental Health/Development Disability) -- assists youth and their families in dealing with conflict with friends or family, problems at school and in the community, discrimination, anger, violence, abuse, substance abuse, day/school support services, respite/residential care

www.griffin-centre.org

SAINT ELIZABETH HEALTH CARE: COMMUNITY CRISIS RESPONSE PROGRAM

Phone 416-498-8600
Email mcompton@saintelizabeth.com
Address 2 Lansing Sq, Ste 600
Toronto, ON
M2J 4P8

Continuum of services include mobile crisis intervention, emergency respite housing (including safe bed for adults 16 years and over with a mental illness and developmental disability), hospital care, short term intensive crisis management, support available in the community, at home or at meeting place of their choice, telephone access and support
available to family members, significant others, caregivers, Seniors Crisis Management Team, provided by a coordinated network of mental health services
www.saintelizabeth.com

**STOREFRONT HUMBER**

**Phone**  (416) 259-4207  
**Email**  storefronthumber@bellnet.ca  
**Address**  2445 Lake Shore Blvd W  
Toronto, On  
M8V 1C5

Home help, homemaking (bathing, meal preparation), home maintenance -- fees on a sliding scale, student grass cutting, snow shovelling -- brokerage fee, respite care (caregiver relief) -- fee, Adult Day Program Monday-Friday and one Saturday per month -- fee, congregate dining, transportation available -- fee, bimonthly breakfast program at off-site location -- fee, transportation to medical appointments, shopping -- fee, friendly visiting, telephone security check -- free, foot care -- fee, client intervention and assistance including crisis intervention, case management, supportive housing -- personal care for residents of Toronto Community Housing Corporation buildings in Etobicoke -- fee, participates in Toronto Ride, information and referral
www.storefronthumber.ca

**VHA HOME HEALTHCARE**

**Phone**  416-489-2500  
**Email**  akatsid@vha.ca  
**Address**  477 Mount Pleasant Rd, Ste 500  
Toronto, ON  
M4S 2L9

In-home nursing, attendant and palliative care, personal support services, homemaking, family and child care, caregiver relief and emergency child care, infant and multiple birth support, foot care * health and wellness programs
Extreme Cleaning Service 416-482-4603 -- one-time home cleaning for individuals living with mental health disorders, at imminent risk of losing their housing due to being unable to keep their home environment up to public health standards * follow-up links to community supports * free * one-time heavy-duty cleaning assistance also available on fee-for-service basis to general population
www.vha.ca
Website

**Family and Friends**

Here to Help
http://www.heretohelp.bc.ca/publications/factsheets

Concerned Parents of Metro Toronto- Supports and Services Resource Handbook
http://www.camh.net/About_Addiction_Mental_Health/Mental_Health_Information/concercparents_dualdiagdbhk.pdf

Family Mental Health Initiative
http://www.fmni.ca/

Family Outreach and Response Program
http://www.familymentalhealthrecovery.org/

National Network of Adult and Adolescent Children who have a mentally ill parent/s
http://nnaami.org/

Parents Life Line of Eastern Ontario
http://www.pleo.on.ca/pleo.htm

Strengthening Families Program
http://www.strengtheningfamiliesprogram.org/

Supporting Families with Parental Mental Illness- BC-Publication

Family Association for Mental Health Everywhere
www.fameforfamilies.com

Families for Depression Awareness
http://www.familyaware.org/

Support For Families

Helping Children Cope

National Family Caregivers Association
http://www.nfcacares.org/

**Schizophrenia**

British Columbia Schizophrenia Society
http://www.bcss.org/2007/05/programs/strengthening-families-together/

North Shore Schizophrenia Society
http://www.northshoreschizophrenia.org/Support_Centre.htm

Schizophrenia Society of Canada
http://www.schizophrenia.ca/

**Mood Disorders**

Depression and Bipolar Support Alliance

Canmat 2005 Guidelines for the Management of Patients with bipolar disorder: Consensus and Treatment

Rapid Cycling from the Depressive and Bipolar Support Alliance
http://www.dbsalliance.org/pdfs/rapidcycling.pdf

Circadian Rhythms Factor in Rapid- Cycling Bipolar Disorder
http://www.psychiatrictimes.com/p960533.html

Bipolar World
http://www.bipolarworld.net/

A Silver Lining- Bipolar
http://www.a-silver-lining.org/

Psyc.com.net
http://www.psyc.com.net/depression.central.bipolar.html

Prevention and Early Intervention Program for Psychosis
www.pepp.ca

The Bipolar Child
www.bipolarchild.com

The Child and Adolescent Bipolar Foundation
www.bpkids.org

Dr. Ivans Depression Central
http://www.psyc.com.net/depression.central.html

Canadian Coalition for Seniors Mental Health
www.ccsmh.ca

Depression and Bipolar Support Alliance
http://www.dbsalliance.org/site/PageServer?pagename=home

Wing of Madness
www.wingofmadness.com

National Foundation of Depressive Illness
www.depression.org

DIRECT –Depression Information Centre
www.fhs.mcmaster.ca/direct/

Mood Disorders Canada
http://www.mooddisorderscanada.ca/

Pendulum.org
http://www.pendulum.org

Canadian Network for Mood and Anxiety Treatments
http://www.canmat.org/

Obsessive Compulsive Foundation  
http://www.ocfoundation.org/

**Eating Disorders**  
Something Fishy  
www.somethingfishy.org

National Eating Disorder Information Centre  
http://www.nedic.ca/

Body Image Coalition of Peel  
http://www.bodyimagecoalition.org/

Bulimia Anorexia Nervosa Association (BANA) – Windsor  
http://www.bana.ca/

Danielle's Place  
http://www.daniellesplace.org/

Eating Disorders of York Region (EDOYR)  
http://www.edoyr.com/

Hope's Garden, Eating Disorder Support & Resource Centre  
http://www.hopesgarden.org/

National Eating Disorder Information Centre  
http://www.nedic.ca/

Niagara Network for Freedom from Eating Disorders  
www.surf.to/nnfed

Sheena's Place – Toronto  
http://www.sheenasplace.org/

**Mental Health Information**  
Canadian Mental Health Association  
http://www.toronto.cmha.ca/

Globe and Mail Breakdown Series  
http://www.theglobeandmail.com/breakdown

Information and Privacy Commissioner Ontario  
http://www.ipc.on.ca/

Check up from the Neck Up  
http://checkupfromtheneckup.ca/

National Alliance on Mental Illness of Ontario  
http://www.namiontario.ca/

Healthy Place.com  
http://www.healthyplace.com/
Centre for Addiction and Mental Health
http://www.camh.net/

Community Resource Connections
http://www.crct.org/

Distress Centers Ontario
http://www.dcontario.org/

Health Canada
http://www.hc-sc.gc.ca/hl-vs/mental/index-eng.php

Mental Health Minute
http://www.mentalhealthminute.com/

NARSAD
http://www.narsad.org/

Queen Street Outreach Society- Information
http://www.qsos.ca

Drug and Alcohol Registry of Treatment (DART)
http://www.dart.on.ca/

Royal Ottawa Foundation for Mental Health
Youknowwhoiam.com

The Mental Illness Education Project, Inc
http://www.miepvideos.org/

Canadian Police/Mental Health Liaison Information

Toronto East General Hospital
http://www.tegh.on.ca/bins/content_page.asp?cid=3-24&lang=1
Online Support Forums

**MDAO FAMILY SUPPORT GROUP : ONLINE FORUM VOLUNTEERS**

[HTTP://MDAO.V-CC.COM/FAMILY](HTTP://MDAO.V-CC.COM/FAMILY)

If you are a family member or friend of someone with a mood disorder and you are looking for support, if you have some questions about mood disorders, like Depression and Bipolar disorder, or if you need help getting through the rough spots the MDAO Family Support Group is for you! If you'd like to ask a question or participate in discussions we ask that you register. Registration is free and it protects our community from spam. Once you register, you must log in to post. This Support Group is moderated by trained volunteers.

**FAMILY/SUPPORTER SUPPORT FORUM**


The BC Schizophrenia Society (on behalf of BC Partners for Mental Health and Addictions Information) is pleased to facilitate a series of online support groups for family members and supporters of persons with a mental illness. These support groups are for people caring for a loved one who has or may have a mental illness or mental health concern. These groups welcome relatives and supporters including: parents of children or adults, sisters, brothers, daughters, sons, wives, husbands, spouses, boyfriends, girlfriends, same-sex partners, relatives, chosen family, friends, roommates...

**ADULT/CHILDREN OF MENTALLY ILL PARENTS**

[HTTP://WWW.SSSALAS.COM/AC.HTML](HTTP://WWW.SSSALAS.COM/AC.HTML)

Whether you are young or old, your parent alive or deceased, this Forum is dedicated to all those struggling families and individuals trying to make sense of the insanity of a mentally ill parent. Perhaps by sharing and exposing this typically secret disorder we can together find solutions to this oftentimes crippling and confusing condition that tends to stifle the whole family, knowing that you’re not alone!

Internet Resource Sites

**211TORONTO.CA**

The Internet-based directory of human services will be built on the partners’ existing information management and technological infrastructure, making 211Ontario.ca a reliable, user-friendly resource for anyone who is looking for human services in Ontario.

Complementing the Internet resource represented by 211Ontario.ca is the 211 telephone service. By dialing 2-1-1, callers are directly connected to a qualified information and referral specialist.

**CONNEX ONTARIO.CA**

ConnexOntario Health Services Information is a corporation operating the services below. We exist to improve access to alcohol and drug, gambling and mental health services for the people of Ontario. We also support the development of an efficient and accountable service system by providing planning information to system managers and stewards.
It's important to know that there are lots of people who call themselves therapists or counselors. The price for services isn't a gauge of the quality of service. You are the gauge and you will know which therapy fits best for you.

**Where can I start to look?**

**Traditional**

College of Physicians and Surgeons  
(416) 967-2626  
toll free  1-800-268-7096  
website: http://www cpso.on.ca

G.P. Psychotherapy Association  
(416) 410-6644

Ontario Association of Social Workers  
(416) 923-4848  
website: http://www oasw.org

Ontario College of Social Workers  
(416) 972-9882  
toll free  1-877-828-9380  

Ontario Psychological Association  
(416) 961-0069  
toll free 1-800-268-0069

**Alternative**

Friends of Alternative & Complementary Therapies (FACT)  
(416) 299-5113  
website http://www thefacts.org
HELP! WHAT TO DO IN AN EMERGENCY

Do you need help right now?  
Are you feeling like you might hurt yourself or other people?  
Are you afraid that someone you know might hurt themselves or other people?

Here is what you can do.

<table>
<thead>
<tr>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go to the Emergency Department of your local hospital.</td>
</tr>
<tr>
<td>Call your psychiatrist if you have one, or your family doctor. Ask if they can see you now.</td>
</tr>
<tr>
<td>Your doctor could help you get into a hospital.</td>
</tr>
<tr>
<td>Call your mental health worker. Tell them you need help.</td>
</tr>
<tr>
<td>Call the Mobile Crisis Line. They are open 24 hours a day, 7 days a week. They can help you.</td>
</tr>
<tr>
<td>They can come to where you are, if you need them.</td>
</tr>
<tr>
<td>They can also tell you about other supports.</td>
</tr>
<tr>
<td>In downtown Toronto, call 416-929-5200</td>
</tr>
<tr>
<td>In Etobicoke or North York, call 416-498-0043</td>
</tr>
<tr>
<td>In Scarborough or East York, call 416-289-2434</td>
</tr>
<tr>
<td>Phone 911 if someone’s life is in danger. Ask for an ambulance or police to help you get to the hospital. Explain the situation as clearly as you can. When you call 9-1-1, the operator will say, “Emergency. Do you require Police, Fire or Ambulance?” If you do not speak English, try to have a family member or friend help you. If this is not possible, try to explain calmly that you do not speak English. Say your language in a clear voice. If the 9-1-1 operator does not understand the language you are speaking, they will try to find out what language you speak. If they ask you questions, repeat your language only. For example, say “Tamil.”</td>
</tr>
</tbody>
</table>
## People Who Can Help

### People Who Can Help

<table>
<thead>
<tr>
<th>Who</th>
<th>What they can do</th>
<th>Where they work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Doctor</td>
<td>➤ diagnose your illness</td>
<td>Most doctors have their own office. This is called <strong>private practice</strong>. Some work in community health centres or hospitals. If you do not have a family doctor, go to your local Community Health Centre or to a Community Mental Health Agency.</td>
</tr>
<tr>
<td></td>
<td>➤ prescribe medication</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ tell if you have a physical illness that seems like a mental illness</td>
<td></td>
</tr>
<tr>
<td>Psychologist</td>
<td>➤ diagnose your illness</td>
<td>Some psychologists have their own offices, and some work in hospitals or Community Health Centres.</td>
</tr>
<tr>
<td></td>
<td>➤ treat your emotions and your actions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ <strong>cannot</strong> prescribe medication to treat you</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ they do talk therapy</td>
<td></td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>➤ diagnose your illness</td>
<td>Some psychiatrists have their own office, some work in general hospitals, and some work in psychiatric hospitals.</td>
</tr>
<tr>
<td></td>
<td>➤ treat your illness in different ways, including by prescribing medication</td>
<td></td>
</tr>
<tr>
<td>Nurse</td>
<td>➤ identify your condition</td>
<td>Nurses work in all kinds of hospitals and in Community Health Centres.</td>
</tr>
<tr>
<td></td>
<td>➤ tell you about the condition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ <strong>cannot</strong> give a diagnosis or treat your illness</td>
<td></td>
</tr>
<tr>
<td>Social Worker</td>
<td>➤ identify your condition</td>
<td>Social workers work in all kinds of hospitals, in Community Health Centres and other social service agencies.</td>
</tr>
<tr>
<td></td>
<td>➤ tell you about the condition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ <strong>cannot</strong> give a diagnosis or treat your illness</td>
<td></td>
</tr>
<tr>
<td>Case Manager Or Individual Support Worker</td>
<td>➤ identify your condition</td>
<td>Case managers or individual support workers work in the community in mental health agencies or Community Health Centres.</td>
</tr>
<tr>
<td></td>
<td>➤ tell you about the condition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ can give you information about resources</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➤ <strong>cannot</strong> give a diagnosis or treat your illness</td>
<td></td>
</tr>
</tbody>
</table>
### Types of Treatment

Here is general information about the main kinds of talk treatment.

<table>
<thead>
<tr>
<th>Name</th>
<th>How it works</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive therapy</td>
<td>Helps change what you are thinking.</td>
<td>The therapist helps the client see when their thoughts are not true, but are caused by their illness. For example, if you are depressed you may have unrealistic bad thoughts about yourself. The negative thoughts make you more depressed. The therapist will help you see that these thoughts are caused by your depression.</td>
</tr>
<tr>
<td>Behaviour therapy</td>
<td>Helps you change the things you do, and helps you stop doing things that make the situation worse.</td>
<td>The therapist will help you change the things you do that make your situation worse. For example, if you avoid leaving your home because you are afraid of becoming helpless in a public place, they will help you try things that make you afraid until you feel safe when you go out in public.</td>
</tr>
<tr>
<td>Psycho-dynamic therapy</td>
<td>Helps you understand your childhood and develop healthier ideas about yourself.</td>
<td>The therapist helps the client remember conflicts from their childhood. For example, you may be depressed and feel bad about yourself because your parents criticized you a lot when you were a child. The therapist will help you remember what you heard as a child and help you see who you are today.</td>
</tr>
<tr>
<td>Inter-personal psychotherapy</td>
<td>Helps heal relationships.</td>
<td>The therapist helps the client see how breakdowns in relationships are connected to depression and helps build healthier relationships.</td>
</tr>
</tbody>
</table>
Sometimes, people with mental illness need to be in a psychiatric hospital. If you sense that you are not feeling well and that you need help, you go into a hospital. A doctor will see you and do an assessment. If the doctor says that you should be admitted and you decide to go in, you are called a voluntary patient. A voluntary patient is a person who is staying in a psychiatric facility of his or her own free will.

Sometimes, someone with a mental illness can be put in a psychiatric hospital even if they do not want to go. This is called an involuntary patient.

**How did I become an involuntary patient?**

You became an involuntary patient once your doctor assessed you and signed a Certificate of Involuntary Admission (Form 3) or a Certificate of Renewal (Form 4).

The **Mental Health Act** sets out two reasons that a person may be held as an involuntary patient:

1. The person is a danger to themselves, other people, or may unintentionally injure themselves;
2. The person’s condition is worse and they must be hospitalized.

Two kinds of hospitals in Ontario treat patients with mental illness. Most general hospitals have psychiatric departments or mental health departments. There are also a few psychiatric hospitals, such as the Centre for Addiction and Mental Health in downtown Toronto, and the Whitby Mental Health Centre.

**WHO CAN SEND A PERSON TO HOSPITAL?**

- **A doctor** can apply to send a patient to hospital for a psychiatric assessment. They must fill out an application called a **Form 1**. The form explains why the patient should be put into hospital. It is a psychiatric assessment form.

- **A police officer** can take a person to a psychiatric hospital if they believe the person is a danger to themselves or other people.

- **A Justice of the Peace** can order a person to take a psychiatric assessment if they believe that the person is a danger to themselves or other people or is unable to care for himself/herself. They must fill out an order called a **Form 2**.

- **If a person is on trial for a crime and the lawyers think they have a mental illness, a judge** can order that the person must be examined at a psychiatric hospital.
### Reasons for being in the hospital

<table>
<thead>
<tr>
<th>Reason you are in the hospital</th>
<th>How long will I be in the hospital?</th>
<th>What else should I know?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am here on a Form 1.</td>
<td>You must stay up to three days.</td>
<td>Form 1 is not legal unless the hospital gives you a Form 42. The Form 42 says you have the right to contact a lawyer.</td>
</tr>
<tr>
<td>I asked to go in, and have been in for three days.</td>
<td>The doctor and the treatment team talk to you to decide how long your admission will last.</td>
<td></td>
</tr>
<tr>
<td>I asked to go in, I have been in for three days, and now my doctor wants me to stay as an involuntary patient.</td>
<td>You may have to stay as long as two weeks. You can leave before then, if your doctor does not think you will hurt yourself or other people.</td>
<td>Your doctor must fill out a Form 3. The Form is not legal unless the hospital gives you a Form 30. It outlines the criteria for your admission. Rights Advice is provided by a Rights Advisory. This is important because Form 3 is not enough to understand your rights. A Rights Advisor will visit you to explain your rights, and help you if you do not agree with your doctor. If your doctor does not fill out a Form 3, you can leave.</td>
</tr>
<tr>
<td>My doctor filled out a Form 3 but I want to go home.</td>
<td>You may have to stay for two more weeks.</td>
<td>If you do not agree with the Form 3, you must fill in a Form 16. When you do, the Consent and Capacity Board will meet to hear your case within seven days.</td>
</tr>
<tr>
<td>My doctor filled out a Form 3 two weeks ago.</td>
<td>Your doctor can sign a Form 4 again. The third Form 4 and following Form 4s all expire after three months.</td>
<td>Your doctor must fill out a Form 4. The Form 4 is not legal unless the hospital gives you a Form 30. The Form 30 tells you your rights. If your doctor does not fill out a Form 4, you become a voluntary patient.</td>
</tr>
<tr>
<td>My doctor filled out a Form 4 one month ago.</td>
<td>You may have to stay for one or two more months.</td>
<td>Your doctor can fill out another Form 4. If your doctor does not fill out another Form 4, you become a voluntary patient.</td>
</tr>
</tbody>
</table>
# Hospital Forms

**WHAT FORMS DO HOSPITALS USE, AND WHAT ARE THEY FOR?**

<table>
<thead>
<tr>
<th>What is it called?</th>
<th>How is the form used?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Form 1 Application by Physician for Psychiatric Assessment</td>
<td>Doctors fill out this form if they think a person may hurt themselves or other people. A Form 1 can be used to send that patient to a psychiatric hospital. The Form 1 does not allow anyone to detain you in jail or in any other institution. It can only be used to send you to a psychiatric hospital. Once the doctor completes the assessment you must be released, admitted as a voluntary or informal patient, or admitted as an involuntary patient.</td>
</tr>
<tr>
<td>Form 3 Certificate of Involuntary Admission</td>
<td>Doctors fill out this form if they think a person should not leave hospital because they may hurt themselves or other people. A Form 3 is used to keep a patient in the hospital as an involuntary patient.</td>
</tr>
<tr>
<td>Form 4 Certificate of Renewal</td>
<td>Doctors fill out this form if they think a person should stay in hospital as an involuntary patient.</td>
</tr>
<tr>
<td>Form 16 Application to the Board to Review a Patient’s Involuntary Status under Subsection 39(1) of the Act</td>
<td>You fill out this form if you think that you should not be kept in hospital as an involuntary patient.</td>
</tr>
<tr>
<td>Form 30 Notice to Patient under Subsection 38(1) of the Act</td>
<td>The hospital must give you this form when they put you on Form 3 or a Form 4. It explains that you have the right to talk to a lawyer.</td>
</tr>
<tr>
<td>Form 42 Notice to Person under Subsection 38(1) of the Act of Application for Psychiatric Assessment under Section 15 or an Order under Section 32 of the Act</td>
<td>The hospital must give you this form immediately when they detain you at a psychiatric facility for assessment under Form 1 or a Form 3. It explains your rights as an involuntary patient.</td>
</tr>
<tr>
<td>Form 47 Order for Examination Sections 33.3(1) and 33.4 (3) of the Act</td>
<td>This form is for patients who are under Community Treatment Orders. Doctors fill out this form when they believe a patient is not following the Community Treatment Order. Doctors use this form to ask police to bring the patient to the hospital for an examination.</td>
</tr>
</tbody>
</table>
## Services in Your Language

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MENTAL HEALTH SERVICES IN YOUR LANGUAGE</strong></td>
<td></td>
</tr>
<tr>
<td>CHINESE (CANTONESE, MANDARIN), KHMER, KOREAN AND VIETNAMESE SERVICES:</td>
<td></td>
</tr>
<tr>
<td>Hong Fook Mental Health Association</td>
<td>416-493-4242</td>
</tr>
<tr>
<td><strong>DARI/PASHTO SERVICES:</strong></td>
<td></td>
</tr>
<tr>
<td>Across Boundaries, An Ethnoracial Mental Health Organization</td>
<td>416-787-3007</td>
</tr>
<tr>
<td>Afghan Women’s Counselling and Integration Community Support Organization</td>
<td>416-588-3585</td>
</tr>
<tr>
<td>Canadian Mental Health Association – Rehabilitation Action Program</td>
<td>416-289-6285</td>
</tr>
<tr>
<td>Community Resource Connections of Toronto – Culturally Oriented Psychosis</td>
<td>416-482-4103</td>
</tr>
<tr>
<td>Education and Early Intervention Program</td>
<td></td>
</tr>
<tr>
<td>Sabawoon Afghan Family Education and Counselling Centre</td>
<td>416-293-4100</td>
</tr>
<tr>
<td><strong>SOMALI SERVICES:</strong></td>
<td></td>
</tr>
<tr>
<td>Across Boundaries, An Ethnoracial Mental Health Organization</td>
<td>416-787-3007</td>
</tr>
<tr>
<td>Canadian Mental Health Association – Rehabilitation Action Program</td>
<td>416-289-6285</td>
</tr>
<tr>
<td>Community Resource Connections of Toronto</td>
<td>416-482-4103</td>
</tr>
<tr>
<td><strong>TAMIL SERVICES:</strong></td>
<td></td>
</tr>
<tr>
<td>Across Boundaries, An Ethnoracial Mental Health Organization</td>
<td>416-787-3007</td>
</tr>
<tr>
<td>Canadian Mental Health Association – Rehabilitation Action Program</td>
<td>416-289-6285</td>
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<tr>
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<td>416-482-4103</td>
</tr>
<tr>
<td><strong>URDU SERVICES:</strong></td>
<td></td>
</tr>
<tr>
<td>Across Boundaries, An Ethnoracial Mental Health Organization</td>
<td>416-787-3007</td>
</tr>
</tbody>
</table>
INCOME SUPPORT

Ontario Disability Support Program Income Support is financial help for people with disabilities. It can help pay for living expenses, like food and housing.

Who can receive Income Support
You may qualify for Income Support if you:
• are in financial need
• are 18 years of age or older
• live in Ontario, and
• have a substantial physical or mental disability that:
  • is expected to last a year or more, and
  • makes it hard for you to care for yourself, take part in community life or work.

The amount of Income Support you receive will depend on your:
• family size
• income
• assets, and
• housing costs.

Benefits that may be available
If you qualify for Income Support, you and your family may also qualify for other benefits, such as:
• drug coverage
• dental coverage
• vision care
• hearing aids
• diabetic supplies
• transportation to medical appointments
• wheelchair/mobility device repairs and batteries
• guide dog allowance
• work-related expenses.

Working while receiving Income Support
We know that many people who receive Income Support can and want to work. Ontario Disability Support Program Employment Supports can help you get ready for a new job or a training program.
Depending on your situation, you can work and receive Income Support at the same time. Let us know if you are working, and we may be able to help you with work-related costs, such as child care.

We know that many people with disabilities can work and want to work. That's why there are Ontario Disability Support Program Employment Supports.

**Employment Supports**

If you:
- have a disability, and
- can work and want to work

Ontario Disability Support Program Employment Supports can help.

Employment Supports can help you:
- get ready for work and find a job, or
- start up your own business.

Employment Supports can help even if you have never worked before, have been out of work for some time, or are in school. Once you start working, you can also get assistance to keep your job or to advance your career.

If you want to work, you may be able to receive Ontario Disability Support Program Employment Supports.

**To be eligible for Employment Supports, you must:**
- be 16 years of age or older
- be a resident of Ontario
- be able to work in Canada
- have a disability that is expected to last a year or more, and
- have a disability that makes it hard for you to find or keep a job.
- If you are a student and you wish to work part-time while you are going to school, you may be eligible for Employment Supports.

You do not have to be receiving financial assistance from the Ontario Disability Support Program to be eligible for Employment Supports. However, clients with a taxable income over $51,000 need to contribute toward the cost of their supports.

Everyone's path to employment is different. That's why there are many kinds of Ontario Disability Support Program Employment Supports. Here are some examples:
- help preparing for work
- help finding a job that is right for you
- help keeping a job
- job coaching
- on-the-job training
- help to move to the next level in your career
- software and mobility devices that can help you do your job
- interpreter or intervenor services
- transportation assistance
- assistive devices and training to use them
- tools and equipment you need for your job
- special clothing for your job
- specialized computer training
- other items you may need

You will work with a community service provider to figure out what kinds of supports you need to help you get and keep a job.

**If you want to start up your own business**

If your goal is to start up your own business, Employment Supports can help you.

Here are some of the supports you may receive:
- help to develop and implement a business plan
- training in money management, record keeping and budgeting
- help with marketing your business
- mentoring
- financial help towards the costs of business tools, equipment and supplies, licenses and certification
• help getting work-related disability supports, such as assistive devices and technical equipment, interpreter, intervenor, reader and notetaker services. Staff at your local Ontario Disability Support Program Employment Supports office will link you with a service provider that specializes in self-employment.

Services not provided by ODSP Employment Supports
Employment Supports does not provide supports that are available through other public or private organizations such as:
- Workplace Safety and Insurance Board
- Canada Pension Plan
- Employment Insurance
- Ontario Student Assistance Program (OSAP) and other programs available under the Education Act
- Ministry of Health and Long-Term Care programs and supports, such as assistive devices or supplies available under the Assistive Devices Program
- home and community support services provided under Long Term Care Community Services Program
- drug and alcohol recovery and substance abuse programs
- goods and services available under the Home and Vehicle Modification Program of the Ministry of Community and Social Services
- private insurance
- health insurance
- disability-related accommodation that is the obligation of an employer under the Ontario Human Rights Code
- medical, dental and nursing treatment and procedures
- prescription drugs, and
- structural modifications to your place of employment.

If you are eligible for help under any of these programs, you may wish to explore these options first.
Effect of mental illness on different family members

Parents

When a child becomes ill, parents naturally want to do as much as they can to help. As guardians, they have a responsibility to ensure that their child receives the proper medical attention. They also want to be as supportive as they can in the day-to-day lives of their children.

When the family member is an adult child and becomes unable to live independently as a result of a mental illness, parents may find themselves taking on the parenting role again—providing daily care, a home and sometimes, financial support. This may be on a short-term basis or longer term, if no alternative living arrangements are available.

Regardless of the child's age, parents are often the ones who seek out services and help for their child, sometimes encountering a health system that is reluctant to acknowledge them as a partner in the recovery process.

Parents often fear that somehow they are responsible for their child becoming ill. Like many other parents, you may wonder “If only I had been a better parent, this would have never happened.”

Even though research has demonstrated that families are not to blame, it is sometimes difficult to overcome this feeling. Understanding that mental and substance use disorders are medical illnesses can help alleviate guilt that somehow you are responsible for your child's illness.

Parents will likely also be taking care of their other children and worry about how they are coping. The increased attention that mental or substance use disorders often requires may direct time away from the other children. Making time for them is important.

Spouses

When a spouse becomes ill, the family may face a number of changes in their lives. In addition to providing care for the ill spouse, the well spouse will likely face taking additional family responsibilities.

The family may experience financial difficulties due to loss of an income or financial mismanagement (e.g., reckless spending by the ill spouse). Family and marital problems may arise as a result of the increased stress often associated with mental illness.

Living with a spouse who has been diagnosed with a mental or substance use disorder can place strain on the existing relationship. The spouses of an ill person may experience guilt and shame, and they may even blame themselves as being responsible in some way. The couple's social life and physical intimacy may change when one spouse is ill. Both partners may feel grief over the loss of the life they had envisioned together.
While it may not be easy, it's important to maintain your relationship with your spouse. Try to ensure that you continue to do some of the enjoyable things that you did before your partner became ill (e.g. going out to dinner, going for walks with your partner). Talk about what's happened, your feelings and work together as a team to solve problems. You can be the best support to your partner.

If problems seem insurmountable, marital therapy or counselling may be helpful to protect and nurture the relationship. Individual counselling or therapy can also help the well spouse to cope better.

**Siblings**

The onset of a sibling's mental illness can bring about confusion, stress, sadness or fear for their brother or sister's well-being.

Siblings may experience stigma, family life that revolves around their ill sibling, personal shame or 'survivor's guilt' (feeling bad because they are healthy and doing well).

Siblings need opportunities to learn effective coping skills including strategies for coping with disruptive behaviours, questions from friends, and their own feelings.

Siblings' experiences are unique and vary greatly depending on a number of factors, such as the sibling's closeness prior to the onset of the illness, the birth order of the siblings, and the ill sibling's willingness to engage in treatment. How other members of the family respond to and deal with the situation will also influence how the siblings deal with their brother's or sister's illness.

Mental illness can lead to a variety of emotional effects for brothers and sisters of the affected person. For example, they may feel:

- Confusion about their sibling's changed behaviour
- Embarrassment about being in the company of their brother or sister
- Jealousy of their parent's attention
- Resentment about not being like 'other families'
- Fear of developing a mental illness

Each sibling is likely to be unique in how they deal with having an ill brother or sister. Some may choose to become involved in supporting and caring for their brother or sister. Others may refuse to be involved. Some focus on becoming the 'perfect' child so as to not create additional burden on their parents.

Young adult siblings may have future-oriented concerns. They may wonder what will become of their brother or sister and whether they will be expected to take on future responsibilities. They may also be concerned about how their friends will accept the brother or sister with a disability. Young adults may want to seek genetic counselling when planning their own families.
Young children of a parent with a mental illness

Many children will grow up with a parent who, at some point, will develop a mental or substance use disorder. Having a parent with a mental or substance use disorder can have a huge effect on the emotional, educational and social aspects of a child's life. These children are at an increased risk for developing disorders—both through the genes they inherit from their parent and their home environment. They are also at risk for developing social, emotional and/or behavioural problems.

Children experience a variety of emotions and reactions to their parent's illness. They may be scared and confused as to the changes they see in their parent. Providing them with age-appropriate information about their parent's illness helps to relieve their fears and gives them an explanation of what is happening to their parent.

The child should be encouraged to talk about their feelings and it is important to let them know that their feelings are normal. These talks can also be used as an opportunity to discuss ways in which the child can cope with their feelings.

Children who have a parent with a mental or substance use disorder may have to deal with instability or unpredictability in their home life. In some families, the child ends up taking on many adult responsibilities such as taking care of younger brothers and sisters or managing the finances or household duties. They may be the major providers of emotional support and take on responsibility for the caring and safety of their parent. They may have to fend for themselves, with no one to care for them. Often they feel isolated and alone—afraid or embarrassed to talk to others about their situation.

Children are far better equipped to deal with issues arising from their parent's mental illness when they have the support of a caring person who listens to their feelings and concerns and helps them to resolve problems in their life. For some families, additional services and supports may be needed to help ensure that children are adequately cared and protected from harm. Age-appropriate information and explanations help children to better understand what has happened. Look for books written for children and community programs that provide education and support programs to young children.

Adult children of a parent with a mental illness

The impact of growing up with parental mental illness leaves a legacy that extends into the person's adulthood years. It can affect how the person feels about themselves, their personal identity and self-esteem.

Growing up with a parent who has a mental or substance disorder can also lead to the development of strengths and resilience. These include:

- a sense of self-reliance born out of necessity in the early childhood years
- an ability to be tolerant and non-judgmental, compassionate and caring
- personal creativity, described in terms such as imaginative, artistic, resourceful, original and focused
- a pulling together of family members in coping with the illness, as well as an appreciation for the uniqueness and individual strengths of each person including the ill parent
Personal Legacy for Adult Children

- Grief that never ends
- Fear of breaking down
- Arrested or sabotaged development
- Guilt and shame
- Dual identities
- Difficulty with intimacy
- Difficulty setting limits
- Deferred dreams
- Fear of failure
- Isolation and loss
- Unfinished family business
- Search for meaning

Dealing with a mental or substance use disorder in a family member—whether temporary or long-term—brings on challenges and stresses for the family. In order to be of help to the person you love, you need to first take care of yourself.

When we don't take care of our own needs, we're more likely to become irritable, short-tempered, judgmental, resentful—which can have a negative impact on the ill family member.

Self-care involves taking steps to preserve one's mental health. Recognize when you are feeling stressed. Problem-solve ways to reduce your stress. Keep your own life and don't let the illness consume the family.

Establishing a social support system is a necessity. Mental or substance use disorders are not something that anyone should have to deal with by themselves. Find supportive friends, co-workers, anyone you feel comfortable talking to about your family member. Join a support group for families—either in your community or an online support group.

Decide what level of support and care you are realistically able to provide. Let others involved in the care of your family member know what your limits are. This will help in making arrangements for care. It is also wise to plan for future care for when you are no longer able to provide support and care.

Don't let the illness take over everyone's life. Yes, it undoubtedly plays a part, but maintain as much of your life as possible.

Be aware of your health. If you're run down, you won't be able to provide the support your family member needs. Eat nutritiously and exercise as often as possible. Find activities you enjoy.

Let your doctor know that you are caring for a family member with a mental illness.

Find a place that you can retreat to when you need a break. We all need to replenish our strength from time to time.

Be a hero—not a martyr. Sacrificing everything for your family member will only exhaust you. Encourage your family member to take responsibility and be as independent as possible.
Try and separate the mental illness from the person you are caring for. Try and separate your emotions from the problems of caring. This may help you to focus on problem-solving without negative emotions getting in the way.

Remember there is only so much you can do to help your family member. Recognize the limits of what you are able to do.

Continue to plan and pursue things that you enjoy. Give yourself permission to go off and maintain your normal routines. This will help reduce the stress for you and your family members.

Get as much help as you can from professionals and mental health organizations. Join a support group so you can network with other families and learn from their experiences.

Use the experience and the expertise you have built up caring for your family member to guide you when new problems arise. Get as much practical help as possible from other family members, friends, other relatives.

Talk over your problems with someone you trust. Problems are rarely solved on the first attempt. Don't get discouraged. Try out a number of solutions until you find the ones that work for you.

Don't lose hope. Focus on the successes, no matter how small.

**Ways to take care of yourself**

- Go for a walk or run
- Practice meditation
- Keep in touch with friends
- Take a break; ask another family member or hire someone to provide care
- Read a good book
- Enjoy a pet
- Go for a massage
- Accept help
- Let go of the need for everything to go right
- Delegate chores
- Stay with a routine
- Enjoy nature
- Take up a hobby
- Maintain a good diet
- Set limits and keep time for yourself
- Celebrate the good times

*Family members confronted with the reality of mental illness quickly learn that without constructing appropriate boundaries they risk becoming engulfed and potentially consumed by the other's illness.*

*The inevitable task that family members face is to honor the obligation and commitment they feel towards their sick spouse, parent, child, or sibling without losing their own health and self.*
Family crisis planning

Part of the illness management plan will be steps for dealing with crises. Planning ahead can lessen the confusion and anxiety that a crisis creates. Your plan should include a description of what responsibilities each family member has and phone numbers needed. Below is an example of a crisis plan. On the following page is a template you can use to create your own family crisis plan.

Sample Family Crisis Plan

<table>
<thead>
<tr>
<th>Family Member</th>
<th>Job</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mom</td>
<td>Calls G.P.</td>
<td>888-7777</td>
</tr>
<tr>
<td>2. Mom</td>
<td>Calls neighbours to watch siblings</td>
<td>000-8888</td>
</tr>
<tr>
<td>3. Dad</td>
<td>Takes siblings to neighbour</td>
<td></td>
</tr>
<tr>
<td>4. Dad</td>
<td>Phones sister from neighbours to pick up siblings</td>
<td>777-5555</td>
</tr>
<tr>
<td>5. Sister</td>
<td>Pick up siblings from neighbour</td>
<td></td>
</tr>
<tr>
<td>6. Mom</td>
<td>Handles child/youth in crisis</td>
<td></td>
</tr>
<tr>
<td>7. Dad</td>
<td>Calls emergency health services, Child and Adolescent Response Team (CART) or police if necessary</td>
<td>911 or phone number for Child and Adolescent Response Team (CART)</td>
</tr>
</tbody>
</table>
Managing symptoms and behaviours of mental illness

Depression

Depression often robs a person of energy and motivation to even take basic care of themselves. Gently encourage and support your family to engage in activities and begin assuming responsibilities they may have had to relinquish when they were acutely ill. Allow your family member to set the pace—even if it's not as fast as you would like. Respect their emotional and physical limitations. They may need the rest to get well again.

Figure out what type of activities your family member is more likely and less likely to do, as well as where, when and how often.

If your family member does not live with you, try to make sure that the person is safe and looking after themselves. Check to see they are eating, drinking and maintaining their personal appearance (e.g., showering, washing clothes, etc.).

Exercise can reduce negative moods and improve positive moods. Engaging in physical activity gives a sense of accomplishment and can provide a boost in self-confidence.

Hallucinations

When your family member appears to be hearing voices or sees things that you do not see, stay calm. Try to distract them by asking them to do something or try to engage them in conversation. It may be helpful for your family member to join a support group or ask their mental health provider for some help.

An increase in the severity and persistence of voices can be an indication of a relapse. Encourage your family member to speak with their doctor or mental health professional if they are bothered by hallucinations.

Delusions

Delusions are very firmly-held false beliefs that cannot be changed by telling your family member that what they think isn't true. It is pointless to argue with them. Rather, acknowledge that you appreciate your family member truly believes what they are saying but don't agree with it. Ask your family member to be as respectful of your beliefs as they would like you to be of theirs.

Any delusion is likely to be troubling to your family member. Try to remain calm and reassure your family member. It is better to address the distressing emotions they are likely feeling rather than the belief itself.

It's OK to assert your limits of your willingness to discuss delusional beliefs. Tactfully steer the conversation to other issues.
Manic behaviour

An episode of mania may begin abruptly, over the space of a few hours or days, or gradually, over some weeks. When a person is in a manic phase, they may undertake actions that are socially embarrassing or harmful to themselves or to others around them.

If your family member begins to exhibit manic behaviour, try to be a calming influence on your family member or friend. Try to slow things down by example (e.g., talk more slowly). Express your concerns about their actions but be prepared that they may not see anything wrong with their behaviour. As manic behaviour can seriously affect the well-being of the whole family, it is important to set clear limits on behaviour and to take action when warning signs begin to appear.

If you believe that your family member may be headed for a relapse, follow your illness management plan and seek help.

Social withdrawal

Gently encourage your family member to participate in everyday family activities (e.g., eating meals, watching TV), but be prepared that they may refuse. It may be difficult for them, depending on their stage of recovery. Large family gatherings may be too overwhelming.

Social contact outside the family is very important. Your community may offer support groups or one-on-one peer support for people with mental illness. Your family member's friends can also be an important source of social enjoyment.

Apathy/Lack of motivation

Your family member may need more sleep during the initial part of the recovery phase. You may need to leave them alone but try to make regular contact when they are up. Having a regular routine can help a person to get back on their feet and be active. Ask your family to help with simple tasks or chores and be sure to thank them when they do. Regular exercise and mental activity—even going for a walk and reading the newspaper can help.

It is important to move at a manageable pace, as pushing your family member to do too much too soon can be overwhelming to them and may add stress to their life (and increase the risk of symptoms worsening). Ask your family member what they feel they are able to do.

Aggressive behaviour

Families do not have to tolerate violent or aggressive behaviour. The first thing to do is assess the level of danger present. Call 911 for help if you feel your family's safety is at risk. If you feel the situation is safe, try to find out what is making your family member angry. Speak softly, firmly and clearly. The most effective way to calm a person is to encourage them to talk about their angry feelings. Ask your family member to explain what is upsetting them or what is making them angry.

Acknowledge your family member's feelings with comments such as "I can see you are angry," or "I understand how you feel." Try not to argue with your family member as it can escalate the
violence. Be reassuring. If they make reasonable requests that don't put anyone in danger, try to go along with them.

Allow your family member to have physical space. Neither of you should be 'cornered' in a room. Each of you should have a clear way out.

Encourage them to sit down, They may need more space than usual and may not want to be touched. Position yourself at an angle, rather than directly in front of them. Avoid eye contact. Set a house rule of no violence. If your family member is living with you and refuses to deal with the behaviour, consider alternative housing.

Try to identify what triggers the aggression. Discuss a plan with your family outlining what everyone will do if your family member's behaviour becomes difficult.

~Schizophrenia: A Handbook For Families, Health Canada

Embarrassing behaviour

Clearly outline and reach an agreement with your family member about what behaviour will and will not be tolerated. Examine your own attitude about why you are allowing yourself to be embarrassed. Families have reported that a direct approach can sometimes work well. Saying something like "Stop that," or "Knock it off," or "That's inappropriate behaviour," changed the behaviour.

This may have to be repeated. Families advise that reminding themselves that sometimes the family member is not aware they are acting in an inappropriate manner helps-and is why simple, honest statements can work well.