

YOUTH RESOURCE LIST

For the most comprehensive/up-to-date list, visit:

www.211toronto.ca/topic/youth or Mental Health TO (1-866-585-6486;
www.mentalhealthTO.ca) Outside of Toronto: www.connexontario.ca ; 1-866-531-2600

Family Navigation Project: provides navigation of the mental health/addictions system for young adults aged 13-26 and their families living in the GTA.

Ph: 1-800-380-9367 or Email: familynavigation@sunnybrook.ca

MENTAL HEALTH COUNSELING

What's Up Walk-In

www.whatsupwalkin.ca

Need to talk?

Drop-in to speak to a therapist! Free. No appointment or OHIP required

Skylark: 65 Wellesley Street East, Suite 500; 416-395-0660

Mon: 2-6pm Tues: 10am-2pm Wed:12-8pm Thurs:2-6pm Fri: 9am-2pm

Up to age 26 and under. Last session one hour before closing

Yorktown Family Services: 2010 Eglinton Ave, Suite 300; 416-394-2424

Mon:1:30-6pm Tues:10am-3pm Wed:2-6pm Thurs:1:30-6pm Fri: 10am-3pm

Up to age 24 and under. Last session 1.5 hours before closing

YouthLink: 636 Kennedy Road, Scarborough; 416-967-1773

Mon:10am-6pm Tues:10am-2pm Wed:2-8pm Thurs:2-6pm Fri:10am-2pm

Up to age 24 and under. Last session 1 hour before closing

Griffin Centre Mental Health Services: 1126 Finch Ave West, Unit 16; 416-222-4380

Mon:1:30-7pm Tues:9:30am-2pm Wed:1:30-7pm Thurs:2-7pm Fri:9:30am-2pm

Up to age 29 and under. Last session one hour before closing

The Etobicoke Children's Centre: 100 Ronson Drive, 4th Floor; 416-240-1111

Mon: 2-6pm Tues:11am-4pm Wed:12-8pm Thurs:2-6pm Fri:10am-2pm

Up to age 24 and under. Last session 1.5 hours before closing

East Metro Youth Services: 1200 Markham Road, #200 Scarborough; 416-438-3697

Mon-Thurs: 2-8pm Fri:10am-5pm Sat:10am-2pm

Up to age 29 and under. Last session 1.5 hours before closing

NOTE: The clinics listed above are affiliated with other youth treatment partners and offer longer-term therapy and programming, but waitlists may apply.

Stella's Place

18 Camden Street, Toronto; www.stellasplace.ca;

416-461-2845 Offers a variety of free programming for youth 16-29,

including group and individual counseling (DBT, WRAP) and peer support.

Drop in any time Monday-Thurs from 12-5pm. Some programs require an intake appointment. Contact to make an appointment, or drop-in for a group intake session on Thursdays at 3pm. First come first serve.

Some programs have a small waitlist, but Stella's Place strives to keep wait-times minimal.

Edge West

1900 Davenport Road; www.edgewest.ca; 416-652-4363

Offers free counselling and health care services to youth ages 13-29 who live between Islington to Bathurst and Eglinton to Bloor, plus Mount Dennis. Also serve youth with disabilities living anywhere in the city.

Central Toronto Youth Services

65 Wellesley Street East; www.ctys.org; 416-924-2100

Offers free individual, group and family counseling to youth ages 12-17. Can self-refer.

Turning Point Youth Services

95 Wellesley Street East; www.turningpoint.ca; 416-925-9250

Offers free, individual, group and family counseling to youth ages 12-24. Can self-refer.

ADDICTION & CONCURRENT DISORDERS

CAMH Youth Addictions and Concurrent Disorder Service

1001 Queen Street West; www.camh.ca; 416-535-8501, ext.

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Offers OHIP covered treatment to youth 14-24 who have substance use challenges with or without concurrent mental health concerns. No catchment area

Youth can self-refer by calling Access CAMH: 416-535-501, ext. 2

Breakaway Addiction Services

21 Strickland Avenue; www.breakawayaddictions.ca; 416-234-1942,

ext.225 Offers free community outreach, individual and family counselling for youth ages 12 to 25

YMCA Youth Substance Abuse Program

7 Vanauley Street; www.ymcagta.org; 416-603-6366

Offers free individual counselling to youth ages 14 to 24.

No waitlist. Self-refer

Locations in Scarborough (647-406-8110) North York (416-635-9622, ext.31045)

CRISIS SUPPORT

Kids Help Phone: 1-800-668-6868

24/7 crisis line for children and youth. Call or text 686868

Option to download the live chat app “Always There app”

Distress Centre of Toronto: 416-408-4357 (24/7 crisis line for youth and adults)

Shelter intake line: 416-338-4766

LGBT2SQ Specific

Youthline: 1-800-268-9688 or text 647-694-4275 or live chat www.youthline.ca

Confidential and non-judgmental peer support, Sunday to Friday 4-9:30pm

Supporting our Youth

333 Sherbourne Street, 2070; www.soytoronto.com; 416-324-5077

An innovative community development program supporting the health and wellbeing of queer and trans spectrum youth ages 29 and under

Variety of groups and programming available. Youth can attend a walk-in intake session MWF 11am to 5pm or Tues 1-7pm.

EGALE Youth Outreach

290 Shuter Street, Level 1; www.egale.ca/outreach;

416-359-0227 health counselling centre for LGBT2SQ youth ages 29 and under. Call to book an appointment or visit website for drop-in schedule.

First Episode Psychosis

CAMH-Focus on Youth Psychosis Prevention Clinic (FYPP)

Ph: 416-535-8501, ext.32517

Assessment and psychiatric monitoring for people aged 16 to 35 who are at risk of developing psychosis. Must have a family physician for continuity of care. No catchment area
Self-refer or physician referral using general CAMH referral form. Fax to [416-979-4264](tel:416-979-4264)

CAMH-Slaight Early Intervention Service (SEIS)

Ph: 416-535-8501, ext. 34841/37702

Treatment for youth ages 16-29 experiencing psychosis, with either an affective or non-affective disorder and have not received a full course of early intervention services. Consultations offered within 2 weeks of referral. No catchment area for initial intake, but program may refer clients to programs closer to their homes for treatment if necessary.

Physician referral preferred: Fax general CAMH referral form to [416-979-6815](tel:416-979-6815)

Youth Wellness Hubs

Fully integrated “one stop shops” for youth ages 12-25, to address needs related to mental health, substance use, primary care, education, employment, housing, social services.

Skylark Children, Youth & Families: 40 Orchard View Blvd, Unit 255; 416-482-0081;
www.skylarkyouth.org

East Metro Youth Services: (two locations).
1871 Danforth Avenue; 416-699-7775
1200 Markham Rd, Suite 22, Scarborough;
416-438-3697 www.emys.on.org

Online Supports

Mind Your Mind - www.mindyourmind.ca

Mindyourmind.ca is an innovative Internet resource for youth who are looking for relevant information on mental health and creative stress management.

Anxiety Canada - www.AnxietyCanada.ca

Anxiety Canada is a great resource for free, online, self-help resources on anxiety.

For a library of free, downloadable materials that explain anxiety and provide a variety of anxiety management tools and strategies, visit: www.anxietycanada.com/free-downloadable-pdf-resources/

You can also register for a free program, **My Anxiety Plan (MAP) for Children and Teens** - maps.anxietycanada.com/courses/child-map/, where you can work through modules on: Understanding Anxiety, Calming Strategies, Helpful Thinking, and Facing Fears. There are no obligations to complete the program, you can review the course material at your own pace.

Anxiety Canada has also developed a free CBT app called **MindShift**.

Recommended self-help apps:

- Bean Bag Chat (developed and run through Stella’s Place)
- Mindshift (developed by Anxiety Canada)
- Calm
- Headspace
- Moodpath
- Sanvello