



Newcomer Mental Health Resource List

do not require OHIP or status to access these services

Psychiatry

CAMH New Beginnings Clinic

Address: 100 Stokes Street/ 10 Quite Squirrel Way

Phone: 416-535-8501, ext. 31683

Provides psychiatric consulting, care provider consulting and culturally sensitive interventions to newly arrived refugees. Interpretation services will be coordinated if necessary.

Referral process: GP or NP to complete both the referral cover sheet and general Access CAMH referral available at: <https://www.camh.ca/en/your-care/programs-and-services/new-beginnings-clinic-for-refugees>

Wait-time: Quick turn-around time for provider consultation, 3-month wait for psychiatric assessment.

Mental Health Counseling

Mennonite New Life Centre – Community Mental Health Program

Address: 2737 Keele Street West, Suite 9

Phone: 416-699-4527; <https://mnlct.org/individual-counselling/>

Internationally trained psychologists provide free short-term individual counseling to newcomers, with a focus on stress and trauma. Also offer settlement services. Counseling services available in English, Arabic, Farsi, Spanish and Turkish.

Referral process: Self-refer

Wait-time: Less than a month

Canadian Centre for Victims of Torture

Address: 194 Jarvis Street, 2nd Floor (satellite locations in Scarborough, Victoria Park and Mississauga)

Phone: 416-363-1066; www.ccv.org

Offer free trauma counseling to victims of war, torture, genocide or other crimes against humanity (children and adults) Also offer psychiatric assessment (via internal referrals only) and settlement services. Counseling services available in: English, French, Spanish, Greek, Italian, Arabic, Somali, Farsi, Tamil, Albanian, Amheric, Dari, Lingala, Tigrinya-call to confirm availability.

Referral process: Self-referrals or provider-referrals are welcome. Call number above.

Wait-time: 2-3 months.

Polycultural Immigrant and Community Services

Address: 3363 Bloor Street West, Etobicoke; 2225 Erin Mills Pkwy, Mississauga

Phone: 416-233-0055, ext. 1237; 905-403-8860, ext. 5253; www.polycultural.org

Offer free crisis counseling to children, youth and adult newcomers. Also offer settlement services

Referral process: Self-refer.

Wait-time: Minimal

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.

Sherbourne Health Centre – St. James Town Partnership

Address: 200 Wellesley Street East

Phone: 416-964-6657, ext. 401 or 647-527-6983; www.stjamestown.org

Mental health counselors provide free trauma counseling for newcomers.

Referral process: Individuals can self-refer to St. James Town by calling the number above or visiting the drop in, M-F: 9am to 8pm, Sat: 12-8pm and request mental health counseling

Wait-time: Wait-time for mental health counseling varies and can be a few months, but access to a settlement counselor is immediate.

For Women

IWHC Toronto

Address: 489 College Street, Suite 200

Phone: 416-323-9986; www.iwhctoronto.com

Provide sexual health services on a walk-in basis. The clinic also has an outreach van that services over 50 locations in the community. Languages spoken: Mandarin, Cantonese, Italian Portuguese, Spanish, Vietnamese, Tagalog, Hindi/Urdu, Arabic.

Referral Process: Walk-in: Mon/Tues: 9:00am-4pm; Wed: 12-7pm; Thurs: 9-3pm; Fr: 9am-4pm

no doctors on Friday

Riverdale Immigrant Women's Centre

Address: 1326 Gerrard St E

Phone: 416-465-6021

Provide domestic violence counseling to immigrant or refugee women. Also offer settlement services.

Referral Process: Self-refer

Wait-time: Minimal

Rexdale Women's Centre

Address: 925 Albion Road

Phone: 416-745-0062, ext. 261; www.rexdalewomen.org

Provide domestic violence counseling to immigrant or refugee women (individual and group). Also offer settlement services

Referral Process: Self-refer

Wait-time: Minimal

South Asian Women's Centre

Address: 800 Lansdowne Avenue

Phone: 416-537-2276; www.sawc.org

Offer counseling for women who have experienced domestic violence. Also offer settlement services.

Referral process: Self-refer

Wait-time: Minimal

Settlement Agencies

Settlement agencies support newcomers by connecting them with supports related to immigration, the legal system, housing, education, healthcare, etc. There are over 60 settlement agencies in Toronto, and information can be found here: <https://www.ontario.ca/page/services-newcomers-and-refugees>

Interim Federal Health Program (IFHP)

The IFHP provides limited, temporary healthcare coverage to protected persons, including refugees. Coverage is provided through Blue Cross, and a list of IFHP healthcare providers and specialists in Ontario can be found here: <https://ifhp-pfsi.medavie.bluecross.ca/en/search-ifhp-providers/>