ABUSE
Abrigo Centre 416-534-3434
Advocacy Centre for the Elderly 416-598-2656
Barbara Schilier Clinic 416-323-9149 x 234
Boost - Child & Youth Advocacy Centre 416-515-1100
Canadian Centre for Victims of Torture 416-363-1066
Children’s Aid Society 416-924-4646
Women's College Hospital - WRAP 416-323-6400 x 4863
(Women Recovering from Abuse)
Victim Services 416-808-7066

ADDICTIONS
Access CAMH 416-535-8501 Option 2
(Centre for Addiction & Mental Health)
The Access Point www.theaccesspoint.ca 1-888-640-1934
Breakaway Addiction Services 416-234-1942
DART - Drug and Alcohol Registry 1-800-565-8603
Ontario Problem Gambling Helpline 1-888-230-3505
The Salvation Army Homestead 416-431-4379
Toronto Detox 1-866-366-9513
Women's College Hospital Rapid Access Addiction Medicine (RAAM)
Clinic: 76 Grenville Street, 3rd floor
Monday, Tuesday, Thursday, 10:00 a.m. to 12:00 p.m.
Walk-in clinic - arrive before 11:30 for registration.

ANGER MANAGEMENT
Access CAMH 416-535-8501 Option 2
(Centre for Addiction & Mental Health)
Central Toronto Youth Services 416-924-2100
Family Service Association of Toronto 416-595-9618
John Howard Society 416-925-4386
Salvation Army, Correctional & Justice Services 416-304-1974
(by referral from probation officers only)
Tropicana Community Services 416-439-9009
Yorktown Family Services 416-394-2424

ASSERTIVE COMMUNITY TREATMENT (ACT)
The Access Point www.theaccesspoint.ca 1-888-640-1934

BEREAVEMENT
Bereaved Families of Ontario-Toronto (Multi-Faith) 416-440-0290
Better Living Centre 416-447-7244
Distress Centre - Homicide Survivor Support 416-595-1716
Distress Centre - Suicide Survivor Support Program 416-595-1716
Equinox Centre for Grief and Trauma Counselling 416-926-0905
Wellspring Downtown Toronto 416-961-1928
Wellspring Westerkirk House at Sunnybrook 416-480-4440
Woodgreen Community Services 416-572-3575

CASE MANAGEMENT SERVICES
The Access Point www.theaccesspoint.ca 1-888-640-1934
CONSUMER INITIATIVES

A-Way Express Courier Service 416-424-2266
Consumer/Survivor Information Resource Centre 416 595-2882
The Empowerment Council 416-535-8501
Fresh Start Cleaning and Maintenance 416-504-4262
Ontario Peer Development Initiative 1-866-681-6661
Peer Support Facilitator Training - Mood Disorders Association of Ontario 1-888-486-8236
Sound Times Support Services (West) 416-234-9245
Sound Times Support Services (East) 416-979-1700
Working for Change 416-504-1693

COMMUNITY HEALTH CENTRES

Etobicoke
LAMP Community Health Centre 416-252-6475
Rexdale Community Health Centre 416-744-0066
Rexdale's John Garland Satellite 647-288-0281
Stonegate Community Health Centre 416-231-7070

North York
Access Alliance Multicultural Community Health Centre and West End Non-Insured Walk-in Clinic 416-760-8677
The Four Villages Community Health Centre 416-604-3362
Black Creek Community Health Centre 416-249-8000
Flemingdon Health Centre - Don Mills-Eglinton 416-429-4991
Flemington Health Centre - Don Mills-Sheppard 416-640-5298
Unison Health and Community Svcs - Bathurst-Finch 647-436-0385
Unison Health and Community Svcs - Jane-Trethewey 416-645-7575
Unison Health and Community Svcs - Keele-Rogers 416-653-5400
Unison Health and Community Svcs - Lawrence Hts 416-787-1661

Scarborough
Access Alliance Multicultural Community Health Centre 416-693-8677
Scarborough Centre for Healthy Communities 416-642-9445
Scarborough Centre for Healthy Communities Satellite 416-297-7490
TAIBU Community Health Centre 416-644-3536

East York
East End Community Health Centre 416-778-5858
South Riverdale Community Health Centre 416-461-2493

Downtown Toronto
Access Alliance Multicultural Community Health Centre 416-324-8677
Anishnawbe Health Toronto 416-360-0486
The Anne Johnston Health Station 416-486-8666
Centre Francophone de Toronto 416-922-2672
Davenport-Perth Neighbourhood Centre 416-656-8025
The Four Villages Community Health Centre 416-604-3361
Parkdale Community Health Centre 416-537-2455
Parkdale Community Health Centre Satellite 416-537-8222
Parkdale Queen West Community Health Centre 416-703-8482
Regent Park Community Health Centre 416-364-2261
Sherbourne Health Centre 416-324-4180
Women’s Health in Women’s Hands 416-593-7655
CRISIS SUPPORT/DISTRESS LINES

Anishnawbe 24/7 (Aboriginal clients) 416-891-8606
Mental Health Crisis Management Service 416-863-0511
Distress Line 416-408-4357
Gerstein Crisis Centre (Downtown) 416-929-5200
Good2Talk (post-secondary student mental health helpline) 1-866-925-5454
Kids Help Phone 1-800-668-6868
Scarborough Hospital (Scarborough, East York) 416-495-2891
Senior Crisis Access Line 416-217-2077
Toronto Rape Crisis Centre 416-597-8808
Warm Line (8pm - 12am) 416-960-9276
York Support Services (North York) 1-855-310-2673
Youthdale’s Crisis Support Team 416-363-9990

COUNSELLING

Counselling (By Appointment)
519 Church Street Community Centre 416-392-6878 x 4000
Clinic for Person Centered Psychotherapy 416-229-2399
Family Service Toronto 416-595-9618
Malvern Family Resource Centre (Youth & Family) 416-284-4184 x 212
Polycultural Immigrant and Community Services 416-233-0055 x 1237

Counselling (Walk-In Clinics)
Family Service Toronto 202 -128A Sterling Road 416-595-9618
Wed from 3:30 pm-7:30 pm
Catholic Family Services 101-1155 Yonge Street 416-921-1163
Tues 9:00 am-7:00 pm
Catholic Family Services 300-5799 Yonge Street 416-222-0048
Thurs 9:00 am-7:00 pm
LAMP Community Health Centre 416 252-6471 x 235
185 Fifth Street, Etobicoke Mon 1-4 pm, Thurs 4-7 pm
Woodgreen Community Services 416-645-6000 x 1100
815 Danforth Avenue, Suite 100 Wed 4-8 pm

Counselling (Walk-In Clinics for Children/Youth/Families)
East Metro Youth Services 1200 Markham Road, 2nd Floor 416-438-3697
Mon/Wed/Fri 2pm-8pm, Tues/Thurs 10am-5pm, Sat 10am-2pm

EdgeWest 1900 Davenport Rd 416-652-4363
Mon & Wed 4 pm-8 pm, Sat 10 am-2 pm
Etobicoke Children’s Centre 2267 Islington Ave 416-240-1111
Mon & Thurs 2pm-6pm, Tues 10am-3pm, Wed 12pm-8pm Fri 10am-2 pm
Griffin Centre 16-1126 Finch Ave West 416-222-4380
Mon & Wed 1:30pm-7pm, Tues & Sat 9:30am-2pm, Thurs 2-7pm
Oolagen 65 Wellesley Ave. E., Suite 500 416-395-0660
Mon, Thurs, Fri 9am-1pm, Tues 12pm-8pm, Wed 3pm-6pm
Skylark 500-65 Wellesley Street 416-482-0081
Mon &Thurs 2pm-6pm, Tues 10am-2pm, Wed 12-8pm, Fri 9am-2pm
Skylark 102-40 Orchard View Blvd 416-482-0081
Mon & Thurs 2pm-6pm, Tues 2pm-5pm, Wed 4pm-7pm, Fri & Sat 10am-2pm
Yorktown Child and Family Centre 300-2010 Eglington Ave W 416-394-2424
Mon & Thurs 1:30pm-6pm, Tues & Fri 10am-3pm, Wed 2pm-8pm
YouthLink 636 Kennedy Road 416-967-1773
Mon 10am-6pm, Tues & Fri 10am-2pm, Wed 2-8pm, Thurs 2-6pm
Counselling is also available at many Community Health Centres.
See the Community Health Centres section of this pamphlet for more options.
DEVELOPMENTAL DISABILITIES
Developmental Services Toronto www.dsto.com 1-855-372-3858
Griffin Centre 416-222-1153

EARLY INTERVENTION IN PSYCHOSIS PROGRAMS
The Access Point www.theaccesspoint.ca 1-888-640-1934

EATING DISORDERS
The National Eating Disorder Information Centre (NEDIC) - Helpline 416-340-4156
North York General Hospital 416-635-2400
Sheena’s Place 416-927-8900
Sick Kids-Eating Disorders Program 416-813-7195
Toronto General Hospital 416-340-3041

EMPLOYMENT / VOCATIONAL
Booth Packaging & Supportive Services 416-255-7070
CMHA Toronto 416-789-7957 x 3441
Corbrook 416-245-5565
COSTI 416-789-7925
Gateway Opportunities Program 416-466-7489
JVS Toronto 416-787-1151
Plus & Transitional Employment Program 416-693-2116
Volunteer Toronto 416-961-6888

FAMILY SUPPORT
CMHA Toronto – Living Life to the Full (Caregivers 55+ 416-789-7957 x 3342
CMHA Toronto – Family Outreach and Response 416-539-9449
Centre For Addiction and Mental Health 416-535-8501 Option 2
Concerned Parents of Toronto 416-492-1468
Family Association for Mental Health Everywhere 416-207-5032
Family Navigation Project (for families with youth) 1-800-380-9367
Family Support Program - Toronto Western 416-603-5747
Hong Fook Mental Health Association 416-493-4242
Mood Disorders Association of Ontario 416-486-8046
Schizophrenia Society of Ontario 416-449-6830

FINANCIAL SUPPORT
Canada Pension Plan (CPP) 1-800-277-9914
Canada Revenue Agency-General Inquiry 1-800-959-8281
Credit Counseling Service of Toronto 416-228-3328
GST Refund Cheque Information 1-800-959-1953
Office of the Public Guardian and Trustee 416-314-2800
Ontario Disability Support Program 416-325-5666
Ontario Works (OW) 416-397-0330
OW or ODSP Social Benefits Tribunal 416-326-0978
Workplace Safety and Insurance Board (WSIB) 416-344-1000

FOOD BANKS
Daily Bread food Bank 416-203-0050
Foodshare Foodlink Hotline 416-392-6655
Street Health 416-921-8668
The Stop Community Food Centre 416-652-7867
GOVERNMENT / HEALTH SYSTEM

Local Health Integration Networks (LHIN)

CENTRAL 905-948-1872  CENTRAL EAST 905-427-5497
CENTRAL WEST 905-455-1281  TORONTO CENTRAL 416-921-7453

Ombudsman Toronto 416-392-7062
Ombudsman Ontario Complaints Line 1-800-263-1830
Mental Health Commission of Canada 613-683-3755

HEALTH CARE

Association of Ontario Health Centres 416-236-2539
Aids and Sexual Health Info Line 416-392-2437
Birth Control & STD Clinic 416-789-4541
Hassle Free Clinic 416-922-0566
Health Care Connect 1-800-445-1822
Health Centre-Queen West 416-703-8482
National Home Doctor Service 416-631-3000
Public Health Clinic 416-392-6683

(Low Cost Dental Services for Children & Seniors)

Service Ontario 416-314-5518
Street Health Community Clinic 416-921-8668
Telehealth Ontario 1-866-797-0000
Toronto Public Health 416-338-7600
University of Toronto (Low Cost Dental Services for Adults) 416-864-8000

HEALTH CLINICS - offering services for refugees

with no or limited interim federal health (IFH) coverage

Access Alliance
761 Jane Street 2nd Floor  Mon & Thurs 4-7:30pm 416-760-2815
Canadian Centre For Refugee & Immigrant Health Care 647-267-2176
4158 Sheppard Avenue East, Tues & Thurs 5-8pm
Muslim Welfare Centre  (call for clinic schedule) 416-291-1027
FCJ Refugee Centre 208 Oakwood Ave. 416-469-9754
Wed. 9:30am-12pm, Sat. 9am-1pm
Women's College Hospital Crossroads Refugee Clinic 76 Grenville Street, 3rd Floor  Mon-Fri 8 am-4 pm

HOMELESSNESS/SHELTERS/OUTREACH

416 Drop In Centre (Women) 416-928-3334
Adelaide Centre for Women 416-392-9243
Agincourt Community Services 416-321-6912
Central Intake - Emergency Shelter Services 1-877-338-3398
Christie Refugee Welcome Centre Emergency Shelter 416-588-9277
Cummer Avenue Clinic (Wed 8 am-2 pm) 416-222-5417
Haven Toronto 416-366-5377
Hostel Outreach Program - COTA (Men) 416-785-9230 x 1311
Hostel Outreach Program – Fred Victor (Women) 416-482-4103
St. Stephen’s Corner Drop In 416-925-2103 x 3000
(primary care and psychiatry consults available)
Street Health (Downtown) 416-921-8668
Streets to Homes Assessment & Referral Centre 416-392-0090
The Meeting Place Drop In 416-504-4275
Youth Hostel Outreach Program - CTYS 416-504-6100
HOSPITALS

Most hospitals have mental health services which may include Psychiatric Assessments, Psychologists, Psychiatrists, Social Workers and other professionals.

Programs offered typically include:
• Outpatient programs, where one comes to the hospital for mental health services;
• Day treatment, or partial hospitalization programs, where a person comes for treatment for longer periods or more frequently, for more intensive therapy than one would receive from simply seeing an outpatient therapist or clinician;
• Inpatient programs, where a person is admitted to hospital in order to provide a high level of supervision and care until the condition improves enough so that the person can be treated as an outpatient.

Baycrest 416-785-2500
CAMH (Centre for Addiction and Mental Health) 416-535-8501
Humber River Hospital 416-242-1000
Michael Garron Hospital 416-461-8272
Mount Sinai 416-596-4200
North York General 416-756-6000
Scarborough and Rouge Hospital: Birchmount Site: 416-495-2400
Centenary Site: 416-281-7318
SickKids 416-813-1500
St Joseph’s Health Centre 416-530-6717
St Michael’s 416-864-5120
Sunnybrook 416-480-6100
Toronto General Hospital 416-340 3111
Toronto Western Hospital 416-603 2581
Trillium Health Partners 416-259-6671
William Osler Health System 416-494-2120
Women’s College 416-323-6400

HOUSING HELP CENTRES

Agincourt Community Services 416-321-6912
Albion Neighbourhood Services (South Etobicoke) 416-252-5990
Albion Neighbourhood Services (North Etobicoke) 416-740-3704
COSTI (North York) 416-244-0480
The Housing Help Centre (THHC) 416-285-8070
Thorncliffe Neighbourhood Office 416-424-2900
West Toronto Housing Help Services 416-531-0841
Woodgreen (East York) 416-645-6000
Unison Health & Community Services 416-653-5400
Toronto Western Hospital 416-603 2581
Trillium Health Partners 416-259-6671
William Osler Health System 416-494-2120
Women’s College 416-323-6400

HOUSING

Federation of Metro Tenants’ Associations 416-921-9494
Landlord and Tenant Board 416-645-8080
The Access Point www.theaccesspoint.ca 1-888-640-1934
Housing Connections 416-981-6111
INFORMATION & REFERRAL

Access Toronto                      311
CAMH - McLaughlin Information Centre   416-595-6111
Findhelp Toronto                      211
Home and Community Care                416-506-9888
Hospice Palliative Care of Ontario     416-304-1477
MAAR-Metro Addiction Assessment Referral Services 416-599-1448
Mental Health Service Information (Connex)                1-866-531-2600
Obsessive Compulsive Disorder Helpline    416-920-5887
Ontario Society of Psychotherapists    416-923-4050

JUSTICES OF THE PEACE

444 Yonge Street (Toronto)    416-325-8967
60 Queen St West (Old City Hall)    416-327-5179
1000 Finch Ave West (North York)   416-314-4213
1911 Eglinton Ave East (Scarborough)   416-325-0354
2201 Finch Ave West (Etobicoke)    416-314-3973

LEGAL/ADVOCACY

ACE (Advocacy Centre for the Elderly)   416-598-2656
ARCH Disability Law Centre               416-482-8255
Canadian Civil Liberties Association    416-363-0321
Community Legal Education Ontario (CLEO)   416-408-4420
Equality Rights in Accommodation         416-944-0087
Legal Aid                                416-979-1446
Ontario Human Rights Commission          416-326-9511
Ontario Human Rights Legal Support Centre    416 597 7000
Psychiatric Patient Advocates Office      416-327-7000
Schizophrenia Society of Ontario         416-449-6830

LGBTQ+ SERVICES

Rainbow Health Ontario - Sherbourne Health Centre 416-324-4100
Supporting Our Youth (SOY) - Sherbourne Health Centre 416-324-5078
Pride & Prejudice - Central Toronto Youth Services:   416-924-2100
The 519                                         416-392-6874
David Kelley Services - Family Service Toronto    416-595-9618
LGBT Youthline                                 1-800-268-9688

PROFESSIONAL ASSOCIATIONS

Canadian Counselling and Psychotherapy Association 1-877-765-5565
Canadian Psychiatric Association                     613-234-2815
College of Physicians & Surgeons of Ontario          416-967-2600
College of Psychologists of Ontario                  416-961-8817
Ontario Association of Consultants, Counsellors,     416-298-7333
Psymetrists and Psychotherapists
Ontario College of Social Workers and Social Service Workers 416-972-9882
Ontario Psychological Association    www.psych.on.ca
Ontario Society of Psychotherapists    416-923-4050
SENIORS
Home and Community Care (prev CCAC)  416-310-2222
Community Seniors Mental Health Services www.csrmhas.com
Geriatric Mental Health Services - COTA  416-785-9230
Geriatric Psychiatry Service - Toronto Rehab  416-597-3422 x 3041
Malvern Family Resource Centre  416-284-4184
Neighborhood Link Support Services  416-691-7407
Psychiatric Services for the Elderly - Sunnybrook  416-480-4663
Seniors Helpline  416-217-2077

MENTAL HEALTH & JUSTICE NETWORK

MENTAL HEALTH & JUSTICE PREVENTION PROGRAMS
North Toronto - COTA Health  416-785-9230
East Toronto - CMHA Toronto  416-458-9466
South Toronto - Sound Times Support Services  416-979-1700
West Toronto - Reconnect Mental Health Services  416-248-2050
City-Wide (ages 16 - 24) - CTYS New Outlook  416-924-2100
Fred Victor Centre  416-364-8228

POLICE MOBILE CRISIS INTERVENTION TEAM
NW Toronto – Humber River Hosp. & Div 12, 13, 31  416-808-2222 or 911
SW Toronto – St. Josephs & Div 11, 14  416-808-2222 or 911
East Toronto – Tor. East Gen & Div 54, 55  416-808-2222 or 911
Scarborough – Scar. Hosp. & Div 41, 42, 43  416-808-2222 or 911
Downtown – St. Michaels & Div 51, 52  416-808-2222 or 911

COURT AND CUSTODY-BASED MENTAL HEALTH SERVICES
College Park Court – Fred Victor  416-598-8103
East Toronto - Scarborough Court - CMHA  416-285-4177
North Toronto - North York Court - COTA Health  416-667-0933
South Toronto - Old City Hall Court – Fred Victor  416-364-8394
West Toronto - Finch Court - Etobicoke - CMHA  416-745-5775

RESIDENTIAL SERVICES
The Access Point www.theaccesspoint.ca 1-888-640-1934
Safe Bed Registry (CMHA, COTA, Reconnect, Gerstein)  416-248-4174

SETTLEMENT SERVICES
Access Alliance  416-760-8677
Afghan Women’s Organization  416-588-3585
Agincourt Community Services  416-321-6912
Bloor Information & Life Skills Centre  416-531-4613
Catholic Crosscultural Services  416-757-7010
Culture Link  416-588-6288
Malvern Family Resource Centre  416-281-1376
Polycultural Immigrant & Community Services  416-533-9471
Scadding Court Community Centre  416-392-0335
South Asian Women’s Centre  416-537-2276
Toronto Chinese Community Association  416-977-4026
Working Skills Centre  416-703-7770
SOCIAL ACTIVITIES/GROUPS

Among Friends (Lakeshore & Islington)  416-251-8666
Jane Finch Community & Family Centre - Getting in Touch  416-663-2733
Our Place Community of Hope (Davenport & Ossington)  416-598-2919
Salvation Army-PLUS (Lawrence & Don Valley)  416-693-2116
Progress Place (Church & Wellesley)  416-323-0223
Routes (North York)  416-781-4199
Sistering (Bloor & Dovercourt)  416-588-3939
Sound Times East (Dundas & Parliament)  416-979-1700
Sound Times West (Bloor & Dundas)  416-234-9245
WoodGreen Community Services (Danforth)  416-645-6000

SUPPORT GROUPS / SELF HELP

Choices For Living (Women’s Support Group)  416-961-5446 x261
Emotions Anonymous  www.emotionsanonymous.org
FindHelp  1-888-340-1001
Mood Disorders Association  416-486-8046
North York Women’s Centre  416-781-0479
Scarborough Women’s Centre  416-439-7111
The Scarborough Hospital Mental Health App Library  www.tsh.to
(listed on their Adult Mental Health Outpatient Program Page)

TRANSPORTATION SERVICES

Toronto Transit Commission (TTC)  416-393-4636
Wheel Trans  416-393-4111

East York
Call A Service Inc./ Harmony Hall Centre for Seniors  416-752-8868
Neighbourhood Link Support Services  416-691-7407
Storefront Humber  416-259-4207
Woodgreen Community Services  416-572-3575

North York
Circle of Care  416-635-2860
Better Living Health & Community Services  416-447-7244
Lumacare  416-398-5510
NeighbourLink North York  416-221-8283
North York Seniors Centre  416-225-1231

Scarborough
Agincourt Community Services Association  416-321-6912
Warden Woods  416-694-1138
CareFirst Seniors and Community Services Association  416-502-2323
St. Paul’s L’Amoreaux Seniors’ Centre  416-493-3333
Scarborough Centre For Healthy Communities  416-847-4125
Trans Care Community Support Service  416-750-9885

Toronto
Canadian Red Cross Society  416-236-3180
Dignity Transportation Inc  416-398-2222
Dixon Hall Neighbourhood Services  416-962-9449 x 31
West Neighbourhood House  416-532-4828
West Toronto Support Services  416-653-3535
TRAUMA SUPPORT SERVICES

Polycultural Immigrant & Community Services  416-233-0055 x1237
- Crisis Counselling (Newcomers, refugees)

Elizabeth Fry Society
- Healing from Abuse & Trauma Services  416-924-3708
  (Women who are, have been, or are at risk of conflict with the law
  (in community and institutions)

YWCA Breakthrough Program  416-487-7151 x266
(Women who have experienced violence or abuse)

Canadian Centre for Victims of Torture  416-363-1066
Canadian Centre for Men and Families (CCMF)  647-479-9611
(Men who have experienced or are experiencing domestic
violence, sexual assault and all forms of trauma)

CAMH Women & Trauma Service  Access CAMH 416-535-8501 Option 2
(Women who have a history of trauma in combination
with mental illness. Psychiatrist or GP referral required)

The Gatehouse  416-255-5900
(Adult survivors of childhood sexual abuse)

Distress Centre-Survivor of Suicide  416-595-1716
or Homicide Loss Support

Family Services Toronto – Trauma Counselling (Adults)  416-595-9618

Barbara Schlifer Clinic (Women)  416-323-9149 ext. 234

Shoniker Clinic (Youth 19 and under)  416-281-7301

Assaulted Women’s Helpline  Toronto: 416-863-0511
  - 24/7 in over 200 languages  Toll free: 1-866-863-0511

Toronto Rape Crisis Centre - 24/7  416-597-8808

YOUTH

Central Toronto Youth Services  416-924-2100
Children’s Mental Health of Ontario  416-921-2109
East Metro Youth Services  416-438-3697
George Hull Centre  416-622-8833
Kids Help Phone  1-800-668-6868

MDAO-Youth Living Well Group  416-486-8046 x237
Shoniker Clinic (RVHS)  416-281-7301
Sick Kids Centre for Community Mental Health  416-924-1164
Skylark  416-482-0081
Stella’s Place  416-461-2345
Yorktown Family Services  416-394-2424
YouthLink  416-967-1773
CMHA ONTARIO BRANCHES

CMHA Ontario Division: 416-977-5580
- Brant Haldimand Norfolk Branch - Brant Site 519-752-2998
- Brant Haldimand Norfolk Branch- Simcoe Site 1-888-750-7778
- Champlain East Branch 613-933-5845
- Cochrane Timiskaming Branch 705-267-8100
- Durham Branch 905-436-8760
- Elgin Branch 519-633-1781
- Fort Frances Branch 807-274-2347
- Grey-Bruce Branch 519-371-3642
- Haliburton, Kawartha, Pine Ridge Branch 705-748-6687
- Halton Region Branch 1-877-693-4270
- Hamilton Branch 905-521-0090
- Hastings & Prince Edward Counties Branch 613-969-8874
- Huron Perth Branch 1-888-875-2944
- Kenora Branch 807-468-1838
- Kingston Branch 613-549-7027
- Lambton Kent Branch 519-436-6100
- Middlesex Branch 1-855-668-0624
- Muskoka-Parry Sound Branch 705-645-2262
- Niagara Branch 905-641-5222
- Nipissing Regional Branch 1-888-474-1299
- Ottawa Branch 613-737-7791
- Oxford County Branch 1-800-859-7248
- Peel Branch 905-451-2123
- Sault Ste. Marie Branch 705-759-0458
- Simcoe County Branch 1-800-461-4319
- Sudbury-Manitoulin Branch 1-866-285-2642
- Thunder Bay Branch 807-345-5564
- Toronto Branch 416-789-7957
- Waterloo Wellington Dufferin Branch 519-821-8089
- Windsor-Essex County Branch 519-255-7440
- York & South Simcoe Branch 1-866-345-0183

700 Lawrence Ave. West, Suite 480, Toronto ON M6A 3B4
Tel: 416-789-7957 x3631  Fax: 416-789-9079
westdecisionsupport@cmhato.org

1200 Markham Rd., Suite 500, Scarborough ON M1H 3C3
Tel: 416-789-7957 x3800  Fax: 416-289-4306
eastdecisionsupport@cmhato.org