



Canadian Mental
Health Association
Toronto

துரித வழிகாட்டி

மனநல வழிமுறை
றொரண்டோவுக்கு
சேவையளித்தல்

நேர்மை

குணமடைதல் & நலவாழ்வு

தரம்

வேற்றுமை & சமவுரிமை

அணுகல்தன்மை

பாதுகாப்பு & தனியுரிமை

பங்காண்மை

CMHA Toronto Branch

Information & Decision Support

Member of Inform Canada/AIRS and Inform Ontario



Ontario

Central Local Health
Integration Network



United Way
Toronto & York Region

துஷ்பிரயோகம்

Abrigo Centre	416-366-5377
Advocacy Centre for the Elderly	416-598-2656
Barbara Schlifer Clinic	416-323-9149 x 234
Boost - Child Abuse Prevention and Intervention	416-515-1100
Canadian Centre for Victims of Torture	416-363-1066
Children's Aid Society	416-924-4646
Women's College Hospital - WRAP (Women Recovering from Abuse)	416-323-6400 x 4863
Victim Services	416-808-7066

போதை மருந்துக்கு அடிமையாதல்

Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
The Access Point www.theaccesspoint.ca	1-888-640-1934
DART - Drug and Alcohol Registry	1-800-565-8603
Ontario Problem Gambling Helpline	1-888-230-3505

கோப மேலாண்மை

Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
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 (by referral from probation officers only)	416-304-1974
Tropicana Community Services	416-439-9009
Yorktown Family Services	416-394-2424

தன்முனைப்பு சமூக சிகிச்சை (ACT)

The Access Point www.theaccesspoint.ca	1-888-640-1934
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இறப்பு சடங்குகள்

Adult Grief Support Program-East Toronto	416-926-0905
Adult Grief Support Program-West Toronto	416-515-0197
AIDS Committee of Toronto (ACT)	416-340-2437
Bereaved Families of Ontario-Toronto (Multi-Faith)	416-440-0290
Bereaved Jewish Families of Ontario	416-638-7800
Bereavement Support Group-Wellspring	416-480-4440
C.O.P.E.S (Community Of People Extending Support)	416-767-6793
Distress Centre Suicide Survivor Support Program	416-595-1716
Taylor Place Self-Help Recovery Group	416-447-7244
The Canadian Centre for Bereavement Education	416-926-0905

விடய மேலாண்மை சேவைகள்

The Access Point www.theaccesspoint.ca	1-888-640-1934
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சமூக நல மையங்கள்

Etobicoke

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
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
Unison Health and Community Services - Keele-Rogers	416-653-5400

North York

Black Creek Community Health Centre	416-249-8000
Flemingdon Health Centre	416-429-4991
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 - 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

Toronto / East York

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
East End Community Health Centre	416-778-5858
The Four Villages Community Health Centre	416-604-3361
Parkdale Community Health Centre	416-537-2455
Parkdale Community Health Centre Satellite	416-537-8222
Queen West Community Health Centre	416-703-8482
Regent Park Community Health Centre	416-364-2261
Sherbourne Health Centre	416-324-4180
Shout Clinic Central Toronto Community Health Centre	416-703-8480
South Riverdale Community Health Centre	416-461-2493
Women's Health in Women's Hands	416-593-7655

நுகர்வோருக்கான புதுமுயற்சிகள்

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
Sound Times Support Services (West)	416-234-9245
Sound Times Support Services (East)	416-979-1700
Working for Change	416-504-1693

கருத்துரை வழங்கல்

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

Counselling (Walk-In Clinics)

Family Service Toronto	416-595-9618
128A Sterling Road, Suite 202	<u>Wed</u> from 3:30 pm-7:30 pm
LAMP Community Health Centre	416 252-6471 x 235
185 Fifth Street, Etobicoke	<u>Mon</u> 1-4 pm, <u>Thurs</u> 4-7 pm
Woodgreen Community Services	416-645-6000 x 1100
815 Danforth Avenue, Suite 100	<u>Wed</u> 4-8 pm

Counselling (Walk-In Clinics for Children/Youth/Families)

East Metro Youth Services	416-438-3697 x 1
1200 Markham Road 2nd Floor	
<u>Mon, Wed, Thurs</u> 2 pm-8 pm, <u>Tues</u> 10 am-5 pm,	
<u>Friday</u> 10 am-5 pm, <u>Saturday</u> 10 am – 2 pm	
Oolagen	416-395-0660
65 Wellesley Ave. E., Suite 500	
<u>Mon, Thurs, Fri</u> 9 am-1 pm, <u>Tues</u> 12 pm-8 pm, <u>Wed</u> 3 pm-6 pm	
Yorktown Child and Family Centre	416-394-2424
21 Ascot Ave 1st Floor	
<u>Mon & Thurs</u> 2 pm-6 pm, <u>Tues & Fri</u> 10 am-2 pm, <u>Wed</u> 4 pm-8 pm	
The Etobicoke Children's Centre	416-240-1111
2267 Islington Ave	
<u>Wednesdays</u> 12 pm-8 pm	
EdgeWest	416-652-4363
1900 Davenport Rd	
<u>Mon & Wed</u> 4 pm-8 pm, <u>Sat</u> 10 am-2 pm	

Counselling is also available at many Community Health Centres

– see the Community Health Centres of this pamphlet for more options

நெருக்கடி கால ஆதரவு/

மனக்கவலைக்கான உதவி மையங்கள்

Anishnawbe 24/7 (Aboriginal clients)	
Mental Health Crisis Management Service	416-891-8606
Assaulted Women's Helpline	416-863-0511
Distress Line	416-408-4357
Gerstein Crisis Centre (Downtown)	416-929-5200
Kids Help Phone	1-800-668-6868
Scarborough Hospital (Scarborough, East York)	416-495-2891
Senior Crisis Access Line	416-619-5001
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

வளர்ச்சி குறைபாடுகள்

Developmental Services Toronto www.dsto.com	1-855-372-3858
Griffin Centre	416-222-1153

முதன்மைப் பராமரிப்புக்கான டிராப்-இன் சிகிச்சையகங்கள் மற்றும்/அல்லது மனநலம் சம்பந்தமான சேவைகள்

Agincourt Community Services 4155 Sheppard Ave E Suite 100 <u>PRIMARY CARE:</u> Thursdays, 12 noon-5 pm <u>PSYCHIATRY:</u> Mon 9 am-1 pm	416-321-6912
Cummer Avenue Clinic 53 Cummer Ave. Primary Care: Wed 9am-12noon	416-222-5417
FCJ Refugee Clinic 208 Oakwood Ave Primary Care for Newcomers: Sat, 9 am-1 pm	416-469-9754
Salvation Army Gateway Drop-In 107 Jarvis Street <u>PRIMARY CARE:</u> Wed, 12 noon-5 pm	416-368-0324
Sistering 962 Bloor Street <u>PRIMARY CARE:</u> Tues 9:30am-4pm, Thurs 9:30am-5pm <u>PSYCHIATRY:</u> Mon 1 pm-4 pm, Fri 1 pm-5 pm	416-926-9762
St. Stephen's Drop-In 260 Augusta Avenue <u>PRIMARY CARE:</u> Wed 8 am-2 pm <u>PSYCHIATRY:</u> Tues 10:30 am-1:30 pm, Thurs 10:30 am-12:30 pm	416-964-8747

மனச்சிதைவு சம்பந்தமான திட்டங்களில் முன்கூட்டியே தலையிடுதல்

The Access Point www.theaccesspoint.ca 1-888-640-1934

உணவு உண்ணுதல் தொடர்பான குறைபாடுகள்

Bellwood Health Services	1-866-475-3254
Access CAMH (Centre for Addiction & Mental Health)	416-535-8501 Option 2
The Kyla Fox Therapy Centre	416-518-0440
The National Eating Disorder Information Centre (NEDIC) - Helpline	416-340-4156
Sheena's Place	416-927-8900
Sick Kids-Eating Disorders Program	416-813-7195

வேலை / வாழ்க்கைத் தொழில்

Booth Packaging & Supportive Services	416-255-7070
CMHA Toronto	416-789-7957 x 3441
Corbrook	416-245-5565
COSTI	416-789-7925
Goodwill Industries	416-362-4711
JVS Toronto	416-787-1151
Plus & Transitional Employment Program	416-693-2116
Volunteer Toronto	416-961-6888

குடும்ப ஆதரவு

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 Outreach and Response	416-539-9449
Family Support Program - Toronto East General	416-461-2000 x 223
Family Support Program - Toronto Western	416-603-5747
Family Walk-In Counselling (Wed., 12-6 pm)	416-749-9996
Hong Fook Mental Health Association	416-493-4242
Mood Disorders Association of Ontario	416-486-8046
Schizophrenia Society of Ontario	416-449-6830

நிதிசார் ஆதரவு

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

உணவு வங்கிகள்

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

அரசு / சுகாதார அமைப்பு

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

சுகாதாரப் பராமரிப்பு

Association of Ontario Health Centres	416-236-2539
Adelaide Centre for Women (<i>OHIP not required</i>)	416-392-9243
Aids and Sexual Health Info Line	416-392-2437
Birth Control & STD Clinic (<i>OHIP not required</i>)	416-789-4541
Hassle Free Clinic	416-922-0566
Health Care Connect	1-800-445-1822
Health Centre-Queen West (<i>OHIP not required</i>)	416-703-8482
Med Visit Doctors House Call Service	416-631-3000
Public Health Clinic	416-392-6683
<i>(Low Cost Dental Services for Children & Seniors)</i>	
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 (<i>Low Cost Dental Services for Adults</i>)	416-979-4927

சுகாதார சிகிச்சையகங்கள் – இடைக்கால ஒன்றிணைந்த சுகாதார (IFH) காப்புறுதி இன்றி அல்லது வரம்புக்குட்பட்ட காப்புறுதியுடன் அடைக்கலம் நாடுபவர்களுக்கு வழங்கப்படும் சேவைகள்

Access Alliance	
761 Jane Street 2nd Floor <u>Mon & Thurs:</u> 4-7:30 pm	416-760-2815
Christie Refugee Welcome Centre 43 Christie Street	416-588-9277 x 28
Community Volunteer Clinic for the Medically Uninsured	647-267-2176
4158 Sheppard Avenue East, Tues, Thurs 5-8 pm	
Muslim Welfare Centre	416-754-8116
Refugee Counselling Clinic	416-469 9754
208 Oakwood Ave, <u>Fri:</u> 10 am-3 pm	
Women's College Hospital Refugee Health Clinic	416-323-6031
77 Grenville Street, 4th Floor	

வைத்தியசாலைகள்

பெரும்பாலான வைத்தியசாலைகள் மனநலச் சேவைகளைக் கொண்டுள்ளன, அவற்றில் உளவியல் மதிப்பீடுகள், உளவியலாளர்கள், உளவியல் நிபுணர்கள், சமூகப் பணியாளர்கள் மற்றும் பிற வல்லுனர்கள் ஆகியன அடங்கும்.ப

பொதுவாக வழங்கப்படும் சேவைகளில் பின்வருபவை அடங்கும்:

- புறநோயாளி சேவைகள். மனநலச் சேவைகளுக்காக வைத்தியசாலைக்கு வருபவர்கள் இதிலடங்கும்;
- பகல்நேர சிகிச்சை, அல்லது சில காலம் வைத்தியசாலையில் அனுமதிக்கப்படும் சேவைகள். புறநோயாளி சிகிச்சையாளர் அல்லது வைத்தியரிடம் பெறும் சிகிச்சையைவிட, மேலும் தீவிர சிகிச்சைக்காக நீண்டகாலம் வைத்தியசாலையில் அனுமதிக்கப்படுபவர்கள் அல்லது அடிக்கடி வைத்தியசாலையை நாடுபவர்கள் இதிலடங்கும்;
- உள்நோயாளி சேவைகள். அதிகளவு மேற்பார்வை மற்றும் பராமரிப்பை வழங்க, வைத்தியசாலையில் அனுமதிக்கப்படுபவர்கள் இதிலடங்கும். அவர்களின் நிலைமை புறநோயாளியாய் சிகிச்சையளிக்கக் கூடியதாக மேம்படும் வரை அவர்கள் உள்நோயாளியாக வைத்தியசாலையில் தங்கியிருப்பார்.

Programs offered typically include:

Baycrest	416-785-2500
CAMH (<i>Centre for Addiction and Mental Health</i>)	416-535-8501
Humber River Hospital	416-658-2067
Mount Sinai	416-596-4200
North York General	416-756-6000
Rouge Valley	416-281-7318
Scarborough Hospital	416-438-2911
SickKids	416-813-1500
St Joseph's Health Centre	416-530-6717
St Michael's	416-864-5120
Sunnybrook	416-480-6100
Toronto East General	416-461-8272
Toronto General Hospital	416-340 3111
Toronto Western Hospital	416-603 2581
Trillium Queensway Health Centre	416-259-6671
William Osler	416-494-2120
Women's College	416-323-6400

வீடற்ற நிலை/முகாம்கள்/வெளியில் தங்கும்நிலை

416 Drop In Centre (Women)	416-928-3334
Assessment and Referral Centre	1-877-338-3398
Hostel Outreach Program - COTA (Men)	416-785-9230
Hostel Outreach Program - CRCT (Women)	416-482-4103
St. Stephen's Corner Drop In	416-964-8747
Street Health (Downtown)	416-921-8668
Streets to Homes	416-392-0090
The Good Neighbours Club	416-366-5377
The Meeting Place Drop In	416-504-4275
Youth Hostel Outreach Program - CTYS	416-504-6100

வீட்டுவசதி உதவி மையங்கள்

Albion Services (South Etobicoke)	416-252-5990
Albion Services (North Etobicoke)	416-740-3704
COSTI (North York)	416-244-0480
East York Housing Help Centre	416-698-9306
Flemington Neighborhood Services	416-424-2900
Scarborough Help Centre	416-285-8070
West Toronto Community Legal Services	416-531-0841
Woodgreen (East York)	416-645-6000
Unison Health & Community Services	416-653-5400

வீட்டுவசதி

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
Toronto Social Housing Connections	416-981-6111

தகவல் & பரிந்துரை

Access Toronto	311
CAMH - McLaughlin Information Centre	416-595-6111
Community Care Access Centre	416-506-9888
Findhelp Toronto	211
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

சமாதான நீதிவான்

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

சட்ட/வழக்கறிஞர் சேவைகள்

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
Psychiatric Patient Advocates Office	416-327-7000
Schizophrenia Society of Ontario	416-449-6830

LGBTQ+ (லெஸ்பியன், கே, பைசெக்ஸ்சுவல்,

டிரான்ஸ் மற்றும் க்வீர்) சேவைகள்

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

மனநல & ஜஸ்டீஸ் நெட் வொர்க்

மனநலம் & நீதி தடுப்புத் திட்டங்கள்

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

போலிஸ் நடமாடும் நெருக்கடி கால இடையீட்டு அணி

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

நீதிமன்றம் மற்றும் தடுப்புக்காவல்

சார்ந்த மனநலச் சேவைகள்

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

குடியிருப்புச் சேவைகள்

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

நிபுணர்கள் சபை

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, Psychometrists and Psychotherapists	416-298-7333
Ontario College of Social Workers and Social Service Workers	416-972-9882
Ontario Gerontology Association	416-535-6034
Ontario Psychological Association	www.psych.on.ca
Ontario Society of Psychotherapists	416-923-4050

முதியோர்கள்

CCAC - Community Care Access Centre	416-310-2222
Chinese Seniors Health Centre - Mt. Sinai	416-321-5785
Community Seniors Mental Health Services	www.csmhas.com
Geriatric Mental Health Services - COTA	416-785-9230
Geriatric Psychiatry Service - Toronto Rehab	416-597-3422 x 3041
Neighborhood Link Support Services	416-691-7407
Psychiatric Services for the Elderly - Sunnybrook	416-480-4663

கொடுப்பனவுச் சேவைகள்

Access Alliance	416-760-8677
Afghan Women's Organization	416-588-3585
Bloor Information & Life Skills Centre	416-531-4613
Catholic Crosscultural Services	416-757-7010
Culture Link Settlement	416-588-6288
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

சமூக நடவடிக்கைகள்/குழுக்கள்

Among Friends (Lakeshore & Islington)	416-251-8666
Friendship Club (Queen & Logan)	416-645-6000
Getting in Touch (Jane & Driftwood)	416-663-2733
Our Place (Yonge & Dundas)	416-598-2919
PLUS (Lawrence & Don Valley)	416-693-2116
Progress Place (Church & Wellesley)	416-323-0223
Sistering (Dufferin & Queen)	416-588-3939
Sound Times East (Dundas & Parliament)	416-979-1700
Sound Times West (Bloor & Dundas)	416-234-9245
What Next! (North York)	416-789-7957

ஆதரவு குழுக்கள் /சுய உதவி

Emotions Anonymous	www.emotionsanonymous.org
Mood Disorders Association	416-486-8046
Self - Help Resource Centre Info Line	416-487-4355
The Scarborough Hospital Mental Health App Library	www.tsh.to
<i>(listed on their Adult Mental Health Outpatient Program Page)</i>	

போக்குவரத்துச் சேவைகள்

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
Downsview Services to Seniors	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
Good Neighbours Club	416-366-5377
Mid-Toronto Community Services	416-962-9449 x 31
St. Christopher House	416-532-4828
Silver Circle: West Toronto Support Services	416-653-3535

இளையோர்

Central Toronto Youth Services	416-924-2100
Children's Mental Health of Ontario	416-921-2109
Delisle Youth Services	416-482-0081
East Metro Youth Services	416-438-3697
George Hull Centre	416-622-8833
Hincks - Dellcrest	416-924-1164
Kids Help Phone	1-800-668-6868
Shoniker Clinic (RVHS)	416-281-7301
Yorktown Family Services	416-394-2424

CMHA ONTARIO கிளைகள்

CMHA Ontario பிரிவு: 416-977-5580

• Brant County Branch	519-752-2998
• Champlain East Branch	613-933-5845
• Cochrane Timiskaming Branch	705-267-8100
• Durham	905-436-8760
• Elgin Branch	519-633-1781
• Fort Frances Branch	807-274-2347
• Grey-Bruce Branch	519-371-3642
• Haldimand and Norfolk Branch	1-888-750-7778
• 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
• Leeds and Grenville Branch	1-866-499-8445
• 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



Canadian Mental
Health Association
Toronto

CMHA Toronto கிளை - தகவல் & தீர்மான ஆதரவு

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