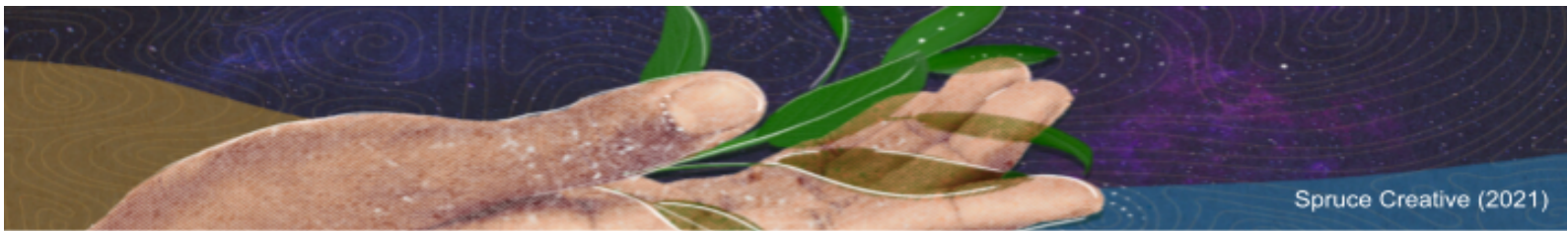




Resources & Referrals Directory Greater Toronto Hamilton Area, ON & Truro, NS

Compiled by Michael MacLeod, Sobia Mansoor, Sharon Mittal, Julia Verbitsky
October 20, 2022



Programs & Services by Region

HAMILTON, ON - Compiled by Julia Verbitsky (16)

Addiction/Substance Use	Housing
Basic Needs and Financial	Individual/Couple/Family
Child & Adolescent	Indigenous
Crisis Support	Legal
Criminal Justice	Newcomer

TORONTO, ON - Compiled by Sobia Mansoor (16)

Addiction	Dementia/Alzheimer
Abuse & Trauma	Domestic Violence
Anger Management	Indigenous
Anxiety and Depression	In-Patient Care
Child Abuse	Mood-Related Disorders
Community Agencies	Suicide

TORONTO, ON - Compiled by Sharon Mittal (15)

2SLGBTQ+	Immigrant & Community
Abuse & Trauma (Women & Children)	Indigenous
Anger Management	Legal (Women)
Cancer	Racism & Discrimination
Eating Disorders	Substance Abuse
Family & Friends	Urgent Care
Food Insecurity	Walk-In Clinic
Grief	

TRURO, NS - Compiled by Michael McLeod (15)

Diverse/Alternate Counselling	Mutual Aid
Drug Addiction	Recreation & Socialization
Family Therapy	Remote Counselling
Food Insecurity	Sensory Therapy
First Nation	Women's Resources
Group Workshops	Youth Centre
Housing (Permanent)	Youth Programming
Housing (Transitional)	

Central Search Websites for Additional Provincial Resources

HAMILTON, ON - Compiled by Julia Verbitsky

Addiction/Substance Use



PROGRAMS: Addiction Management, Residential Treatment, Crisis Support

Men's Addiction Service Hamilton (MASH)

595 Main Street East
Hamilton, ON L8M 1J4
Phone: 905 527 9264 (24/7)

Website:

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/men's-addiction-service-hamilton-mash>

REFERRAL: Self-Referral

FEES: No fee for service

“24 hour/7 day a week crisis telephone support, residential withdrawal management, psycho-educational relapse prevention and recovery programming and treatment/next steps/referral planning. A very effective day program for [men 18+] in transition, a community tobacco addiction program and access to psychiatric sessions and a primary care physician” (St Joseph's Healthcare Hamilton, 2014, para. 4).

Addiction/Substance Use



PROGRAMS: Addiction Management, Residential Treatment

Womankind Addiction Service

431 Whitney Avenue
Hamilton, ON L8S 2H6
Phone: 905 545 9100

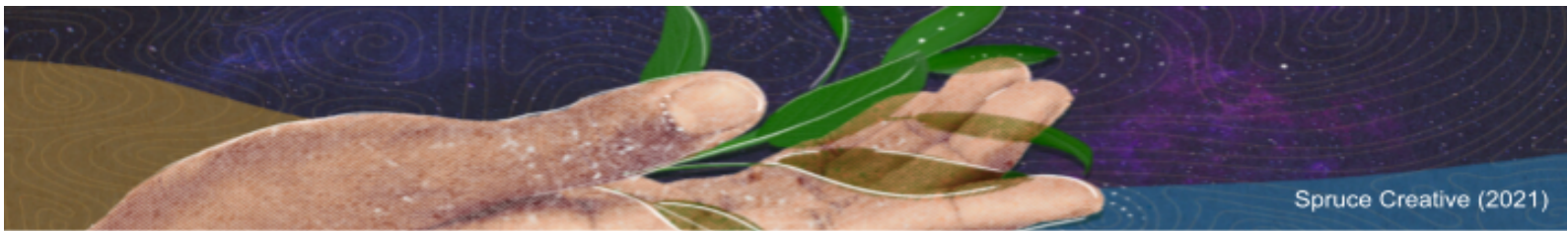
Website:

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/womankind-addiction-service>

REFERRAL: Self-Referral

FEES: No fee for service

“Womankind Addiction Service provides a range of gender responsive programming and supports women [ages 18+] seeking change with their substance use. A 26-bed facility located in west Hamilton, Womankind offers a safe, inclusive and caring place where all women and woman identified individuals are welcomed and assisted by our specially trained team to assess and define next steps regarding their substance use and recovery with a whole person approach” (St. Joseph's Healthcare Hamilton, 2014, para. 2).



Addiction/Substance Use



Youth Wellness Centre

Youth Wellness Centre

2nd Floor, 38 James Street South

Hamilton, ON L8P 4W6

Phone: 905 522 1155 ext. 31725

Email: YWCIntake@stjoes.ca

Website: <https://reachouthamilton.ca/about/>

PROGRAMS: Substance Use

Counselling, Peer Support, Transition to Adult Services

REFERRAL: Received from McMaster Child and Youth Mental Health Program, Lynwood Charlton Centre, Child and Adolescent Services, or Self-Referral for The Early Intervention Program

FEES: No fee for service

“St. Joseph’s Healthcare Hamilton’s Youth Wellness Centre is a safe environment for young people [between the ages of] 17 to 25 to receive expert care for mental health and substance use issues” (St. Joseph’s Healthcare Hamilton, n.d. para. 5), including early intervention and transition support.

Basic Needs and Financial



Good Shepherd
Faith in people.

Good Shepherd - Venture Centre

155 Cannon Street East

Hamilton, ON L8L 2A6

Phone: 905 972 9485

Website:

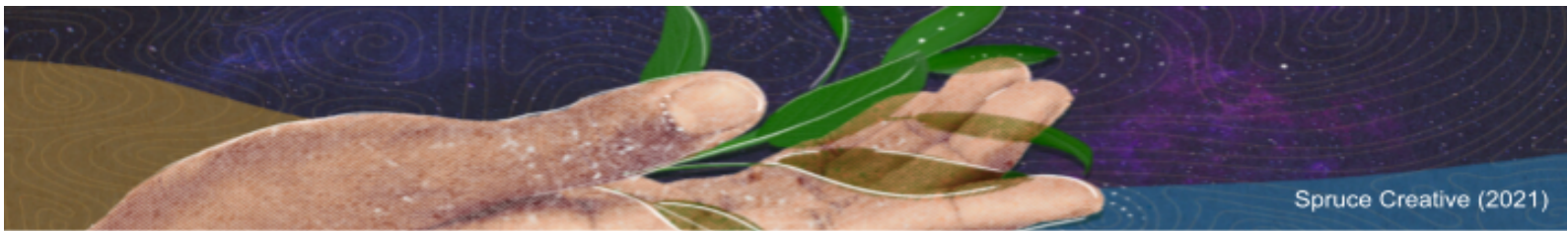
<https://www.goodshepherdcentres.ca/services/emergency-food/>

PROGRAMS: Emergency Food and Clothing Access

REFERRAL: Self-Referral

FEES: No fee for service

“The Good Shepherd Venture Centre Emergency Food Program is a dignified, efficient and safe space where emergency food and clothing is easily accessible for clients” (Good Shepherd, 2022, para. 1).



Basic Needs and Financial



City of Hamilton - Ontario Works

250 Main Street East
Hamilton, ON L8N 1H6
Phone: 905 546 4800
Fax: 905 546 2877
Email: OntarioWorks@hamilton.ca
Website: <https://www.hamilton.ca/people-programs/financial-employment-support/ontario-works>

PROGRAMS: Financial and
Employment Support

REFERRAL: Self-Referral
FEES: No fee for service

“If you don’t have enough money for food and housing, or if you have a disability and are in financial need, you can apply for financial and employment assistance through Ontario Works or the Ontario Disability Support Program (ODSP)” (City of Hamilton, 2022, para. 1).

Child & Adolescent



The John Howard Society of Hamilton, Burlington & Area

654 Barton Street East
Hamilton, ON L8L 3A2
Phone: 905 522 4446 ext. 221
Fax: 905 524 2223
Email: reception@jhshamilton.on.ca
Website: <https://johnhoward.on.ca>

PROGRAMS: Criminal Justice, Diversion
and Counselling Programs

REFERRAL: Self-Referral, as well as community partner
and Hamilton police service referrals
FEES: No fee for service

Supporting youth ages 12-17 involved in the criminal justice system with prevention, diversion and counselling programs. Offering counselling for youth struggling with anger, as well as supporting clients with Fetal Alcohol Spectrum Disorder involved in the youth justice system.

Child & Adolescent



McMaster Children's Hospital

100 King Street West
Hamilton ON, L8P 1A2
Phone: 905 521 2100
Website:

<https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/>

PROGRAMS: Emergency, Inpatient and Outpatient Care for Children and Adolescents

REFERRAL: Self-Referral, Emergency Department, Pediatrician/Family Physician Referrals

FEES: No fee for service

This clinic offers physical and mental health care for children/adolescents ranging from the age of 0-17, including inpatient and outpatient programs; autism program, eating disorders program, sexual assault and domestic violence program, exercise and nutrition program and neuropsychology services.

Child & Adolescent



THRIVE Child and Youth Trauma Services

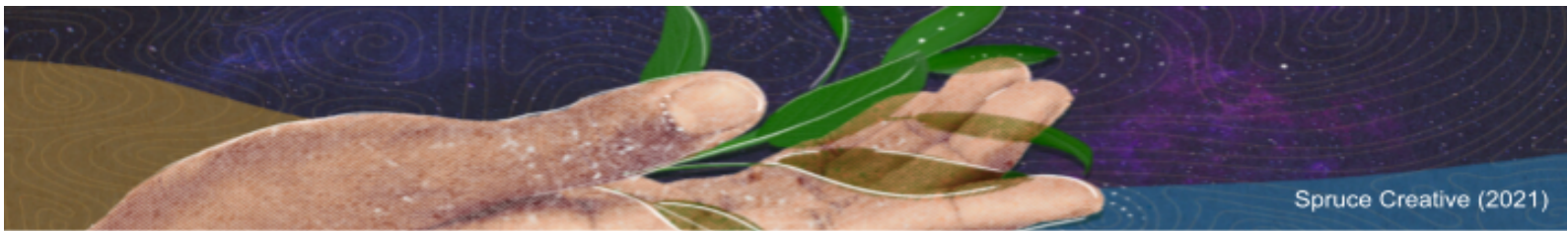
460 Main Street East, Suite 201
Hamilton, ON L8N 1K4
Phone: 905 523-1020 ext. 210
Email: info@thrivechildand youth.ca
Website: <https://www.thrivechildand youth.ca/>

PROGRAMS: Trauma Counselling Treatment; Sexual Abuse and Refugee/Immigrant

REFERRAL: Contact Hamilton referral required

FEES: No fee for service

“THRIVE Child and Youth Trauma Services provides professional assessment and trauma treatment services, as well as prevention and educational programs. [THRIVE] treatment programs include comprehensive assessment and specialized treatment for children and youth in [the Hamilton] community who have been sexually abused, have been involved in intrafamilial sexual abuse (children and youth within the same family), or have concerning sexualized behaviours. [THRIVE] also offer[s] services to address the unique needs of refugee and immigrant children and youth experiencing trauma symptoms or significant acculturation stress as well as support to their families” (Thrive Child and Youth Trauma Services, 2016, para. 2).



Child and Adolescent



PROGRAMS: Concurrent Disorders
(Mental Health and Substance Use)
Counselling, Peer Support, Transition to
Adult Services

St Joseph's Healthcare Hamilton - Youth Wellness Centre

2nd Floor, 38 James Street South
Hamilton, ON L8P 4W6

Phone: 905 522 1155 ext. 31725

Email: YWCIntake@stjoes.ca

Website: <https://reachouthamilton.ca/about/>

REFERRAL: Received from McMaster Child and Youth
Mental Health Program, Lynwood Charlton Centre, Child
and Adolescent Services, or Self-Referral for The Early
Intervention Program

FEES: No fee for service

“St. Joseph's Healthcare Hamilton's Youth Wellness Centre is a safe environment for young people [between the ages of] 17 to 25 to receive expert care for mental health and substance use issues” (St. Joseph's Healthcare Hamilton, n.d. para. 5), including early intervention and transition support.

Crisis Support



Crisis Outreach and Support Team (COAST)

Phone: 905 972 8338

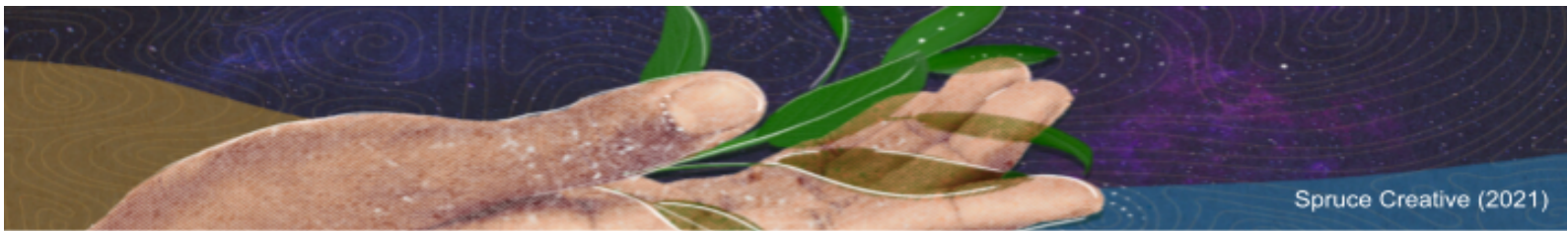
Website: <https://coasthamilton.ca/>

REFERRAL: Self-Referral

FEES: No fee for service

PROGRAMS: Emergency Crisis Support

“A crisis is when a person feels they can't cope anymore. A person might feel out of control, or might be having thoughts of harming someone else or themselves. Sometimes a person in crisis has thoughts of ending their life. If this is you or someone you know, take it seriously and reach out for help” (COAST Hamilton, n.d., para. 4).



Criminal Justice



**Canadian Mental
Health Association**
Mental health for all

PROGRAMS: Mental Health Court
Support

Canadian Mental Health Association

131 John Street South
Hamilton, ON L8N 2C3
Phone: 905 521 0090
Fax: 905 521 0211

Email: info@cmhahamilton.ca

Website: <https://cmhahamilton.ca/>

REFERRAL: Accepted from medical professionals, Social
Service Agencies, Family Members, Self-Referral

FEES: No fee for service

“The Canadian Mental Health Association provides recovery-focused programs and services for people of all ages and their families” (Canadian Mental Health Association, 2022, para. 1), including social recreation and rehabilitation services, mental health court support services, peer support services, primary health care services, housing and residential skills services.

Criminal Justice



PROGRAMS: Criminal Justice, Diversion
and Counselling Programs

The John Howard Society of Hamilton, Burlington & Area

654 Barton Street East
Hamilton, ON L8L 3A2
Phone: 905 522 4446 ext. 221
Fax: 905 524 2223

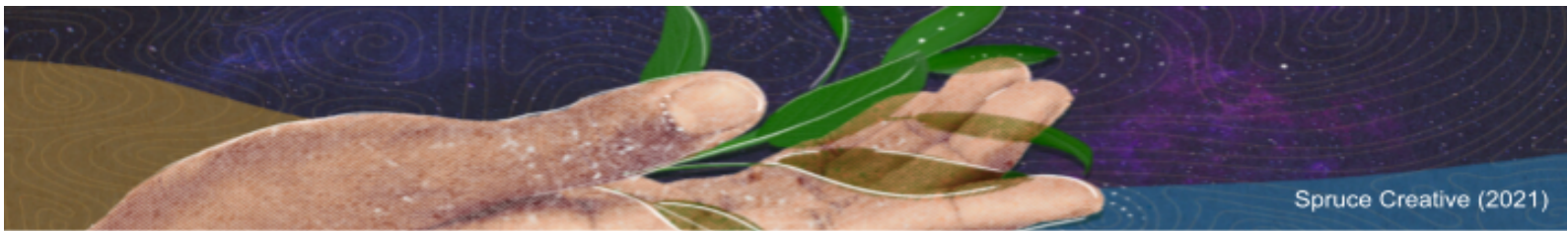
Email: reception@jhshamilton.on.ca

Website: <https://johnhoward.on.ca>

REFERRAL: Self-Referral, as well as community partner
and Hamilton police service referrals

FEES: No fee for service and Service dependent (for
adults)

Supporting youth and adults involved in the criminal justice system with prevention, diversion and counselling programs. Offering youth and adult diversion and anger management programs.



Housing



**Canadian Mental
Health Association**
Mental health for all

Canadian Mental Health Association

131 John Street South
Hamilton, ON L8N 2C3
Phone: 905 521 0090
Fax: 905 521 0211

Email: info@cmhahamilton.ca

Website: <https://cmhahamilton.ca/>

PROGRAMS: Housing and Residential
Treatment

REFERRAL: Accepted from medical professionals, Social
Service Agencies, Family Members, Self-Referral

FEES: No fee for service

“The Canadian Mental Health Association provides recovery-focused programs and services for people of all ages and their families” (Canadian Mental Health Association, 2022, para. 1), including social recreation and rehabilitation services, mental health court support services, peer support services, primary health care services, housing and residential skills services.

Housing



Wesley

52 Catharine Street North
Hamilton, ON L8R 1J1
Phone: 905 528 5629
Fax: 905 528 9977

Email: info@wesley.ca

Website: <https://wesley.ca>

PROGRAMS: Housing and
Homelessness

REFERRAL: Self-Referral, as well as referrals from
community partners

FEES: No fee for service

“Wesley is a long-standing local non-profit, offering support for people experiencing poverty, homelessness, and barriers in the community. [Wesley] provide[s] programs and services to meet diverse community needs in Hamilton, Halton and Brantford” (Wesley, 2022, para. 1).

Individual/Couple/Family



Catholic Family Services of Hamilton

460 Main Street East, Unit 404

Hamilton, ON L8N 1K4

Phone: 905-527-3823

Email: intake@cfshw.com

Website: <https://cfshw.com/>

REFERRAL: Self-Referral, as well as referrals from community partners

FEES: No fee for service

PROGRAMS: Counselling Services

Catholic Family Services of Hamilton offers programs for all ages, including child care, developmental services, seniors programs, young parent programs, walk-in-counselling as well as supporting families who are/have experienced violence in the home.

Individual/Couple/Family



Hamilton Family Health Team

123 James Street North, Suite 300

Hamilton, ON L8R 2K8

Phone: 905 667 4848

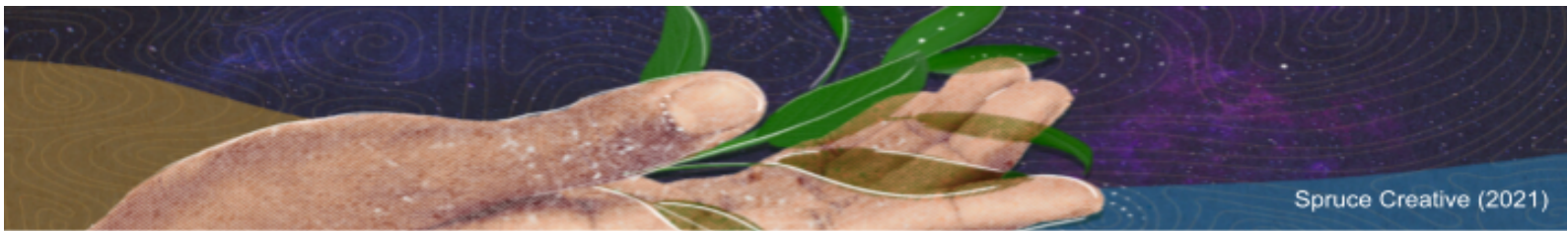
Website: <https://www.hamiltonfht.ca>

REFERRAL: Self-Referral

FEES: No fee for service

PROGRAMS: Physical and Mental Health Care

"The Hamilton Family Health Team is made up of different health care workers such as: Certified Respiratory Educators (CREs), Mental Health Counsellors, Nurses, Pharmacists, Physician Assistants, Physiotherapists, Psychiatrists, Registered Dietitians, [and] Support Staff. In addition to giving [clients] one-on-one care, the Hamilton Family Health Team offers many group-based health programs" (Hamilton Family Health Team, n.d., para. 1).



Individual/Couple/Family



Shalem Mental Health Network

875 Main Street East
Hamilton, ON L8M 1M2
Phone: 905 528 0353
Fax: 905 528 3562
Toll Free: 866 347 0041
Email: office@shalemnetwork.org
Website: <https://shalemnetwork.org/>

PROGRAMS: Counselling Services

REFERRAL: Self-Referral

FEES: Fee for service, sliding scale

“Individual, couple and family counselling [including] specialized therapy for children and youth who struggle with attachment disorders and their caregivers” (Shalem Mental Health Network, 2022, para. 1).

Individual/Couple/Family



Wesley

52 Catharine Street North
Hamilton, ON, L8R 1J1
Phone: 905 528 5629
Fax: 905 528 9977
Email: info@wesley.ca
Website: <https://wesley.ca>

PROGRAMS: Children, Youth and
Family Employment and Community
Services

REFERRAL: Self-Referral, as well as referrals from
community partners

FEES: No fee for service

“Wesley is a long-standing local non-profit, offering support for people experiencing poverty, homelessness, and barriers in the community. [Wesley] provide[s] programs and services to meet diverse community needs in Hamilton, Halton and Brantford. As a multi-service organization, [Wesley] offer[s] Children, Youth & Family Services, Housing & Homelessness Services and Newcomer, Employment & Community Services” (Wesley, 2022, para. 1).

Indigenous



Hamilton Regional Indian Centre (HRIC)

34 Ottawa Street North

Hamilton ON, L8H 3Y7

Phone: 905 548 9593

Email: adavis@hric.ca

Website: <https://hric.ca/>

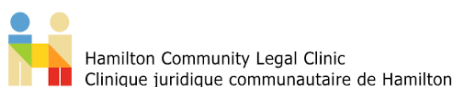
REFERRAL: Self-Referral

FEES: No fee for service

PROGRAMS: Indigenous Programming
and Counselling

“To provide the Urban Aboriginal People with the tools to achieve a balanced holistic lifestyle”
(Hamilton Regional Indian Centre, 2015, para. 3).

Legal



Hamilton Community Legal Clinic

100 Main Street East, Suite 203 (2nd Floor)

Hamilton, ON L8N 3W4

Tel: 905 527 4572

Fax: 905 523 7282

Email: <https://hamiltonjustice.ca>

PROGRAMS: In-House and Community
Legal Services

REFERRAL: Self-Referral

FEES: No fee for service

The Hamilton Community Legal Clinic (HCLC) offers confidential legal support to low-income Hamilton residents. The HCLC lawyers offer support with family, criminal and human rights law, as well as housing, employment and immigration law services.

Newcomer



PROGRAMS: Children, Youth and
Family Newcomer Services

Wesley

52 Catharine Street North

Hamilton, ON, L8R 1J1

Phone: 905 528 5629

Fax: 905 528 9977

Email: info@wesley.ca

Website: <https://wesley.ca>

REFERRAL: Self-Referral , as well as referrals from
community partners

FEES: No fee for service

“Wesley is a long-standing local non-profit, offering support for people experiencing poverty, homelessness, and barriers in the community. [Wesley] provide[s] programs and services to meet diverse community needs in Hamilton, Halton and Brantford. As a multi-service organization, [Wesley] offer[s] Children, Youth & Family Services, Housing & Homelessness Services and Newcomer, Employment & Community Services” (Wesley, 2022, para. 1).

TORONTO, ON - Compiled by Sobia Mansoor

Addiction



Addiction Rehab Toronto

4 Warrendale Court

Etobicoke, ON M9V 1P9

Toll Free: 1 855 787 2424

E-mail: info@addictionrehabtoronto.ca

Website: <https://addictionrehabtoronto.ca>

PROGRAMS: Addiction Management

REFERRAL: Self-referral, Emergency Department,
Pediatrician/Family Physician

FEES: No fee for service

"Addiction rehab Toronto provides comprehensive client-centred addiction treatment for individuals and their families experiencing addiction, substance abuse, behavioural problems, and resulting life challenges" (Addiction Rehab Toronto, n.d., para. 1).

Abuse & Trauma



The Clinic On Dupont

99 and 101 Dupont Street

Toronto, ON M5R 1V4

Child & Adolescents Clinic

107 Dupont Street

Toronto, ON M5R 1V4

Phone: 416 515 2649

Fax: 416 966 4045

Email: info@theclinicondupont.com

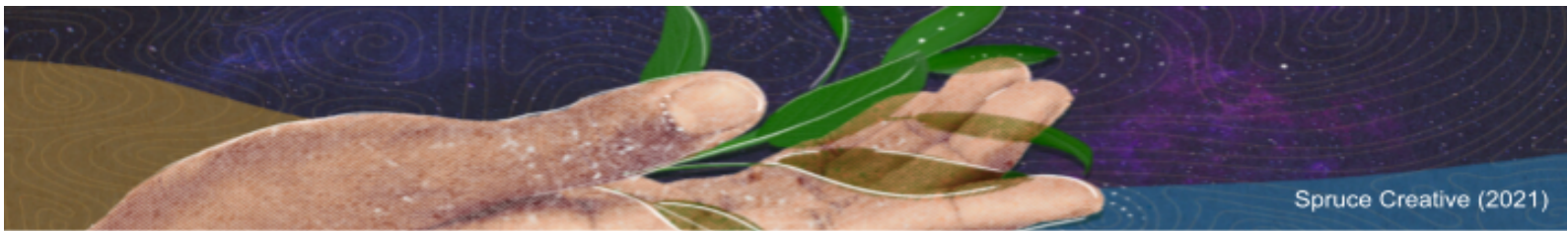
Website: <https://www.theclinicondupont.com/>

PROGRAMS: Psychological Services

REFERRAL: Self-referral

FEES: Free consultation, Sliding scale fees

The Clinic provides individualised psychological assessment and treatment which means that the program of treatment will be designed especially for an individual. Individuals will collaborate with the therapist to design a treatment program that meets their unique needs.



Community Agencies



PROGRAMS: Food and Shelter Services

Muslim Welfare Centre

100 McLevin Avenue, Unit 4

Scarborough, ON M1B 5K1

Toll Free: 1 866 754 3111

Ph: 416 754 8116

Fax: 416 754 4468

Email: muslim@mwcanada.org

<https://www.muslimwelfarecentre.com/>

REFERRAL: Self-Referral

FEES: No fee for service

Muslim Welfare Canada is committed to serving the individuals and communities in need. MWC is involved in the fight against poverty and homelessness and is focused on providing food, health care services, culturally-sensitive shelter for women, their children and families in distress, and healthy nutrition to the members of the community. MWC provides schooling, health care, shelters and relief assistance in multiple countries facing natural disasters .

Community Agencies



NISA HOMES

PROGRAMS: Residence for Abused Women with their Children

Nisa Homes

115 Matheson Boulevard West, Unit 214

Mississauga, ON L5R 3L1

Toll Free: 1 888 456.8043

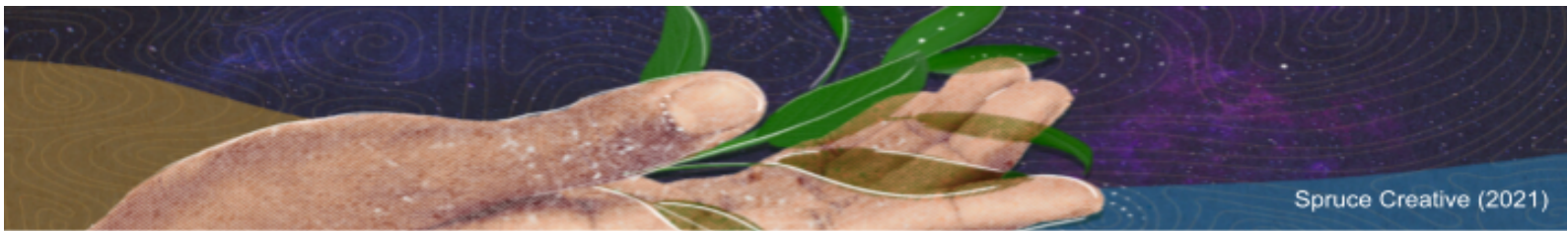
Email: info@nisahomes.com

Website: <https://nisahomes.com/>

REFERRAL: Self-Referral

FEES: No fee for service

“Nisa Homes is a not-for-profit charity that provides a safe haven and support services for women with or without children, who are fleeing domestic violence, poverty or seeking asylum” (Nisa Homes, n.d., para. 1). This agency provides a safe residence for women and their children if they are in an unsafe home environment, in an abusive relationship, homeless or at risk of homelessness or simply in need of a place of safety. The addresses of transition houses are kept confidential so that women (and children) cannot be found. Transition houses are usually regular houses that are available in most communities and cities.



Domestic Violence



FAMILY SERVICE TORONTO
For People. For Change.

PROGRAMS: Abuse and Violence,
Coming Out, Sexual Orientation,
HIV/AIDS, Senior and Caregivers,
Separation, Divorce

Family Service Toronto

Church Street Office
355 Church Street,
Toronto, ON M5B 1Z8
Phone: 416 595 9618 Fax: 416 595 0242
Email: sau@familyserVICetoronto.org
Website: <https://familyserVICetoronto.org/>

REFERRAL: Self-Referral , Emergency Department,
Pediatrician/Family Physician
FEES: Fee for service, Sliding scale

Family Service Toronto works with individuals, families and communities destabilised by precarious mental health and/or socioeconomic circumstances, to achieve greater resilience, stability and equity. Family Service Toronto achieve this through their understanding of poverty and the harmful effects of marginalization, discrimination and oppression. FST works to influence policy, build knowledge, strengthen communities and advocate for system change.

Domestic Violence



PROGRAMS: Women Abuse

Assaulted Women's Helpline - Training, Resource and Outreach Department

Six Points Plaza, Box 40569
Toronto, ON M9B 6K8
Phone: 416 364 4144 Fax: 416 364 0563
Toll Free: 1 888 364 1210 Toll Free TTY: 1 866 863 7868
#SAFE (#7233) On your Bell, Rogers, Fido or Telus mobile
Email: healthline@tc.lhins.on.ca
Website: <http://www.awhl.org/>

REFERRAL: Self-Referral

FEES: Fee for service, Sliding scale, No fee for service

Assaulted Women's Helpline provides help to the women who have experienced any form of abuse. They provide crisis counselling, safety planning, emotional support, information and referrals accessible for deaf and blind as well 7 days a week, 365 days a year. They work in tandem with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to these women.

Suicide



The Cedar Centre

17705 Leslie Street, Unit 12,

Newmarket, ON L3Y 3E3

Phone: 416 408 4357 Text: 45465

Website: <https://www.dcogt.com/>

PROGRAMS: Suicide Prevention

REFERRAL: Self-Referral , Pediatrician/Family Physician, Emergency Department

FEES: No fee for service

Distress Centres of Greater Toronto has provided 24-hour and 7 days a week support to individuals in the community at risk and their most vulnerable. It is Canada's oldest volunteer delivered crisis, emotional support and suicide prevention, intervention , postvention service agency. It has multi-lingual services that offer support in seven languages (Mandarin, Cantonese, Urdu, Punjabi, Hindi, Portuguese, Spanish). "Touching Base and Senior Support Programs offer vulnerable seniors and youth with medical medication/appointment reminders, mental wellness check-ins and social support to combat isolation" (Distress Centres of Greater Toronto, n.d. Para. 2).

Child Abuse



Children's Aid Society of Toronto

843 Kennedy Road, Scarborough

ON, M1K 2E3

Phone: 416 924 4646

Website: <https://torontocas.ca/>

PROGRAMS: Child Abuse

REFERRAL: Self-Referral , Police, Emergency Department, Pediatrician/Family Physician, Teachers, Caregivers, Anyone who notice an abuse towards the child or youth.

FEES: No fee for service

"Since 1875, the Children's Aid Society of Toronto has been keeping children and youth safe, strengthening families and providing alternate care for children and youth who are unable to remain in their home. Working with diverse communities to support families during times of crisis, to ensure the safety of the child/youth. CSA has a legal mandate to keep children safe from abuse and neglect, ages 0 to 18" (Children's Aid Society, n.d.).

Anger Management



Counselling Solutions

3300 Don Mills Road (Finch and Don Mills),
Toronto, ON M2J 4X7

Phone: 647 205 7424

Email: laura.sandor.counselling@gmail.com

Website: <https://laura-sandor-counselling-solutions.ca/>

PROGRAMS: Court Approved Anger Management Classes

REFERRAL: Self-Referral , Court Referral

FEES: Fee for Service

“Laura Sandor has helped clients solve relationship problems, anger management, depression, and many other personal or family issues, for over 25 years. She has extensive Domestic Violence Counselling background including domestic abuse, spousal abuse, and intimate partner violence” (Affordable Anger Management Counselling, n.d. Para. 1).

Dementia/Alzheimer



Right at Home

11 Allstate Parkway, 6th Floor
Markham, ON L3R 5Y1

Phone: 289 661 0477

Toll Free: 1 866 614 1364

Website: <https://www.rightathomecanada.com/>

PROGRAMS: Alzheimer's, Dementia and Senior's Residential, and Care Services

REFERRAL: Self, Emergency Department, Pediatrician/Family Physician

FEES: Fee for service, Government Funded

Right at Home provides a range of in-home care options for seniors and adults with disabilities. They know everyone's needs are different, so their care plans are uniquely tailored to each individual. They provide help with dressing and hygiene, medication reminders, and transportation to medical appointments. “Right at Home's trusted and reliable caregivers are trained to assist with all types of needs, at home, in an independent or assisted living community, or elsewhere” (Right at Home, n.d., para. 2)

Dementia/Alheimers



PROGRAMS: Alzheimer Care

Alzheimer Society Toronto

20 Eglinton Avenue West, 16th Floor
Toronto, ON M4R 1K8

Tel: 416-322-6560

Fax: 416-322-6656

After-Hours Support: 1 866 797 0000

Email: write@alz.to

Website: <https://alz.to/>

REFERRAL: Self-Referral

FEES: No Fees

Alzheimer Society Toronto exists to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research. It offers support, information, programs and education to people living with dementia, their families and their caregivers, to increase public awareness of dementia, to promote research, and to advocate for services that respect the dignity of the individual.

Indigenous



PROGRAMS: Psychological Services for
Indigenous Community Members

Aboriginal Housing Support Centre

Scarborough East Office

20 Sewells Road

Scarborough, ON M1B 3G5

Phone: 416 281 2057 Fax: 416 281 2179

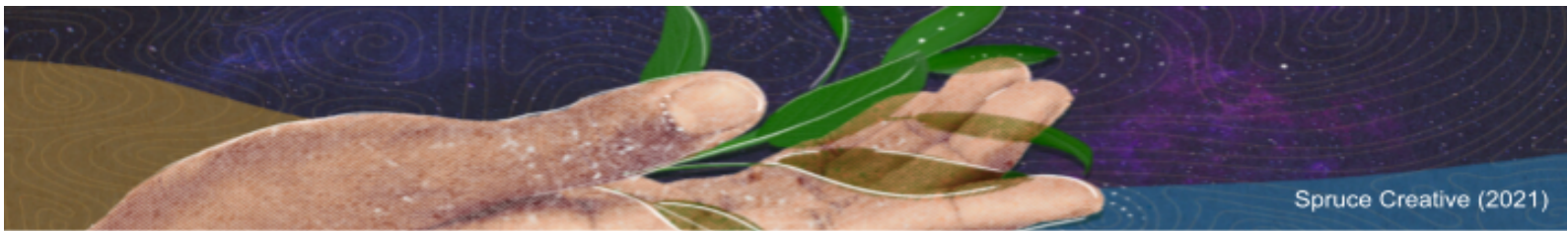
Skype: 'aboriginal_housing'

Website: <http://aboriginalhsc.org/>

REFERRAL: Self-Referral

FEES: No Fee

The Aboriginal Housing Support Centre is an innovative project developed by Wigwamen Incorporated and made possible through the City of Toronto's Homelessness Initiative Fund. The Aboriginal Housing Support Centre offers a variety of programs depending on the needs of the client. Sometimes, linking with other agencies within the Toronto area is enough to provide a client with the services they require. Links pages on the provided website can help acquire the services of agencies that are part of the Toronto Aboriginal Agencies Network.



In-Patient Care



PROGRAMS: Partial Hospitalisation, Residential Treatment, and Mental Health Inpatient Hospitalisation Programs

Scarborough Health Network - Birchmount Site

3030 Birchmount Road
Scarborough, ON M1W 3W3
Phone: 416 495 2400
E-mail: mh_intake@shn.ca
Website:

<https://www.shn.ca/areas-of-care/mental-health-care>

REFERRAL: Self, Emergency Department, Pediatrician/Family Physician

FEES: No fee for service

Scarborough Health Network provides mental health care services to meet the unique needs of individuals experiencing mental illness. These include inpatient and crisis services, as well as outpatient programs that help patients transition with greater ease from hospital to the community and to reduce the stigma often associated with mental illness. SHN support and social recreational programming for individuals and families affected by severe and persistent mental illness. SHN programs are community-based and emphasise the importance of helping patients remain in the most appropriate environment to achieve their maximum level of well-being.

Mood-Related Disorder



PROGRAMS: Psychological Services

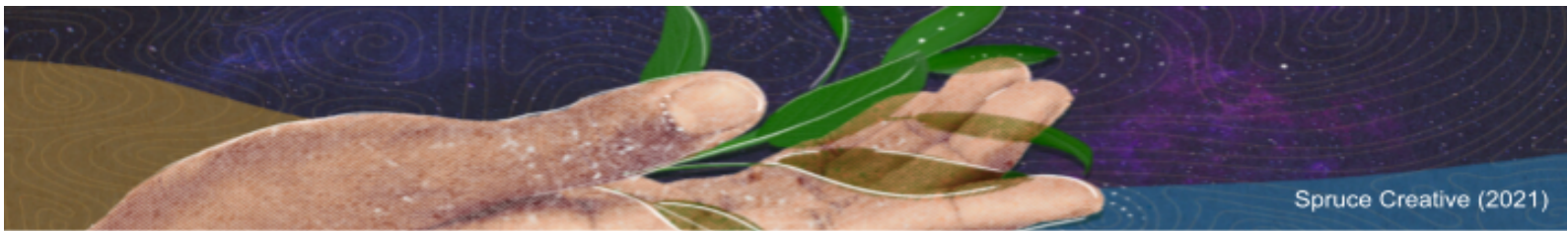
Mood Disorders Association of Ontario

36 Eglinton Avenue West, Suite 602
Toronto, ON M4R 1A1
Tel: 416 486 8046 Fax: 416 486 8127
Toll Free: 1 888 486 8236
Email: info@mooddisorders.ca
Website: <https://mooddisorders.ca/>

REFERRAL: Self-Referral

FEES: Free consultation, Sliding scale fees

The Mood Disorders Association of Ontario supports recovery and healing for individuals affected by mood-related disorders and their families by providing innovative, high quality support and programs. It is responsive to the needs of individuals affected by mood-related disorders and their families by facilitating their entry to recovery and helping them to navigate to the services and supports they require.



Anxiety and Depression



PROGRAMS: Anxiety, Depression, Addiction

THE MINDFULNESS CLINIC

700 Bay Street, Suite 2200.

Toronto, ON M5G 1Z6

Phone: 416 847 7118

Toll Free: 1 866 848 7118

Fax: 416 597 9087

Email: info@themindfulnessclinic.ca

Website: [Mindfulness-Based Therapy \(MBCT\) Toronto](https://www.mindfulness-based-therapy.com/toronto)

REFERRAL: Self-Referral

FEES: Fee for service, Sliding scale

The Mindfulness Clinic combines Psychotherapy with Mindfulness and meditation to help individuals in need. They provide trained therapists in all of the evidence-based, psychotherapy approaches including Mindfulness Based Cognitive Therapy (MBCT), Emotion Focused Therapy, Acceptance and Commitment Therapy, and so on.

Anxiety and Depression



PROGRAMS: Psychological and Psychotherapy Services

Advance Health

1200 Bay Street, Suite 300,

Toronto, ON M5R 2A5

Phone: 416 849 4776

Email: info@advancehealth.ca

Website: <https://www.advancehealth.ca/>

REFERRAL: Family Doctor Referral

FEES: Fees, Direct billing to insurance

Advance Health provides services for anxiety and panic attacks, medical problems, pain, and health anxiety, depression, loneliness, and insomnia/sleeplessness, feeling confused, frozen, or fearful after exposure to a personal trauma, lifestyle issues related to food/diet, lack of exercise, and alcohol/substance use, controlling your reactions to others, being stuck in an abusive relationship, or grief over losing a loved one. The therapies include cognitive (CBT), mindfulness, solution-focused, psychodynamic, meaning centred, and many more approaches.

TORONTO, ON - Compiled by Sharon Mittal

2SLGBTQ+



PROGRAMS: Community Drop-In, Housing Services, New to Canada, Counselling Services (family, child, and youth), Health Services, Legal Initiatives, Sports and Recreation, Trans-Specific

The 519

519 Church Street
Toronto, ON M4Y 2C9
Phone: 416 392 6874
Email: info@The519.org
Website: <https://www.the519.org/>

REFERRAL: Self-Referral

FEES: No fee for service

“The 519 is committed to the health, happiness and full participation of the LGBTQ2S communities. A City of Toronto agency with an innovative model of Service, Space and Leadership, we strive to make a real difference in people’s lives, while working to promote inclusion, understanding and respect” (The 519, n.d., para. 1).

Abuse & Trauma (Women & Children)



PROGRAMS: Emergency Shelter, Crisis and Support Line, Legal Support, Transitional Housing Support, Individual and Group Counselling, Community Service Referrals

Yellow Brick House

52 West Beaver Creek Road, Unit 4
Richmond Hill, ON L4B 1L9
Phone: 905 709 0900
24 hrs Crisis Line: 1 800 263 3249 (Call or Text)
Email: info@yellowbrickhouse.org
Website: <https://www.yellowbrickhouse.org/>

REFERRAL: Self-Referral

FEES: No fee for service

“Yellow Brick House provides life-saving services and prevention programs to meet the diverse needs of individuals, families, and communities impacted by violence” (Yellow Brick House, 2022, p. 1). “Yellow Brick House is committed to challenging and eradicating the beliefs, values, systems and structures which support and perpetuate sexism and violence against women”(Yellow Brick House, 2022, para. 5).

NOTE: Address is not a shelter location.

Anger Management



Regesh - Anger Management Clinic

149 Willowdale Avenue

Toronto, ON M2N 4Y5

Phone: 416 495 8832

Email: info@regesh.com

Website: <https://regesh.com/>

PROGRAMS: Anger management,
Family, Child, and Adolescent Therapy,
Parenting Groups

REFERRAL: Self-Referral

FEES: No fee for service

“Since 1983, we have offered a wide range of counselling aimed at children, youth and families from residential services to programs servicing clients in the community. We are a non-profit and registered charity that has been empowering youth, children, individuals and families through accessible and affordable therapeutic mental health interventions.” (Regesh, n.d., para. 3-4).

Cancer



Gilda's Club Greater Toronto

70570-2938 Dundas Street West

Toronto, ON M6P 1Y0

Phone: 416 214 9898

Email: info@gildasclubtoronto.org

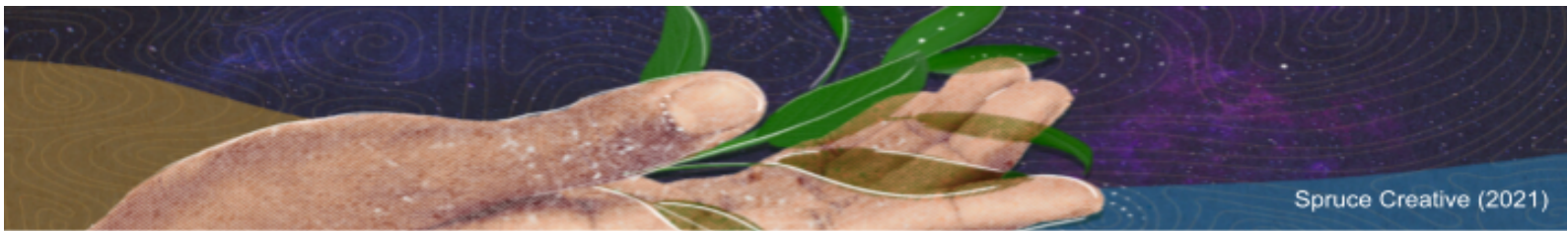
Website: <https://gildasclubtoronto.org/>

PROGRAMS: Counselling, Individual
and Caregivers Support, Kids/Youth
Programming, Education

REFERRAL: Self-Referral

FEES: No fee for service

“Gilda's Toronto is a cancer support community where individuals impacted by cancer - adults, children and teens as well as their families & friends become part of a welcoming community of support. Our vast array of programs are designed to meet the emotional, social & practical needs of individuals with cancer related stress. Membership and all programs are offered at no charge” (Gilda's Club Greater Toronto, 2020, para. 1).



Eating Disorders



PROGRAMS: Group Support (stories, skill-building, expressive arts, body image and movement, nutrition), Outreach and Education

Sheena's Place

87 Spadina Road
Toronto, ON M5R 2T1
Phone: 416 927 8900
Email: info@sheenasplace.org
Website: <https://sheenasplace.org/>

REFERRAL: Self-Referral

FEES: No fee for service

“At Sheena's Place, we offer group-based support to people aged 17+ affected by an eating disorder or disordered eating. Our professionally-facilitated groups are completely free of charge and participants do not require an eating disorder diagnosis or referral to register. We are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful help and information at all stages of recovery” (Sheena's Place, n.d., para. 1).

NOTE: Group-based and professionally facilitated programs.

Family & Friends



PROGRAMS: Early Intervention Family Support, Dialectical Behaviour Therapy (DBT-Informed) Family Support, Family Navigation Program

Canadian Mental Health Association

Family Outreach and Response (FOR) Program

West Site: 700 Lawrence Avenue West, Suite 480
Toronto, ON M6A 3B4

East Site: 1200 Markham Rd, Suite 500
Scarborough, ON M1H 3C3

Phone: 416 789 7957
Email: info@cmhato.org
Website: <https://toronto.cmha.ca/family-support/>

REFERRAL: Self-Referral

FEES: No fee for service

“The Family Outreach and Response (FOR) Program at CMHA Toronto provides support to family and friends who have a loved one experiencing a mental health issue. We recognize “family” as any person who plays a significant role in an individual's life. FOR offers education and practical skills to help you gain confidence in your ability to support your loved one, yourself and strengthen your relationship” (Canadian Mental Health Association - Toronto Branch, 2022, para. 2-3).

Food Insecurity



Feed It Forward

2100 Bloor Street West, Unit 6203

Toronto, ON M5S 5A5

Phone: 416 495 8832

Email: info@feeditforward.ca

Website: <https://feeditforward.ca/>

PROGRAMS: App to find free food and share extra food, Storefronts, Community Fridges, Drop-In Spaces, Take-Away Meals

REFERRAL: Self-Referral

FEES: No fee for service

“Our mission is two-fold: to save perfectly good food that would otherwise [be] destined for the landfill and to support Canadian[s] that are currently food insecure. There’s never been a more urgent time to help our local communities, and that’s where Feed It Forward comes in. We regularly travel around the Greater Toronto Area working with a variety of organizations such as grocery stores, restaurants, farms and other key partners who help out by donating unused and unsold food that is still perfectly edible” (Feed It Forward, 2020, para. 7).

Grief



Bereaved Families of Ontario - Toronto

Suite 202, 355 Church Street

Toronto, ON M5B 0B2

Phone: 416 440 0290

Email: info@bfotoronto.ca

Website: <https://www.bfotoronto.ca/>

PROGRAMS: 1:1 Counselling, Peer Support Groups, Adolescent Grief Project, Memorials

REFERRAL: Self-Referral

FEES: Sliding scale

“Our mission is to inspire hope and healing in grieving individuals so they may better process and cope with the death of a loved one. We are a local charitable organization whose cause is to support a person, family or group dealing with grief from the death of a loved one” (Bereaved Families of Ontario - Toronto, n.d., para. 1-2).

Immigration & Community



PROGRAMS: Employment, Resettlement, Language, Senior, Settlement, Multicultural Womens' Wellness, Crisis Counselling, Commissioner of Oath, Youth Job Connection, Homework Club, Young Achievers' Program

Polycultural Immigrant & Community Services

17 Four Seasons Place, Suite 102

Toronto, ON M9B 6E6

Branch Locations: Etobioke, Mississauga, Orangeville, Scarborough North, Scarborough South, Toronto

Toll Free: 1 844 493 5839

Phone: 416 233 1655

Fax: 416 233 1651

Email: info@polycultural.org

Website: <https://www.polycultural.org/>

REFERRAL: Self-Referral

FEES: No fee for service

"Polycultural is a multicultural melting-pot perfectly reflecting Canada's diversity. Visit any one of our six locations around the GTA and you'll feel it: a culture filled with care and genuine connection. We believe in providing a holistic approach to serve the needs of our community by providing a diverse range of programs. Currently, we serve clients in over 20 different languages" (Polycultural Immigrant & Community Services, n.d., para. 1).

NOTE: Available for permanent residents, refugee claimants, convention refugees, and first generation Canadians

Indigenous



Hope for Wellness Helpline Online Chat

Toll Free: 1 855 242 3310 (24/7)

Languages: English, French, and other languages upon request (Cree, Ojibway, Inuititut)

Website: <https://www.hopeforwellness.ca/>

REFERRAL: Self-Referral

FEES: No fee for service

PROGRAMS: Crisis Lines, Indigenous Organizations, Friendship Centres

"The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. The Hope for Wellness Helpline launched in 2016. The helpline is operated by Donna Cona, an Indigenous organization, and funded by the Government of Canada." (Hope for Wellness Helpline, 2022, para. 1).

NOTE: Counsellors are First Nations, Inuit, Métis, and non-Indigenous individuals.

Legal (Women)



Elizabeth Fry Toronto

463 Carlaw Avenue (Temporary)

Toronto, ON M4K 3H9

Phone: 416 924 3708

Toll Free: 1 855 924 3708

Fax: 416 924 3367

Email: info@efrytoronto.org

Website: <https://www.efrytoronto.org/>

PROGRAMS: Counselling, Court
Diversion, Residential & Housing
Service, Employment & Community
Supports, Partner Assault Response

REFERRAL: Self-Referral

FEES: No fee for service

"We advocate for alternatives to the criminal justice system and raise awareness about systemic oppressions that put women in conflict with the law. Elizabeth Fry Toronto delivers gender based, trauma informed services and advocates for justice and equity for women and non-binary people who are criminalized and their families. We advocate for alternatives to the criminal justice system and raise awareness about systemic oppressions that put women in conflict with the law"
(Elizabeth Fry Toronto, 2020, para. 1, 3).

Racism & Discrimination



Across Boundaries

51 Clarkson Avenue

Toronto, ON M6E 2T5

Phone: 416 787 3007 ext. 222

Email: info@acrossboundaries.ca

Website: <http://www.acrossboundaries.ca/>

PROGRAMS: Anti-Oppression/
Anti-Racism Training, Case
Management, Counselling, Skill
Building, Community Kitchen, Social
and Recreational, Youth to Seniors

REFERRAL: Self-Referral

FEES: No fee for service

"Across Boundaries provides equitable, inclusive and holistic mental health and addiction services for racialized people across the Greater Toronto Area. Across Boundaries acknowledges the impact of racism and anti-Black-racism on mental health. We believe in empowering individuals to take control of their health in their healing journeys" (Across Boundaries, 2022, para. 1).

NOTE: Case management is offered in Caribbean dialects, African, Central Asian, South Asian, and South East Asian languages.

Substance Abuse



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Metro Addiction Assessment Referral Service (MAARS)

60 White Squirrel Way

Toronto ON M6J 1H4

Phone: 416 535 8501, press 2 for MAARS assessment

Fax referrals to Access CAMH: 416 979 6815

Website:

<https://www.camh.ca/en/your-care/programs-and-services/metro-addiction-assessment-referral-service-maars>

PROGRAMS: Outpatient

REFERRAL: Self-Referral

FEES: No fee for service

“MAARS provides an addiction assessment process that results in treatment recommendations and referral (such as residential treatment in the community). The assessment is a one-on-one appointment consisting of an assessment interview (referred to as the ‘GAIN’). The assessment explores a range of substance use-related topics (such as: mental health, substance use, treatment history, goals, system involvement) in an effort to determine suitable treatment options that match needs of clients” (Centre for Addiction and Mental Health, 2022, para. 1, 5).

Urgent Care



Gerstein on Charles: 100 Charles Street East

Toronto, ON M4Y 1V3

Gerstein on Bloor: 1045 Bloor Street West

Toronto, ON M6H 1M1

Crisis Line: 416 929 5200 (24/7, Interpretation Services)

Referral Phone: 416 929-9897

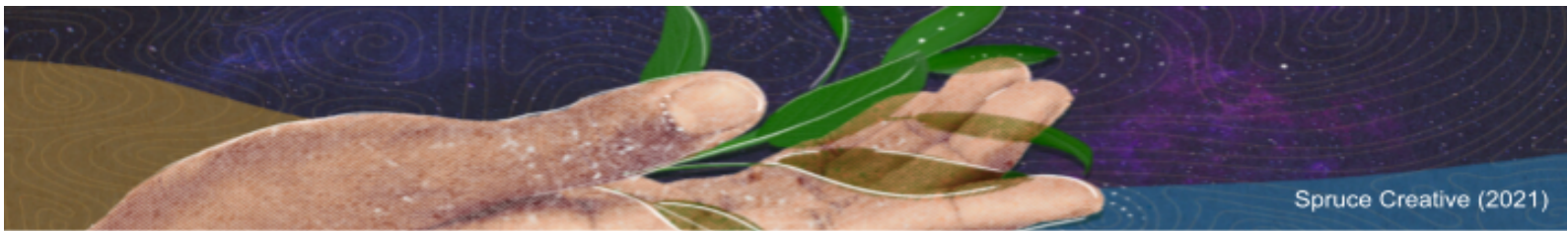
Website: <https://gersteincentre.org/>

PROGRAMS: Telephone Support,
In-Person Mobile Crisis Team,
Community Support Referrals,
Substance-Use Management,
Follow-Up, Short-Term Crisis Beds

REFERRAL: Self-Referral

FEES: No fee for service

Gerstein Crisis Centre "maintains a holistic approach to crisis management, ensuring users are made aware of and given information, opportunity, and, if necessary, proactive assistance" in accessing programs and services (Gerstein Crisis Centre, 2022, para. 6). The Centre works "to recognize, and act on the recognition, that too frequently, psychiatric crises are caused, exacerbated, or prolonged by non-medical factors. These include but are not limited to trauma, poverty, sub-standard or non-existent housing, settlement issues, forced isolation and inactivity, age, all forms of prejudice and racism, biases regarding gender, sexuality, and sexual identity" (Gerstein Crisis Centre, 2022, para. 3).



Walk In Clinic



PROGRAMS: In-Person, Phone, or Video Counselling, Referrals

What's Up Walk In - Help Ahead

Phone: 1 866 585 6486

Website: <https://www.whatsupwalkin.ca/>

Locations: Lumenus Community Services Toronto, Yorktown Family Services, Yorktown Family Services (West Toronto Youth Hub location), YouthLink, Lumenus Community Services North Toronto, Lumenus Community Services Etobicoke, Caribbean African Canadian Social Services: CAFCAN, Strides Toronto

REFERRAL: Self-Referral

FEES: No fee for service

What's Up Walk-In Clinic offers mental health counselling for children, youth, young adults and their families, and families with infants. "The most common issues talked about are anxiety, depression, family conflict, and school related issues. Only 6% of people who use the clinic are referred to long-term more intensive services" (What's Up Walk-In, 2022, para. 3).

Truro, NS - Compiled by Michael McLeod

Diverse/Alternate Counselling

Jocelyne Melong Holistic Counselling

PROGRAMS: Family Therapy, Online Services

Jocelyne Melong Holistic Counselling

23 Slack Street

Truro, NS B2N 3Y9

Phone: 902 324 9177

Website:

<https://jocelyne-melong-holistic-counselling.business.site/>

REFERRAL: Quote needed

FEES: Quote needed

Jocelyne Melong Holistic Counselling is a private practice self-run by Jocelyne Melong. She offers an eclectic, collaborative approach, and has experience with culturally diverse clients and online services.

Drug Addiction



PROGRAMS: Clean Needle Distribution, Mobile Outreach

Northern Healthy Connection Society

33 Pleasant Street

Truro, NS B2N 3R5

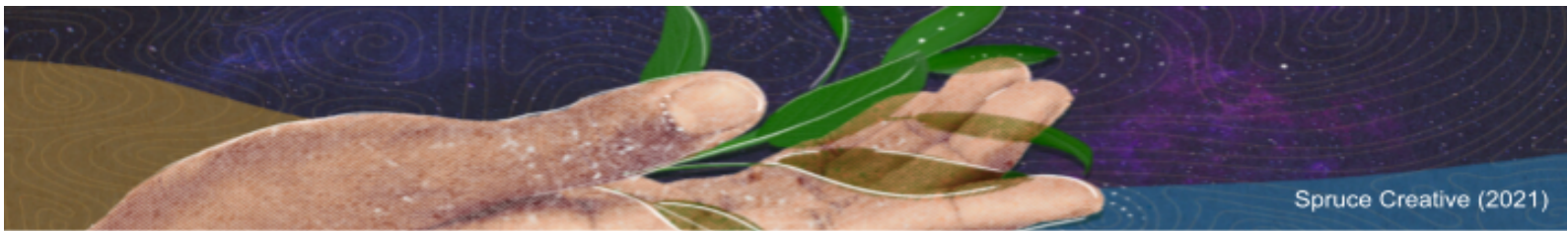
Phone: 902 895 0931

Website: <https://nhcsociety.ca/>

REFERRAL: Self-Referral

FEES: No fee for service

The Northern Healthy Connection society is a non-profit organisation dedicated to helping people struggling with drug addiction in a respectful and individual-focused way.



Family Therapy



ME Family Therapy & Resource Center

46 Inglis Street

Truro, NS B2N 1H1

Phone: 902 897 2880

Fax: 902 895 0151

Website: <https://mefamilytherapy.ca/>

PROGRAMS: Couples Therapy, Children's Therapy, EMDR,

REFERRAL: Self-Referral

FEES: \$150.00/50 Minutes

ME Family Therapy and Resource Centre offers a wide range of services from a small team of trained professionals. They have no specialisation, and accept clients of any age for many issues, such as: abuse, trauma, anxiety and depression, grief/loss, self-esteem and self-awareness.

Food Insecurity

Colchester Food Bank

PROGRAMS: Food Services

Colchester Food Bank

580 Prince Street

Truro, NS B2N 1G5

Phone: 902 893 4566

Email: colfoodbank@eastlink.ca

Website:

<http://www.colchesterfoodbank.com/>

REFERRAL: Self-Referral

FEES: No fee for service

The Colchester Food Bank is a non-profit organisation that provides food for anyone in the Truro or Colchester area. They carry both perishable and non-perishable, and a community-run garden.

First Nation



PROGRAMS: Community Events, Job Opportunities, Housing

Millbrook

820 Willow Street

Truro, NS B2N 6N7

Phone: 902 897 9199,

Toll Free: 1 800 693 3112

Website: <https://www.millbrookband.com/>

REFERRAL: Self-Referral

FEES: No fee for service

Millbrook is a First Nation community located just off the highway from Truro. While its main goal is supporting the Mi'kmaw nation, it is open to supporting anybody.

Group Workshop



PROGRAMS: Individual Therapy, Workshops, Speaking Engagements

Anchored Psychological Services

30 Duke Street, Suite 10

Truro, NS B2N 2A1

Phone: 902 895 7588

Fax: 902 895 5887

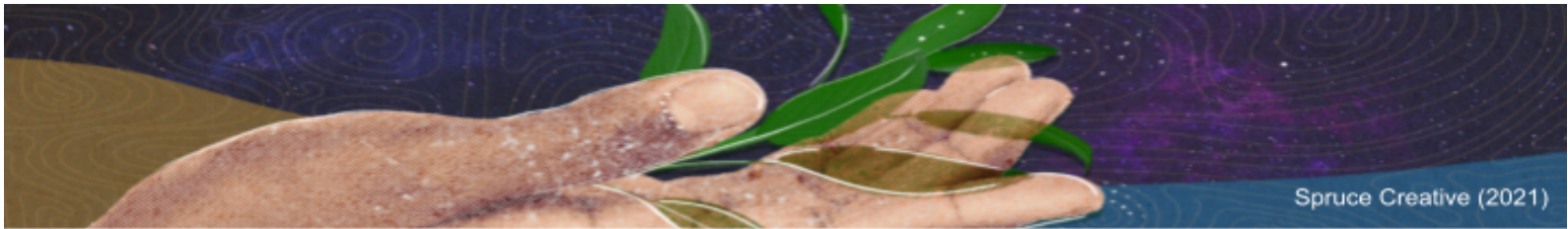
Email: info@anchoredpsych.com

Website: <https://www.anchoredpsych.com/>

REFERRAL: Self-Referral and Professional Referral

FEES: \$190/50min

Anchored Psychological Services offers both remote and in-person therapy on topics such as anger management, trauma, sexuality, and more. They also offer group workshop services on topics such as preparing for retirement and work-related stress reduction.



Housing (Permanent)



Truro Housing Outreach Society

862 Prince Street

Truro, NS B2N 1H4

Phone: 902 843 2538

Website: <https://www.trurohomeless.ca/>

REFERRAL: Self-Referral

FEES: No fee for service

PROGRAMS: Immediate Housing, Housing Support, Housing Clinic, Supplies

The Truro Housing Outreach Society (formerly Truro Homelessness Outreach Society) is a non-profit charity focused on providing resources for individuals and families without homes or with housing insecurity. They can provide temporary shelter, housing guidance, peer support, and supplies such as bagged lunches and clothing.

Housing (Transitional)



Third Place Transition House

P. O. Box 1681

Truro, NS B2N 5Z5

Phone: 902 893 3232

Fax: 902 893 7674

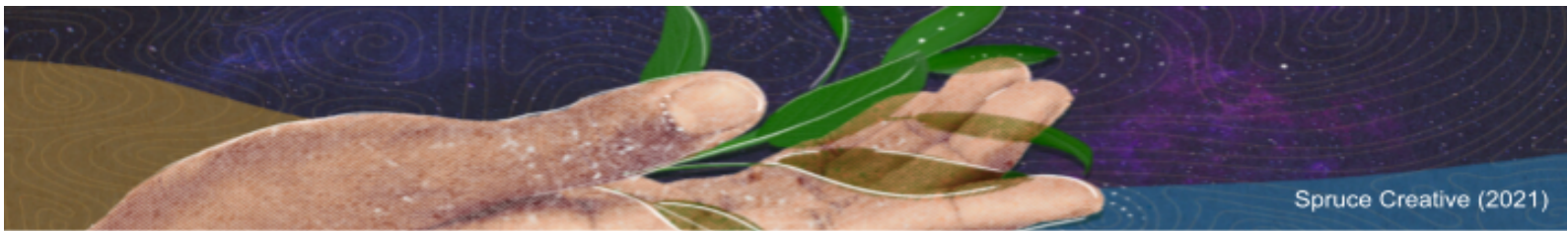
Website: <https://www.thirdplaceth.ca/>

PROGRAMS: Housing, Outreach, Group Art Therapy

REFERRAL: Self-Referral

FEES: No fee for service

Third Place Transition House is a non-profit organisation that aims to help women and families currently struggling with domestic abuse. They achieve this through educating communities, supporting victims, and providing safety services.



Mutual Aid



Self-Help Connection

204-64 Inglis Place

Truro, NS, B2N 4B4

Phone: 902 895 2011

Website: <https://selfhelpconnection.ca/>

REFERRAL: Self-Referral

FEES: No fee for service

PROGRAMS: Mutual Aid,
Wellness Development

A charity focused on helping those in need with an emphasis on respecting their autonomy and maintaining integrity.

Recreation & Socialization



Rath Eastlink Community Centre

625 Abenaki Road

Truro, NS B2N 0G6

Phone: 902 893 2224

Website:

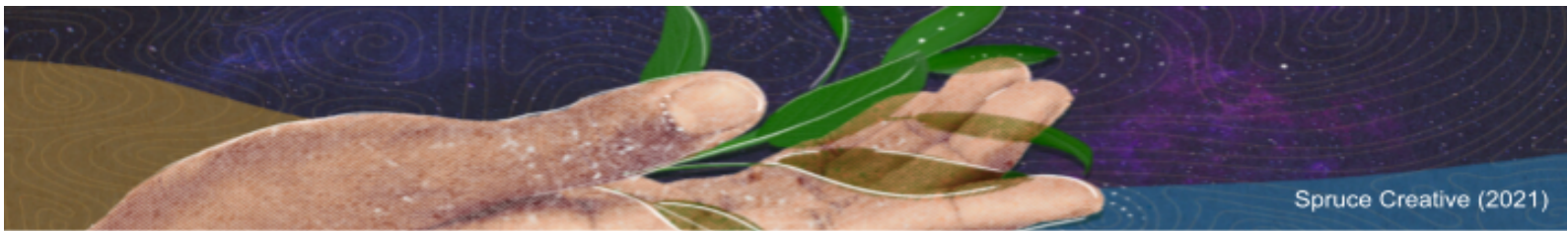
<https://ratheastlinkcommunitycentre.ca/>

REFERRAL: Self-Referral

FEES: \$8.50 Drop-in; \$52.95 Monthly;

PROGRAMS: General Fitness,
Group Exercise, Day Camp

The Rath-Eastlink Community Centre (AKA 'RECC') is a recreational centre with a pool, hockey rink, rock climbing wall, and gym. Along with structured group events, they offer services for children and a "Jumpstart" program to offer programs to families who cannot afford it.



Remote Counselling



SoulSpace Counselling Therapy

Phone: 902 843 1303

Email: ruth@soulspacet.ca

Website: <https://www.soulspacet.ca/>

REFERRAL: Self-Referral

FEES: \$120/60min; \$160/90min

PROGRAMS: Individual Digital Counselling Sessions

SoulSpace Counselling Therapy is run by Ruth Mitchell, who specialises in narrative therapy, but can also work within a solution-focused framework. As of Oct. 17, 2022, the private practice conducts its sessions digitally due to the COVID-19 pandemic.

Sensory Therapy



PROGRAMS: Speech Therapy,
Hearing Loss Prevention

Nova Scotia Hearing & Speech

600 Abenaki Road

Truro, NS B2N 5A1

Phone: (902) 492 8289

Email: info@nshsc.nshealth.ca

Website: <https://hearingandspeech.ca/>

REFERRAL: Self-Referral

FEES: Service dependent

A resource for testing and providing service relating to speech and hearing. They specialise in the elderly suffering from hearing loss, adolescence with speech impediments, and developmentally delayed children.

Women's Resources



PROGRAMS: Creative Arts Workshops, Youth Programming, Support Sessions, Care Supplies

The Lotus Centre

67 Dominion Street

Truro, NS B2N 3P2

Phone: 902 895 4295

Email: coordinator@thelotuscentre.net

Website: <https://www.thelotuscentre.net/>

REFERRAL: Self-Referral

FEES: No fee for service

The Lotus Centre is a client-focused community centre focused on inclusivity. Along with dedicated programming and supply resources, they offer to help with utilities and employment.

Youth Centre



PROGRAMS: Parental Education, Child & Youth Programs, Supply Closet

Maggie's Place (Colchester)

1027 Prince Street

Truro, NS B2N 1H7

Phone: 902 895 0200

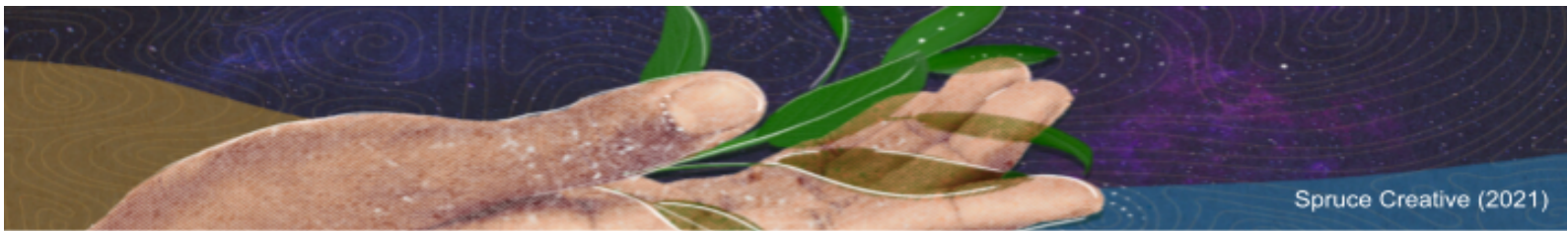
Email: colchester@maggiesplace.ca

Website: <https://www.maggiesplace.ca>

REFERRAL: Self-Referral

FEES: No fee for service

After passing away due to medical complications, the young Maggie inspired this charity, which promotes the wellbeing of families and their children through outreach programs and children's events.



Youth Programming



PROGRAMS: Book Withdrawal, Computer Lab, Select Youth Programs

Colchester East-Hants Public Library
754 Prince Street
Truro, NS B2N 1G9
Phone: 902 895 4183
Email: info@cehpubliclibrary.ca
Website: <https://www.lovemylibrary.ca/>

REFERRAL: Self-Referral

FEES: No fee for service

Truro's local public library is a publicly funded resource available for free to all. Along with the books, it allows for accessing the internet and has very supportive staff. Although currently on hiatus, the youth program Blast! Is available for teenagers every Wednesday after school.

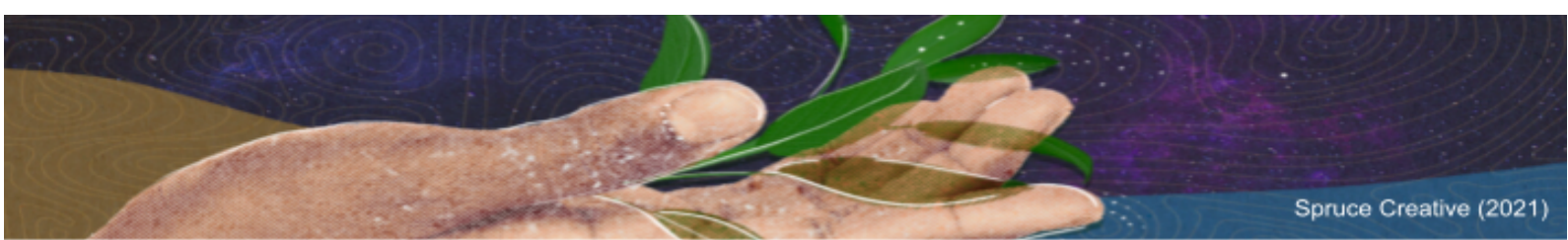
Central Search Websites for Additional Provincial Resources

Connects to other social services, programs, and community supports in Toronto:

- Health Services for Toronto Central <https://www.torontocentralhealthline.ca/>
- 211 Helpline for Ontario <https://211ontario.ca/>

Connects to other social services, programs, and community supports in any province:

- HelpSeeker <https://helpseeker.org/ontario/toronto/>
- E-Mental Health Resources
<https://www.ementalhealth.ca/Canada/Home/index.php?m=home>



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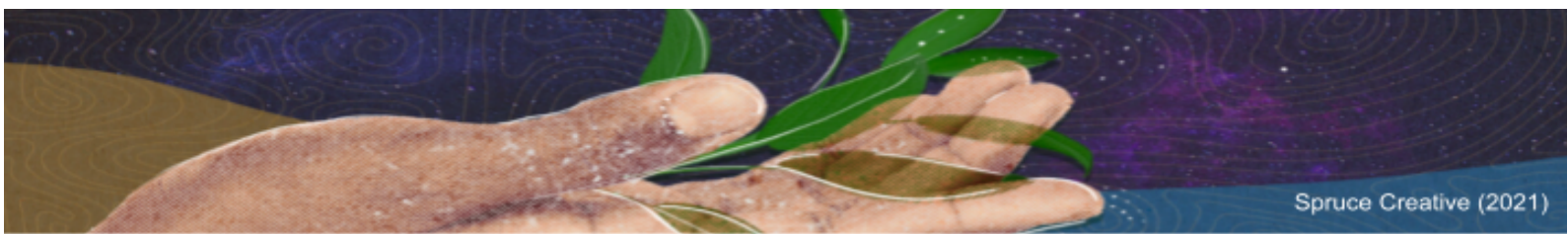
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