

Support and Resources

For Mental Health in Elementary and Secondary School (~ages 6-19)

IN-PERSON RESOURCES

360 Kids (formerly Pathways)

To help youth overcome crisis and transition to a state of safety and stability. Contact 905-471-7877

<https://www.360kids.ca/>

Catholic Community Services of York Region

Brief, goal focused counselling for York Region residents. Walk in services available. Fee for counselling services based on client's ability to pay 1-800-263-2075 or 905-770-7040

TTY 1-800-263-2075

ccsy.org

Family Services York Region

Fee for counselling services are based on individual income

Newmarket 1-888-223-3999

Markham 1-866-415-9723

Richmond Hill 1-888-820-9986

Georgina 905-476-3611

fsyr.ca

Jewish Family and Child Services

Counselling support fees based on ability to pay 905-303-5838 or 24 hour line: 416-638-7800

jfandcs.com

York Hills Centre for Children, Youth and Families

York Hills has expertise in treating the social, emotional and behavioural challenges of children, youth and their families. As an agency we are committed to providing high quality practices of care that have been proven to show positive outcomes. Contact 905-503-9560.

<https://www.yorkhills.ca/>

Public Health

1-800-361-5653

TTY 1-866-512-6228

york.ca

Kinark Child and Family Services

Kinark is a leading provider of services and supports for children and youth with complex needs and their families. Services are provided in the areas of Child and Youth Mental Health, Autism and Forensic Mental Health/Youth Justice. Contact 1-888-454-6275 or 1-888-4-KINARK

<https://www.kinark.on.ca/>

Children's Treatment Network Child and Family Counselling

CTN provides a number of programs and services to support children with multiple special needs and their families. Delivered through our [partner organizations](#) these services help support families where they need it most—at home, school or in the community. Contact 1-866-377-0286

<https://www.ctnsy.ca>

Cedar Centre Child, Youth and Family

We provide a unique and holistic approach to therapy, education and advocacy for those who have experienced trauma. Contact 1-800-263-2240

<https://cedarcentre.ca/>

Canadian Mental Health Association York Region

Provide services to promote the mental health and well-being of people and their communities within York Region. No fee for services 1-866-345-0183 or 905-841-3977

cmha-yr.on.ca



Youthdale

Youthdale provides comprehensive, integrated mental health services to troubled children and their families.

Contact 905-727-3426

<http://youthdale.ca/en/index.php>

Mackenzie Health: Shaw Clinic (Child & Family)

Mackenzie Health offers programs and services for children and families experiencing significant mental health concerns causing impairment in everyday functioning. Please use the menu on the left to learn more about our child and family mental health services. Contact 905-883-2137

<https://www.mackenziehealth.ca/en/programs-services/mental-health-services-for-children-and-families.aspx>

Markham-Stouffville Hospital: Child Adolescent & Family

The Child and Adolescent Outpatient Mental Health Program provide assessment and treatment for youth up to age 18 years with moderate-to-severe mental health conditions. Contact 905-472-7530

<https://www.msh.on.ca/clinics-departments/mental-health/mental-health-child-and-adolescent-services>

Southlake Regional Health Centre: Child & Adolescent Mental Health Services

For more Information, please contact:

Telephone: 905-895-4521, ext. 2976

<http://www.southlakeregional.org/Default.aspx?cid=608&lang=1>

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Southlake Regional Health Centre: Child and Adolescent Eating Disorders Program

The Eating Disorders Program has been identified as a regional leader in assessment, treatment, and professional training for adolescent eating disorders in the Central East region of Ontario. Contact 905-895-4521 ext. 2322

Mackenzie Health — Centre for Behaviour Health Sciences for Children and Families

Mackenzie Health's Centre for Behaviour Health Sciences provides care for individuals living in York Region or Simcoe County who have a developmental disability with a significant cognitive delay, autism or are living with the effects of an acquired brain injury. Services are offered within the community to individuals living in York Region or Simcoe County. Contact 1-888-557-5550

<https://www.mackenziehealth.ca/en/programs-services/children-and-families.aspx>

Rose of Sharon Services for Young Mothers

Rose of Sharon Services for Young Mothers is a not-for-profit, charitable organization providing support and educational services to prenatal and parenting young women under the age of 25 across York Region. 905-853-5514 or 1-877-516-3715

<https://roseofsharon.com/>

TELEPHONE RESOURCES

Kids Help Phone

Kids Help Phone offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Contact 1-800-668-6868

<https://kidshelpphone.ca/>

211 Ontario

Call 2-1-1 for help to find programs and services available in your area

211ontario.ca

Telehealth Ontario

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse 24 hours a day, seven days a week. Contact 1-866-797-0000 or TTY 1-866-797-0007

<http://health.gov.on.ca/>

ConnexOntario

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Our system navigation and information service is live-answer 24/7, confidential, and free. Contact 1-866-531-2600

<https://www.connexontario.ca/>

RESOURCES OUTSIDE OF YORK REGION

Delisle Youth Services: Skylark

Individual and support to children, youth and their families who live in Toronto. Contact 416-482-0081

<https://www.skylarkyouth.org/>

Ontario Shores (formerly Whitby Mental Health Centre)

Ontario Shores Centre for Mental Health Sciences (Ontario Shores) is a public teaching hospital providing a range of specialized assessment and treatment services to those living with complex and serious mental illness. Contact 1-800-341-6323 or 1-800-263-2679 (crisis)

<https://www.ontarioshores.ca/>

ONLINE RESOURCES

Psychology Foundation of Canada

A registered charity implementing psychology-based, proven programs and resources through a vast network of child-serving community partners throughout Canada.

<https://www.psychologyfoundation.org/>

Anxiety Canada

A registered charity; [free](#) online, self-help, and evidence-based resources on anxiety and anxiety disorders; formerly called Anxiety BC.

<https://anxietycanada.com/>

Stress Strategies

Developed by The Psychology Foundation of Canada and its Workplace Mental Health Committee in response to a call from professionals and parents across Canada who expressed a need for a tool aimed at helping adults better manage the stress in their lives.

<https://www.stressstrategies.ca/>

Think Full

A stress management app for youth with helpful tips.

<https://thinkfull.ca/>

CAMH

Provided by the Centre for Addiction and Mental Health and the CAMH Foundation; provides current, accessible and reliable information to the public and professionals.

<https://www.camh.ca/>

Study Guides and Strategies

Online resource to help teens manage academic responsibilities with tips for time management, study skills, and other important topics

<http://www.studyqs.net/index.htm>

Managing Test Anxiety

Helpful strategies for taking exams

<https://counselingcenter.illinois.edu/brochures/test-anxiety>

TeenMentalHealth.org

Information, resources and tools for adults interested in learning more and caring for youth.

<http://teenmentalhealth.org/>

FIND A HEALTH PROFESSIONAL

Physician or Nurse Practitioner

health.gov.on.ca

Psychologist

psych.on.ca

Social Worker

findasocialworker.ca

Marriage & Family Therapist

rmft.oamft.com

CRISIS SERVICES

If you or someone you know is facing a crisis or emergency, call one of the following help lines or head to the nearest hospital emergency department

310-COPE

York Support Services Network offers the Community Crisis Response Service for persons living in York Region or South Simcoe who are having a mental health crisis, and their family or friends. Text (1-855-310-2673) and live chat available during certain times of day. Contact 1-855-310-COPE (2673) TTY 905-722-6223

yssn.ca

Toronto Distress Centres

416-408-HELP (4357)

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

Crisis Services Canada

1-833-456-4566

<http://www.crisisservicescanada.ca/>

911 is always the first number you should call during emergency situations.

York Region Public Health does not recommend one service over another. If you or someone you know needs support, the agencies listed may be of help.