



Resources Self-Advocating for Accessible Mental Health Supports for People with Disabilities During COVID-19

The resources in this document are not necessarily disability specific. You will notice that some resources serve specific populations. Finding the right therapist or support option for you is key to improving your mental health.

When accessing free, low-cost or OHIP covered mental health supports you may not have a choice in who you are connected with. If you find that your provider is not a good fit or does not have an adequate understanding of Disability you can address this with the organization or the person who referred you to the provider.

If you are connected to a Community Health Centre or a hospital specialist clinic talk to your doctor as they may have a social worker or other mental healthcare provider as part of the team that you can access as a patient/client.

If you need support, we encourage you to connect with a service that feels right for you. If you need help finding the right place to call CILT Service Navigation at 416-599-2458 extension 228 or calling 211 to find a specific support group in the Toronto area can help.

This list was compiled by CILT in December 2020. Please note the links in this document are not active so you will need to copy and paste them into your browser.

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Distress and Crisis Lines

The following crisis and distress lines can be accessed by phone (some by text) 24 hours a day 7 days a week. If you are in a moment when you feel overwhelmed by your thoughts and need immediate support contact one of these lines.

If you feel you or someone close to you is at risk of harming yourself or others call 911 or contact Gerstein Centre Crisis Line (416) 929-5200.

PLEASE NOTE: Think of safety in an intersectional way, for some people calling 911 is the best option, for Black, Indigenous, and People of Colour (BIPOC), you may want to call Gerstein Centre Crisis Line (416) 929-5200 or another distress line in the Resources. Know you have options.

We encourage you to look at the list in a calm moment, find the number that fits best for you and write it down or program it into your phone. That way when you are in distress you will have the number ready.

This list is in alphabetical order and was updated by CILT in December 2020. If there is a crisis line that should be added to this list, please email peers@cilt.ca .

Anishnawbe 24/7 Mental Health Crisis Management Service

Website: <https://indigenousto.ca/mental-health-crisis-line/>

Call: 416-891-8606

Hours: 24/7

Who is it for: Support based on Traditional practices and approaches for Indigenous peoples.

Assaulted Women's Helpline

Website: <https://www.awhl.org/home>

Call: 1-866-863-0511 / TTY 1-866-863-7868

Hours: 24/7

Who is it for: Women in Ontario who have experienced abuse. Support available in a variety of languages.

Crisis Services Canada

Website: <https://www.crisisservicescanada.ca/en/>

Call: 1-833-456-4566

Hours: 24/7

Text: 45645 (4pm-Midnight)

Who is it for: Anyone can have suicidal thoughts for a number of reasons. CSPS offers a barrier-free, non-judgmental space with supportive and responsive responders. We're here so anyone thinking about suicide or worried about someone having suicidal that feels comfortable enough to reach out for support.

Crisis Text Line

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

Hours: 24/7

Text the word HOME to 686868

Who is it for: Crisis Text Line serves anyone, in any type of crisis. Text HOME to 686868 from Canada, anytime, about any type of crisis. A live, trained Crisis Responder receives the text and responds, all from our secure online platform. The volunteer Crisis Responder will help you move from a hot moment to a cool calm.

Distress Centre

Website: <https://www.dcoqt.com/408-help-line>

Call: 416-408-HELP (4357)

Hours: 24/7

Who is it for: Anyone in distress. Callers can express their thoughts and feelings in confidence. Callers' issues can include **problems related to domestic violence, social isolation, suicide, addictions, mental and physical health concerns**. The Distress Centre offers emotional support, crisis intervention, suicide prevention and linkage to emergency help when necessary.

Fem'aide

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

Call: 1-877-336-2433

Hours: 24/7

Who is it for: Francophone women. *Offre aux femmes d'expression française aux prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité.*

Gerstein Centre

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

Call: 416-929-5200

Hours: 24/7

Who is it for: Anyone in crisis. Helpline is staffed by crisis workers and offers in-person community visits and a residence where people in crisis can stay for short periods of time.

Kids Help Phone

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

Call: 1-800-668-6868

Text: 686868

Hours: 24/7

Who is it for: People under 20 years old. Free, anonymous and confidential phone and on-line professional counselling and referral service.

Ontario Online & Text Crisis Services

Website: www.dcontario.org

Text: 741741

Who is it for: Free, confidential online chat and text service available from your computer or mobile device. Operates daily from 2pm-2am.

Scarborough Hospital Mobile Crisis Program

Website: <https://www.shn.ca/mental-health/crisis-support/>

Call: 416-495-2891

Hours: 24/7

Who is it for: Crisis support located in Scarborough. Offers in-person community visits and connection to hospital if needed.

Senior Crisis Access Line

Call: 416-619-5001

Who is it for: A specialized service for seniors in the **Toronto Central LHIN area** which provides assistance in stabilizing **age-related mental health and addiction crises, risk and safety assessments, immediate**

referrals to community mobile crisis units, and support for families and caregivers.

Toronto Distress Centre

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

Call: 416-408-4357 TTY: 416-408-0007

Hours: 24/7

Who is it for: Crisis and distress telephone helpline for anyone.

Toronto Rape Crisis Centre

Call: 416-597-8808 TTY: 416-597-1214

Hours: 24/7

Who is it for: Telephone crisis line offering feminist peer support to survivors of any form of sexual violence. Also offers in-person counselling and other services.

Toronto Seniors Helpline

Website: <https://www.woodgreen.org/services/programs/mobile-crisis-services/>

Call: 416-217-2077

Hours: 9am-5pm daily

Who is it for: This program provides on-call crisis intervention and

outreach services for adults (65+) with dementia, addictions or mental illness who need temporary, short-term support.

Trans Life Line

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

Call: 1-877-330-6366

Hours: 7am-1am PST / 9am-3am CST / 10am-4am EST. Volunteers may be available during off hours.

Who is it for: Peer support hotline for transgender and gender non-conforming people experiencing crisis/distress staffed by self-identified trans people.

Victim Services Toronto

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

Call: 416-808-7066

Hours: 24/7

Who is it for: Victim Services Toronto provides short-term crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities in the immediate aftermath of crime and sudden tragedy (typically within 72 hours).

The Warm Line and Peer Crisis Support Service for York Region, South Simcoe and North York (Central LHIN)

Call: 1-888-777-0979

Hours: 24/7

Who is it for: Central LHIN members

York Support Services Network

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

Call: 1-855-310-COPE (2673) / 1-866-323-7785

Hours: 24/7

Who is it for: York region crisis telephone helpline. Also offers in-person community visits (either by mental health workers or a mental health worker and a police officer) and a residence where people in crisis can stay for short periods of time.

Youthdale's Crisis Support Team

Call: (416) 363-9990

Hours: 24/7

Who is it for: Youth. The team assesses each child's risk and mental status through telephone interviews and if required, Mobile Response. This assessment will involve the parent or guardian and the professionals caring for the child. A Youthdale child psychiatrist is available to consult with the Crisis Support Team at all times. Any parent or legal guardian in Ontario can call the Youthdale Psychiatric Crisis Services and get immediate access to trained professionals.

Non-Crisis Phone, Text and Online Support:

The following are phonenumber and online resources to connect with if you need someone to talk to. Some are run by mental health professionals; some are volunteer or peer support based.

Bean Bag Chat

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

Who is it for: Online Peer support and/or counseling for young adults age 16-29 and George Brown Students

Good2Talk

Call: 1-866-925-5454

Hours: 24/7

Who is it for: Post-secondary students in Ontario staffed by healthcare professionals.

Lesbian Gay Bi Trans Youthline

Website: www.youthline.ca

Call: 1-800-268-9688

Text: 647-694-4275

Hours: Sunday to Friday from 4-9:30pm

Who is it for: LGBTQ-identifying or questioning Ontario youth ages 26 and under.

Mood Disorders Association of Ontario Support Line

Call: 1-888-486-8286

Hours: 9:30am-5pm, Monday to Friday

Who is it for: The Mood Disorders Association of Ontario offers free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. They provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery.

Muslim Women's Helpline

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

Call: 1-888-315-6472

Hours: 10am-10pm, 7 days a week

Who is it for: Muslim Women

Togetherall (formerly Big White Wall)

Website: <https://togetherall.com/en-ca/>

Hours: 24/7

Who is it for: It's an always-open online forum focused on mental health topics, where members dealing with similar challenges can help each other. (To ensure safety, the conversations, or "talkabouts," are moderated 24/7 by trained practitioners.)

Warm Line

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

Call: 416-960-9276 (WARM)

Text: 647-557-5882

Hours: Every night 8pm-12am (EST)

Who is it for: Warm Line is a confidential & anonymous service for adults (18+). The Warm Line is not a crisis line.

Youthline

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

Call: 1-800-268-9688

647-694-4275

Hours: Sunday to Friday, 4:00PM to 9:30 PM

Who is it for: LGBT Youth Line is a Queer, Trans, Two-Spirit* youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario.

7 Cups of Tea – online peer and professional support

Website: <https://www.7cups.com/>

Hours: 24/7

Who is it for: Everyone. Be heard by volunteer listeners and chat with others who understand in support chat rooms.

Mental Health Related Information and Referral Lines

CILT Service Navigation at 416-599-2485 extension 228 can always support with information and referrals, but the following are specific information and referral lines.

ConnexOntario

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

Call: Mental Health Helpline 1-866-531-2600

Drug and Alcohol Helpline 1-800-565-8603

Ontario Problem Gambling Helpline 1-888-230-3505

Who is it for: Province-wide information and referral services for those with mental health or addiction challenges.

Community Navigation and Access Program (CNAP)

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

Call: 1-877-621-2077 or 416-217-2077

Who is it for: Seniors. Call Toronto Seniors Helpline today and speak to one of our English or French speaking Registered Professionals and they will connect you to services for seniors in your community

Community and Social Services Hotline

Website: www.211toronto.ca

Call: 211

Hours: 24/7

Emergency Shelter Access (24/7)

Call: 416-338-4766 or 1-877-338-3398

Ontario Legal Line (24/7)

Call: 416-929-8400

Telehealth Ontario (24/7)

Call: 1-866-797-0000

Toronto Central Healthline

Website: <https://www.torontocentralhealthline.ca/index.aspx>

Who is it for: Updated lists of services available by region

Toronto Substance Withdrawal Management System (24/7)

Call: 416 864-5040 or 1 866 366-9513

Toronto Police Services Non-Emergency Line (24/7)

Call: 416-808-2222

Toronto Tenant Hotline

Website: www.torontotenants.org

Call: 416-921-9494

Hours: Monday-Friday, 8:30am–6:00pm

Low-Cost, No Cost or OHIP covered Therapy in Toronto

If you are connected to a Community Health Centre or a specialist at a hospital, they may have a social worker or other mental health professional available to provide you with OHIP covered counselling.

Speak to your health professional about free options. Your family doctor can also refer you to groups/classes being run by your nearest hospital that may include Mindfulness Based Stress Reduction and Cognitive Behavioural Therapy options.

PLEASE NOTE: These programs will likely have waitlists.

Due to covid-19 many of these services may be offered virtually or over the phone while social distancing recommendations are in place. Options are listed in alphabetical order.

Across Boundaries

Free -Required to fill out a referral from through Access Point

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

Call: (for more information) 416-787-3007

To self refer Call: Access Point *Access Point* at 1-(888) 640-1934 and indicate Across Boundaries as the preferred Service Provider

Find intake forms here: <https://www.acrossboundaries.ca/referrals-intake>

Who is it for: Mental health support and services delivered through Anti-Racism/Anti-Black racism and Anti-Oppression frameworks for anyone who has a severe mental illness/severe mental health problem and addictions and is a member of a racialized community (e.g. Black/African, South Asian, West Asian, Arab, South-East Asian, Latin American of Colour)

Canadian Mental Health Association

Free

Website: www.toronto.cmha.ca

Call: 416-789-7957

Who is it for: Recovery-focused, community-based services for people living with mental health challenges to live, work and belong in the community.

Centre for Addiction and Mental Health: Mood and Anxiety Service

Covered by OHIP- doctor referral needed

Website: www.camh.ca search for Mood and Anxiety Service to find outpatient programs

Call: 416-535-8501 ext 2

Who is it for: Anyone in need of mood and anxiety treatment. You will meet with a psychiatrist who will determine the best groups and outpatient services for you.

Family Service Toronto

Free and Low-cost

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

Call: 416-595-9618

Who is it for: Family Service Toronto works with individuals and families in Toronto, destabilized by precarious socio-economic circumstances and/or mental health, to achieve greater resilience and stability in more just and supportive communities. Counselling, peer support and education; knowledge building and exchanging activities; and system-level work including social action, advocacy, community building and working with partners to strengthen the sector.

Gestalt Clinic

Low-cost

Website: www.Gestalt.on.ca/low-cost-therapy-clinic

Call: 416-964-9464 ext 18

Who is it for: Anyone seeking low-cost therapy from students in training who have at least four years of experience.

Hong Fook

Free

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

Call: 416-493-4242 ext 0

Who is it for: Asian community members who are 16 years and older. An ethno-cultural community mental health agency with a consolidated culturally competent team with services including case management, psychotherapy, psychiatry, peer support, virtual group activities and virtual mental health workshops.

Mood Disorders Association of Ontario

Free

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

Call: Tel: (416)486-8046

Toll-free:1-888-486-8236

Who is it for: The Mood Disorders Association of Ontario offers free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. We provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery.

Medical Clinic for Person-Centered Psychotherapy

Covered by OHIP- requires physician referral

Website: www.medicalpsychclinic.org

Call: 1-888-229-8088

Who is it for: The Medical Clinic is a professional multicultural medical centre offering individual adult and group psychotherapy. Medical counseling is also available for adults.

Sheena's Place

Free

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

Call: 416-927-8900

Who is it for: People age 17 and up affected by eating disorders and their friends and family.

Sherbourne Health Centre Counselling Services

Free

Website: <https://sherbourne.on.ca/mental-health-services/counselling-services/>

Call: 416-324-4180 ext 5310

Who is it for: Individuals over 18 with "M" postal codes. Priority populations LGBTQ+, homeless/street involved and newcomers.

Stella's Place

Free

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

Call: 416-461-2345, ext. 0

Who is it for: Stella's Place provides comprehensive mental health services for 16 to 29 year olds. Services are provided in a positive, peer engaging, non-residential community setting. Services include peer support, clinical, employment, wellness, studio and recovery programs to

help young adults learn skills, find connection and be empowered to manage their own health.

Toronto Centre for Cognitive Therapy

Covered by OHIP

Website: cbt.ca

Call: 416-777-6699

Who is it for: Anyone seeking brief and long-term cognitive therapy. Service options include an eight-week Sleepy Head program to help with insomnia.

Toronto Institute for Relational Psychotherapy

Low-cost

Website: <https://tirp-lowcost-therapy.ca/>

Who is it for: Anyone seeking a low-cost psychotherapist. All the therapists listed on this site are students or graduates of TIRP -- the Toronto Institute for Relational Psychotherapy.

What's Up Walk In Mental Health Counselling

Free

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

Call: 1-866-585-6486

Who is it for: Mental Health Counselling for children, youth, young adults, and their families.

Woodgreen Walk-In Counselling Service

Free single session counselling

Website: <https://www.woodgreen.org/services/programs/walk-in-counselling/>

Call: WoodGreen's Central Intake team 416-572-3575 To register for a "walk-in" session call: (416) 645-6000 ext. 1990 between 4:00 p.m. and 6:30 p.m. on Tuesday and Wednesday

Free Self-Directed Mental Health Support

These free online programs can be helpful on their own or as a support to bridge the gap while on waitlists.

Bounceback

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

Description:

BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health. To receive telephone coaching support, clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they're connected with a primary care provider. For those who are not quite ready for coaching, our online videos can provide helpful tips.

BounceBack is not a crisis service, psychotherapy or counselling, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges now or in the future. Typically, participants take three to six months to complete the program.

Wellness Together Canada

Website: <https://ca.portal.gs/>

Description:

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. We provide the following resources for you at no cost:

- Immediate text support
- Information and videos on common mental health issues
- Mental wellness programs you can do on your own and with coaching
- Monitored communities of support
- Individual phone, video, and text counselling

This online service was launched in response to growing mental health concerns related to the COVID-19 pandemic.

Disability Specific Peer Support

Your particular disability may have an associate organization that offers peer support. The following is a list of places you may be able to find Peer Support with others based on your lived experience. There are many

options listed here but there may be gaps. We suggest calling the association connected to your disability, CILT Service Navigation at 416-599-2485 extension 228 or calling 211 to find a specific support group in the Toronto area. If you know of a group you feel should be on this list please email peers@cilt.ca .

About Face

Peer Support for people with facial differences

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

Alzheimer Society Toronto

Website: <https://alz.to/dementia-support-services/>

Call: 416-322-6560

ASO-Autism Spectrum Disorder Support Ontario

Website: <https://www.asontario.org/support-services/>

Call: 416-651-4037

Autism Ontario

Website: <https://www.autismontario.com/programs-services/18-and-over/mental-health-matters>

Call: 416-246-9592 ext 230

Brain Injury Society of Toronto

Website: <https://www.bist.ca/about/programs-and-services/>

Call: 647-990-1485

Canadian Hearing Society Support Groups

Website: <https://www.chs.ca/services/support-groups>

Canadian Hard of Hearing Association

Website: <https://www.chha.ca/mentor/about-the-chha-online-hearing-loss-mentoring-program/>

Call: 1-800-263-8068

CNIB Vision Loss Peer Support

Website: <https://cnib.ca/en/programs-and-services/live/peer-support-programs?region=on>

Call: 1-800-563-2642

Down Syndrome Association of Toronto

Website: <https://dsat.ca/dsat-programs/>

Call: 416-966-0990

Diabetes Canada

Website: www.diabetes.ca

Call: 416 363 3373 and ask to be connected to Peer Support

Heart and Stroke

Website: <https://www.heartandstroke.ca/services-and-resources/social-and-peer-support>

Call: 1-888-473-4636

Hydrocephalus Canada

Website: <http://mybrainwaves.ca/one-on-one-support/>

Call: 416-214-1056

Lupus Ontario

Website: <https://www.lupusontario.org/support/>

Call: 1-877-240-1099

Mood Disorders Association of Ontario

Peer Support for depression, anxiety or bipolar disorder

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

Call: Tel: (416)486-8046

Toll-free:1-888-486-8236

MS Society Peer Support Program

Website: <https://mssociety.ca/support-services/ms-peer-support-program>

Call: 1-800-268-7582 extension 3149

Muscular Dystrophy Canada

Website: www.muscle.ca

Call: 1-866-MUSCLE-8 and ask to be connected to peer support

Post Polio Canada

Website:<https://www.marchofdimes.ca/EN/programs/PolioCanada/supportgroups/Pages/SupportGroups.aspx>

Call: 1-800-480-5903

Spinal Cord Injury Ontario

Website: <https://sciontario.org/support-services/at-your-service/peer-support/>

Call: 416-422-5644

Toronto Central Stroke Recovery Canada Chapter

Website: <https://afterstroke.marchofdimes.ca/stroke-recovery/home-to-community/peer-support-groups-chapters#Toronto>

Call: 416-425-3463 ext. 7714

How to Find a Private Therapist

If you can afford a private therapist these resources can help you find someone that is a good fit for you. In this section you will find information about a therapist matching service, where you might look for your own therapist as well as a list of the regulatory colleges related to mental health professionals.

If you are accessing mental free or low-cost mental health supports you can use these regulatory body resources to look up the psychotherapist, social worker or psychiatrist you have been assigned to learn more about them and their practice. Professional Colleges have lists of registered practitioners and are also where you would go to make a professional complaint.

OHIP covered therapist matching service:

Greenspace

Website: <https://www.greenspacehealth.ca/patients/>

Greenspace is an OHIP covered service where a social worker will support you to find a therapist that best fits your budget and needs. The therapists are not covered by OHIP, just the matching service.

Where to look for therapists:

Findasocialworker.ca

Website: www.findasocialworker.ca

Online directory of social workers in private practice in Ontario

Medical Psychotherapy Association Canada

Website: www.mdpac.ca

Call: 416-410-6644

Click “find a psychotherapist” link to find a someone currently accepting clients.

Ontario Society of Psychotherapists

www.psychotherapyontario.org

Call 416 923-4050

Click “Find a Therapist” and then narrow your search by following the drop-down menu.

Psychotherapy and Counselling Centre

Call: 416-920-9355

Help finding a counsellor or psychotherapist in Ontario by filling out their referral form.

Psychology Today

www.psychologytoday.com/ca/therapists

Search their website for a therapist, psychiatrist, support group or treatment centre. This site has biographies of registered therapists.

Regulatory Colleges Related to Mental Health Professionals

College of Psychologists of Ontario

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

Search your psychologist by clicking “Public Register” entering their name and city.

College of Physicians and Surgeons of Ontario

Website: <https://www.cpso.on.ca/>

Click the tab that says “Public” to find information related to your psychiatrist.

College of Registered Psychotherapists

Website: www.crpo.ca

Call: 1844-712-1364 or 416-479-4330

Online directory of psychotherapists. Look under “public” then “find a therapist” then click on “search public register” to find therapist listings in your area.

Ontario College of Social Workers and Social Service Workers

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

Click “Find an SW/SSW” to search for a registered Social Worker or Social Service Worker.

Bereavement and Grief Support

The following are some options for grief and bereavement support after the loss of a loved one. If none of these supports fit what you are looking for please feel free to contact Service Navigation at CILT for support finding appropriate options.

Being Here Being Human

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

Who is it for: Being here, human was birthed from the belief that what is needed when deep in the throes of grief is not intervention nor professional interference, not advice or unsolicited opinions of what to do and how to get over that which will never leave you, but a safe house. A place to land and pause and allow the full impact of what has been lost to breathe and take root deep in bones and cells and flesh. A place where the body and heart and mind are not asked to do what they cannot. A place where your real lived experience is believed and held without silver linings and platitudes that only serve to silence and shame. A place where you can be with others who know the weight of grief inside skin and bone, how it changes your very experience of being human and how we never return to who we once were. Safe House™ is a place where you

and only you know the way through, and you are trusted with your own innate knowing, and that does not mean you are alone.

Bereaved Families of Ontario (Toronto Chapter)

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

Call: 416-440-0290

Who is it for: 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.

Grief Recovery After a Substance Passing (GRASP)

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

Call: 647-274-3224

Who is it for: A community of help, compassion and understanding for families or individuals who have had a loved one die as a result of substance misuse or addiction.

Pregnancy and Infant Loss Network (PAIL)

Website: pailnetwork.sunnybrook.ca

Call: 1-888-303-7245

Who is it for: Pregnancy and Infant Loss Network (PAIL Network) is dedicated to improving bereavement care and providing support to families who have suffered the loss of a pregnancy or the death of their baby/babies. We are a provincial program that operates as a part of Sunnybrook Health Sciences Centre's DAN Women and Babies program.

Suicide Loss Support

Website: <https://www.dcoqt.com/suicide-loss>

Call: [416-595-1716](tel:416-595-1716)

Who is it for: There is no universal or appropriate way to cope with a traumatic loss; however, sharing feelings and thoughts, facts and fears, helps to provide a personalized sense of reason and redefinition of normalcy in a situation without any rules.

The Suicide Loss Survivor Support Program began in 1979 as the first service of its kind in Canada for those experiencing loss due to suicide. The professionally developed traumatic loss support program is a safe space in which survivors of suicide loss can identify/explore/clarify their thoughts as well as feelings and begin to navigate the aftermath of suicide loss with peer-to-peer support. Highly trained grief facilitators (many of which are survivors of suicide loss or homicide loss themselves) and our professional staff have come together to create a safe, caring and non-judgmental environment that empowers program participants with pathways forward.

As a result of the unique nature of traumatic loss bereavement, and the scientifically proven value of connection and peer support, our Survivor of Suicide Loss Support Program offers both individualized and group meetings.

Wellspring

Website: wellspring.ca

Call: 416-961-1928

Who is it for: Wellspring offers bereavement support to those who have lost love ones to cancer. (They also offer support services to those living with or caring for someone with cancer.)

Additional Resource Lists

Across Boundaries Resource Links

<https://www.acrossboundaries.ca/links>

Canadian Coalition for Senior's Mental Health <https://ccsmh.ca/>

Covid19 resources: <https://ccsmh.ca/resources/covid-19-resources/>

CAMH Resource Sheet: Finding a Therapist

<http://www.camh.ca/-/media/files/community-resource-sheets/psychotherapy-resources-camh-pdf.pdf?la=en&hash=AC016B277617D377CD21BBDDCEC4A63415C911A8>

CAMH Guide to when to seek mental health services

<http://www.camh.ca/en/health-info/guides-and-publications/looking-for-mental-health-services>

CAMH Resource Sheet Publications:

<http://www.camh.ca/en/health-info/guides-and-publications/community-resource-sheets>

TakeCare19: Accessible & Inclusive Mental Health Resources for Coping Through COVID-19

Website: <https://takecare19.com/>

The objective of takecare19.com is to compile resources that are:

- free, low-cost, or at a reduced cost, across a range of platforms, methods, audiences, and topics related to COVID-19;
- and/or offered by/for folks in traditionally marginalized communities as the pandemic affects these groups even more (i.e., BIPOCs, LGBTQ2S+, folks with disabilities, seniors, etc.)