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| **Guide to Mental Health Resources and Supports** |

Please note that in situations of immediate danger such as harm to self and others, help can be sought at the nearest hospital emergency department including, in appropriate cases, admission to hospital under the Mental Health Act for treatment and care.

In non-emergency situations, your family doctor or paediatrician can be an excellent source of care, support and referrals and consideration should be given to involving this medical professional to assist with continuity of care.

**Wexford Collegiate School for the Arts:**

**Guidance Department** - counsellor assigned by surname

* caz.graham@tdsb.on.ca (A-G) (416 396-6874 extension 20041)
* beverley.palen@tdsb.on.ca (H-L) (extension 20042)
* mark.lyne@tdsb.on.ca (M-R) (extension 20005
* johnson.kong@tdsb.on.ca (R-Z) (extension 20043)

**TDSB Social Worker** – Chitra Koneri - contact: chitra.koneri@tdsb.on.ca; 647 229-2648

**TDSB Child and Youth Worker** – Nabiha Rattansi (Mondays & Wednesday and every other Friday); contact: nabiha.rattansi@tdsb.on.ca or through WSA Support Services 416 396-6874 extension 20040

**Resources Outside of School:**

**Telephone Lines**

* **Kids Help Phone**, 24/7 confidential telephone and online counselling for youth (to age 20), 1-800-668-6868, <https://kidshelpphone.ca/>
* **LGBT Youth Line**, confidential, non-judgemental and informed LGBTTQQ2SI Peer Support. Text 647 694-4275, Call 1-800-268-9688 or chat online. <https://www.youthline.ca/>

* **Distress Centres of Toronto**, 24/7 telephone support to those experiencing emotional distress or in need of crisis intervention and suicide prevention, 416 408-HELP (4357) <https://www.torontodistresscentre.com/>
* **Family Navigation System**, not sure where to start to access support for your child and yourself?

<https://sunnybrook.ca/content/?page=family-navigation-project>

* **Telehealth Ontario**, 24/7 confidential telephone information and advice from a registered nurse, 1-866-797-0000, <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>
* **Mental Health Helpline**, 24/7 confidential information about counselling and supports in the community, funded by the Ontario government, 1-866-531-2600, <http://www.mentalhealthhelpline.ca/Home/About>
* **Mobile Crisis Response Teams**, 24/7:  St. Mike’s and St. Joseph’s Hospital mobile crisis team via 911. Scarborough mobile crisis centre for East York and Scarborough, 416 495-2891.
* **Gerstein Crisis Centre**, 24/7 confidential telephone crisis line, trained community crisis workers many of whom have personal experience with mental illness, 416 929-5200, <http://gersteincentre.org/>
* **Youthdale Crisis Service**, 24/7 telephone access to trained mental health professionals for Ontario parents and legal guardians, includes assessment and, if necessary, mobile response and/or admission for treatment, 416 363-9990, <http://youthdale.ca/en/crisis_services/crisis_line.php>

**Walk-in Clinics**

The clinics listed below are free (no health card required), confidential and do not require an appointment. Most welcome both families and teenagers attending on their own.

* Central listing of ***What’s Up* walk in clinics** for youth listing 6 locations across the city with their hours and contact information, <http://www.whatsupwalkin.ca/service-providers/>
* **East Metro Youth Services**, offers walk-in clinic 6 days/week with mental health and

addictions counselling for youth (to age 29) and families, 1200 Markham Road (at Ellesmere) 2nd floor, Suite 200 416 438-3697, <http://emys.on.ca/>

 **The clinic is open during these times during the week:**

Monday: 2pm – 8pm (last session at 6:30pm)

Tuesday: 2pm – 8pm (last session at 6:30pm)

Wednesday: 2pm – 8pm (last session at 6:30pm)

Thursday: 2pm – 8pm (last session at 6:30pm)

Friday: 10am – 5pm (last session at 3:30pm)

Saturday: 10am – 2pm (last session at 12:30pm)

* **Youthlink**, offers walk-in counselling service 5 days/week for youth (to age 21) and families, 636 Kennedy Road, 416 967-1773, <http://youthlink.ca/>

**The clinic is open during these times during the week:**

Monday: 10am – 6pm (last session at 5pm)

Tuesday: 10am – 2pm (last session at 1pm)

Wednesday: 2pm – 8pm (last session at 7pm)

Thursday: 2pm – 6pm (last session at 5pm)

Friday: 10am – 2pm (last session at 1pm)

* **Delisle Youth Services (Skylark),** offers walk-in clinic for youth (ages 13 – 21) coping with mental health issues and/or addictions 4 days/week, 40 Orchard View Blvd. (Yonge & Eglinton) Suite 102, 416 482-0081,

<http://www.skylarkyouth.org/what-we-do/programs-counselling-services/walk-in-clinics/>

* **Oolagen Youth Mental Health (Skylark),** offers walk-in clinic with trained clinicians 5 days/week for youth (to age 18) and families, 65 Wellesley Street East (at Church), Suite 500, 416 395-0660, <http://www.selfhelp.on.ca/2014/07/oolagen-community-services-2/>

**Website**

* **Youth Zone** - **CMHA** - Information and resources for youth that provide insight, tips and suggestions on how to cope with mental illness and enjoy success in school and life. <https://toronto.cmha.ca/youth-zone/>

These services are provided for information only, without recommendation by Wexford Collegiate School for the Arts.