



MENTAL HEALTH COMMUNITY RESOURCES IN YORK REGION

OHIP covered Services

- Family physicians / Psychiatrists www.cpso.on.ca/Doctor
- GP Psychotherapists www.gppaonline.ca
- Markham Stouffville Hospital 905-472-7373
- McKenzie Health, Richmond Hill 905-883-1212
- Southlake Regional Health Services 905-895-4521
- Rouge Valley Centenary Hospital 416-438-2911
- iCBT – AbilitiCBT <https://myicbt.com/home>
- iCBT – MindBeacon <https://info.mindbeacon.com/btn542>

Community Agencies

- Assaulted Women's Helpline: 416 863-0511; Toll-free: 1 866 863-0511
- Canadian Mental Health Association 905-841-3977 www.cmha-yr.on.ca
- Center for Addiction and Mental Health 905-535-8501 x 2 www.camh.ca
- Community Crisis Response Service, Distress Centre 1 855 310-COPE (2673)
- Women's Centre in York Region 905-853-9270 www.wcyr.ca
- Yellowbrick House 1-888-263-2231
- York Support Services Network 905-305-7440 www.yssn.ca
- York Hills Centre for Children, Youth and Families 905.503.9560 <https://www.yorkhills.ca/>

Psychological Services (often covered by medical insurance plans)

Ontario Psychological Association www.psych.on.ca 1-800-268-0069

Ontario Psychological Association-Find a Psychologist <https://askforhelptoday.ca/>

McLean Psychology Centre (Sutton). www.mcleanpsych.com

P 289 763-7076

Psychotherapy Low Cost or sliding scale

- Chinese Family Life Services 416-979-8299
- Family Services York Region :
 - Markham 905-415-9717
 - Newmarket 1-888-223-3999
 - Richmond Hill 1-888-820-9986
 - Georgina 905-476-3611
- Catholic Community Services–York Region 905-770-7040
- Toronto Institute for Relational Psychotherapy <https://tirp-lowcost-therapy.ca/>



Free Internet treatment programs and resources

- www.livelifetothefull.com
- www.camh.ca/en/health-info/mental-health-and-covid-19
- www.depressioncenter.net
- www.paniccenter.net
- www.moodgym.anu.edu.au
- www.mindbeacon.com
- www.depnet.ca
- www.depression.edu.hk
- www.adaa.org
- www.cmha.ca
- www.camh.ca
- www.hongfook.ca
- <https://www.centralhealthline.ca/listServices.aspx?id=10230®ion=YorkRegion>

- www.yorkhills.ca
- www.kidshelpphone.ca

Useful phone numbers

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| • Crisis Line | 310-COPE |
| • Addiction Services of York Region (ASYR) | 1-800-263-2288 ext 322 |
| • York Support Services Network (YSSN) | 1-888-695-0070 |