



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

QUICK GUIDE

MENTAL HEALTH & ADDICTIONS RESOURCES

SERVING PEEL REGION,
DUFFERIN COUNTY &
SURROUNDING AREAS

Everyone has ups and downs in their everyday life, but if your mental health is affecting your daily life or getting in the way of your work or relationships, we can help. If you are worried about a friend or family member's mental health or substance use, we can help.

CMHA Peel Dufferin connects individuals to mental health information, education and support services. We offer personalized services including identification of your needs relating to mental health and substance use/addiction, and can connect you to our programs and other community supports. Our programs focus on helping people recover from mental illness and build resiliency.

For information regarding services and supports, or to make a referral to CMHA Peel Dufferin please contact us:

Monday - Friday: 9am - 5pm

☎ 905-451-2123

☎ 1-877-451-2123

📞 905-456-7492

✉ info@cmhapeel.ca

🌐 cmhapeeldufferin.ca

Translation & Interpretation Services Available

📘 /CMHA Peel Dufferin

🐦 @CMHAPeelDuff

Are you in crisis? If you or someone you know is experiencing a mental health or addiction crisis and needs support contact:

**24.7 Crisis Support
Peel Dufferin**

For anyone 16 years or older

905.278.9036

1.888.811.2222

(Caledon & Dufferin)

Peel's Children Centre

For those under 18 years

of age

416.410.8615

If you require emergency assistance call 911 or go to the nearest hospital.

BRAMPTON



Michelle - Mental Health & Justice Services; **Kanithi** - Housing & Support;
Terrence - Access to Recovery Program

REXDALE, NORTH ETOBICOKE, WEST WOODBRIDGE



Annesa - Mental Health & Justice;
Ty - Communications & Youth Services

DUFFERIN



Brittany - Seniors Services Dufferin;
Patrick - IT & Operations

ABUSE

Assaulted Women's Helpline **T**

☎ 416-863-0511 ☎ 1-866-863-0511

Caledon Dufferin Victim Services **P/D**

Free, one-to-one, confidential assistance 24 hours a day, 7 days a week, to support individuals affected by crime and tragic circumstances.

☎ 905-951-3838 (Peel) ☎ 519-942-1452 (Dufferin)
☎ 1-888-743-6496 ✉ info@cdvs.ca

Catholic Cross-Cultural Services / Women Support Services **P**

Confidential counselling services to assist newcomer women and their children who have, or are, experiencing domestic abuse.

☎ 905-457-7740 ☎ 905-273-4140 ✉ rbynoe@ccspeel.org

Chantel's Place **P** ☎ 905-848-7580 x2548

Dufferin Sexual Abuse Helpline **D** ☎ 519-942-1980

Family Transition Place **P/D**

☎ 905-584-4357 (Peel) ☎ 519-941-4357 (Dufferin)
☎ 1-800-265-9178 □ www.familytransitionplace.ca

Hope 24/7 (Sexual Assault / Rape Crisis Centre) **P**

Clinical intervention and the prevention of sexual abuse and assault. Helping survivors move from cope to hope.

☎ 905-792-0821 ☎ 1-800-810-0180 □ www.hope247.ca

Interim Place - South (Women & Children) **P**

☎ 905-403-0864 ✉ womensadvocatesouth@intermplace.com

Interim Place - North (Women & Children) **P**

☎ 905-676-8515 ✉ womensadvocatenorth@intermplace.com

Peel Children's Aid Society **P** ☎ 905-363-6131

Peel Children's Centre / Sexual Abuse Treatment **P**

☎ 905-451-4655

Peel Elder Abuse Support Program / 24/7/365 **P**

☎ 905-459-7777 (Brampton & Mississauga)
☎ 1-877-298-5444 (Caledon)

Salvation Army Family Life Resource Centre **P**

☎ 905-451-4115 ✉ info@ShelterBrampton.com

Victim Services of Peel **P**

☎ 905-568-1068 ✉ info@vsp.org

ADDICTIONS

The **Rapid Access Addiction Clinic (RAAC)** provides barrier free accessible care to clients with or without appointments or medical referrals. The RAAC provides substance use management strategies, including medications and psychosocial interventions that support safe withdrawal from substances. The clinic operates in 5 locations (Rexdale, Bramalea, Brampton, Caledon and Dufferin County) on different days

to serve you better. Contact CMHA Peel Dufferin for more information.

☎ 905-451-2123 ☎ 1-877-451-2123 ✉ info@cmhapeel.ca
□ www.cmhapeeldufferin.ca

Alcoholics Anonymous **P/D**

☎ 1-866-715-0005 ☎ 1-877-404-5591 □ www.aatoronto.org

Born to Be Free **D**

A Christian based support group for people struggling with an addiction, and for those who have someone they care about dealing with an addiction.

☎ 519-942-0736

CAMH Medical Withdrawal Management Services **T**

☎ 416-535-8501 x26071 □ www.camh.ca

Community Alcohol & Drug Service (Homewood) **P/D**

☎ 905-963-0063 (Peel) ☎ 519.836.5733 x2396 (Dufferin)

Credit Valley Addictions and Concurrent Disorders Centre **P**

☎ 905-813-4402

Drug & Alcohol Helpline **P**

☎ 1-800-565-8603

Family Transition Place **P/D**

☎ 905-584-4357 (Peel) ☎ 519-941-4357 (Dufferin)
☎ 1-800-265-9178 □ www.familytransitionplace.ca

Hope Place Centres / Men's Treatment Centre (Halton Recovery House)

☎ 905-878-1120

Hope Place Centres / Women's Treatment Centre Milton

☎ 905-875-3214 x103

Hope Place Centres / Community Based Treatment Centre Oakville

☎ 1-877-399-7299 ☎ 905-465-3324

The Jean Tweed Centre **T**

☎ 416-255-7359 □ www.jeantweed.com

Narcotics Anonymous **O** ☎ 1-888-811-3887

Ontario Problem Gambling Helpline **O**

☎ 1-888-230-3505 □ www.connexontario.ca

Peel Works Needle Exchange **P** ☎ 647-225-1623

Peel Youth Substance Abuse Program / (YMCA) 14 - 24 years **P**

☎ 905-276-9322 x31216
✉ ysapadmin@ymca.com

Peel Addiction Assessment & Referral Centre (PAARC) **P**

☎ 905-629-1007 □ www.paarc.com/programs

Punjabi Community Health Services **P**

☎ 905-677-0889

William Osler Health System Withdrawal Management Centre **P**

☎ 905-456-3500 x231 □ www.williamoslerhc.on.ca

William Osler Health System Addiction Counselling Services **P**

📞 905-796-3005

🌐 www.williamoslerhc.on.ca

BEREAVEMENT

Arborcare **P**

Follow-up, 6 week support group after bereavement and suicide at Scott's Funeral Home, 289 Main St. North, Brampton & 420 Dundas St. East, Mississauga.

📞 416-863-0511

📞 1-866-863-0511

✉️ scott@arborcarememorial.com

Bereaved Families of Ontario, Halton/Peel **P/D**

Self-help open groups for various aspects of bereavement - Call for information about meeting dates and times.

📞 905-848-4337 (Halton & Peel)

✉️ info@bereavedfamilies.ca

🌐 www.bereavedfamilies.ca/contact-us

Community of People Extending Support **P**

6-week support group for people who share a similar experience: bereavement - 6 week workshops, 4 times a year, call for info (Turner & Porter Funeral Homes).

📞 416-767-6793

✉️ comments@turnerporter.ca

Coping Centre **P**

📞 519-650-0852

📞 1-877-554-4498

Hospice Dufferin **D**

📞 519-942-3313

Heart House Hospice **P**

📞 905-712-8119

✉️ info@hearthouse.com

Hospice Caledon **P**

📞 905-951-3534

Perinatal Bereavement Services Ontario **P**

📞 1-888-301-7276

Saint Elizabeth Health Care **P**

📞 905-826-0854

✉️ peelsdc@stelizabeth.com

Survivor Support Program **T**

Supports friends and family members, friends or co-workers grieving a death by suicide or homicide - leave a message for meeting information.

📞 416-595-1716

✉️ alex@torontodistresscentre.com

COMMUNITY HEALTH CENTRES

Albion Neighbourhood Services **E**

📞 416-740-3704

✉️ ans@albionservices.ca

Bramalea Community Health Centre **P**

Serving people with barriers to accessing health care in L6T, L6R and L6S postal codes.

📞 905-451-8090

East Mississauga Community Health Centre **P**

Serving people from Lake Ontario to Matheson Blvd; Hurontario St.

to Etobicoke Creek.

📞 905-602-4082

✉️ mississauga@lampchc.org

Four Corners Malton **P**

📞 905-677-9599

Homewood Health Centre **P/D**

📞 905-963-0063 (Peel) 📞 519-824-1010 (Dufferin)

Reconnect Community Health Services **E**

📞 416-248-2050

Rexdale Community Health Centre **R**

📞 416-745-0062

Rexdale Women's Centre **R**

📞 416-745-0062

🌐 www.rexdalewomen.org

Transgender Health Care **D**

📞 519-780-5298

COUNSELLING

CMHA Peel Dufferin offers counselling services to individuals experiencing social, emotional and/or relationship concerns that are impacting their day to day lives.

📞 905-451-2123

📞 1-877-451-2123

✉️ info@cmhapeel.ca

🌐 www.cmhapedufferin.ca

Associated Youth Services of Peel **P**

📞 905-451-4655

Canadian Hearing Society **P**

📞 905-608-0271

📞 1-877-634-0176 (TTY)

✉️ info@chs.ca

Catholic Family Services of Peel Dufferin **P/D**

📞 905-450-1608 (Peel)

📞 905-897-1644 (Mississauga)

📞 1-888-940-0584 (Dufferin)

Dufferin Child & Family Services / Children's Mental Health Service (18 and under) **D**

📞 1-888-940-0584

📞 519-941-1530

Elizabeth Fry Society of Peel-Halton **P**

For female offenders, including anger management.

📞 905-459-1315

🌐 www.efrypeelhalton.ca

Family Services of Peel **P**

Family and community support services.

📞 905-453-5775

✉️ fsp@fspeel.org

Family Transition Place **D**

Woman Abuse, Sexual Abuse (women & men), Groups & Workshops.

📞 519-942-4122

📞 905-584-4357

🌐 www.adminfamilytransition.ca

Hope 24/7 **P**

Individual and group counselling for survivors of sexual assault.

📞 905-792-0821

John Howard Society – Peel Halton Dufferin **P/D**

Counselling and support for individuals experiencing employment, housing, financial, mental health, addiction, relationship, parenting or self-management problems.

☎ 905-459-2205 (Peel) ☎ 519-940-3061 (Dufferin)

MIAG - Multicultural Inter-Agency Group of Peel **P**

Centre for Diverse Women & Families.

☎ 905-270-6252

Newcomer Centre of Peel / Crisis Counselling (12 - 24 years) **P**

Free counselling service open to Permanent Resident, Convention Refugees and Live-In Caregivers.

☎ 905-306-0577 x384

Nexus Youth Services / 12 - 24 years **P**

Services for youth who live in Peel Region. Community Counselling program and a variety of services offered at Nexus Youth Centre. The Nexus Youth Centre is a drop-in centre located inside the Mississauga Central Library.

☎ 905-566-1883 ☐ www.nexusyouth.ca

Peel HIV/AIDS Network **P**

Individuals, groups, parents.

☎ 905-362-2025 ☎ 1-866-896-8700 ☐ www.phan.ca

Peel Children's Centre / Birth - 18 years **P**

Individuals, groups, parents.

☎ 905-451-4655 ☐ www.peelcc.org

Rapport Youth and Family Services / 12 - 20 years **P**

☎ 905-455-4100

Salvation Army Mississauga Branch / Includes Anger Management **P**

☎ 905-279-3941 ☐ safamilyservices.com

Tangerine Walk-in Counselling **P**

☎ 905-795-3530 ☐ www.tangerinewalkin.com

The Learning Disabilities Association **P**

☎ 905-791-4100 ☎ 905-272-4100 ☐ www.ldapr.ca

Vita Centre / Short stay for pregnant / parenting youth **P**

☎ 905-502-7933 ✉ deborah@vitamanor.org

CRISIS SERVICES & DISTRESS LINES

24.7 Crisis Support Peel Dufferin offers timely response to adults experiencing a mental health or addictions crisis; individuals having difficulties coping; and family, caregivers and friends needing support.

☎ 905-278-9036 ☎ 1-888-811-2222
☐ www.cmhapeeldufferin.ca

408 - Help Line / 24-7 / Crisis Support Line **T**

☎ 416-408-4357

Community Torchlight Crisis Line / Guelph / Wellington / Dufferin **D**

☎ 519-821-0140 (Crisis) ☎ 519-821-3760 (Distress)

Family Transition Place / Crisis Line **D** ☎ 1-800-265-9178

Here 24-7 / Crisis Line **D**

☎ 1-844-437-3247 ☐ www.here247.ca

Youthdale Crisis **P** ☎ 416-363-9990

Kids Help Phone **O**

☎ 1-800-668-6868 ☐ kidshelpphone.ca

Peel's Children Centre / Crisis Support for those under 18 years of age **P**

☎ 416-410-8615 ☐ www.peelcc.org

Polycultural Immigrant & Community Service / Crisis Intervention Counselling for New Immigrants **P**

Monday-Friday 9am-5pm

☎ 905-403-8860 x5253 ✉ kmaqsood@polycultural.org
☐ www.polycultural.org

Peel Crisis Capacity Network (PCCN) **P**

Provides time-limited crisis support to individuals (aged 11 and over) with a developmental disability or a dual diagnosis.

☎ 905-273-4900

The Postpartum Family Support Line / Monday-Friday 10am-10pm **P**

☎ 905-459-8441 (Brampton & Mississauga)
☎ 289-298-5468 (Caledon) ☎ 1-877-298-5444 (TF)

Spectra Helpline / (Formerly Telecare Distress Centre) **P**

Multilingual lines Mon-Fri 10am-10pm Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu and English Lines.

☎ 905-459-7777 (Brampton & Mississauga) ☎ 905-278-4890 (TTY)
☎ 1-877-298-5444 (Caledon)

Square One / Older Adult Centre Telephone Reassurance Program **P**

☎ 416-960-9276 (WARM)

The Warm Line / 8pm - Midnight (18+) **T**

☎ 416-960-WARM (9276)
☐ 647-557-5882 (TEXT) ☐ www.warmline.ca

CULTURALLY BASED SERVICES

African Community Services of Peel **P**

☎ 905-460-9514

Brampton Multicultural Community Centre **P**

☎ 905-790-8482 ☎ 905-828-1328

Catholic Cross-cultural Services **P**

☎ 905-457-7740 ☎ 905-273-4140

Indus Community Services **P**

☎ 905-275-2369 ✉ info@induscs.ca

Muslim Community Services **P**

📞 905-790-1910 (Brampton North)

Ontario Inter-Cultural Community Services **P**

📞 905-696-9963

PCHS (Punjabi Community Health Services) **P**

📞 905-677-0889 ✉ admin.brampton@pchs4u.com

South Asian Welcome Centre Inc. **P**

📞 905-790-0676

United Achievers Community Services **P**

📞 905-455-6789

White Owl / Aboriginal Services **D**

📞 519-772-4399 x2798

EMPLOYMENT/VOCATIONAL

CMHA Peel Dufferin offers Vocational Supports Services to assist with recovery goals around employment, education and volunteer opportunities.

📞 905-451-2123 📞 1-877-451-2123
✉ info@cmhapeel.ca 🌐 www.cmhapeeldufferin.ca

ACCES Employment / 8am - midnight **P**

📞 905-454-2316
📞 905-361-2522
🌐 www.accessemployment.ca

Dufferin County, Orangeville Employment Resource Centre **D**

📞 519-941-6991 x2010 (Orangeville)
📞 519-941-6991 x5711 (Shelburne)

Employment Access / Disabilities **P**

📞 905-459-7890 📞 905-755-9734 📞 1-800-270-3861

Employment Ontario Hotline / 8am - midnight **P**

📞 1-800-387-5656 🌐 www.servicecanada.gc.ca

Employment Resources Centre (Peel Youth Village) **P**

📞 905-791-5576 🌐 www.peelyouthvillage.ca

Georgian College Career & Employment Services **D**

📞 519-942-9986

John Howard Society Employment Services **P**

📞 905-459-0111 ✉ info@johnhowardphd.ca
🌐 www.johnhowardphd.ca

Peel Career Assessment Services Inc. **P**

📞 905-670-1967 🌐 www.peelcareer.com

Ready, Willing and Able / Family Services of Peel **P**

📞 905-453-5775 🌐 www.fspeel.org

Volunteer MBC **P**

📞 905-238-2622 🌐 www.volunteermbc.org

YMCA Youth Employment Services **P**

📞 905-276-9322 x200

FAMILY SUPPORT

CMHA Peel Dufferin offers Family Support to those that are concerned about a loved one's mental health and substance use issues.

📞 905-451-2123 📞 1-877-451-2123
✉ info@cmhapeel.ca 🌐 www.cmhapeeldufferin.ca

Angela's Place / Women's Services **P**

For mothers 21 and younger experiencing overwhelming responsibilities.
📞 905-523-6277

Association of Parent Support Groups of Ontario **O**

Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton, and Mississauga.
📞 1-800-488-5666

Children's Mental Health of Ontario **O**

Assists families of people with schizophrenia through supportive services.
📞 416-921-2109 🌐 www.cmho.org

Dufferin Child and Family Services **D**

Assists families of people with schizophrenia through supportive services.
📞 519-941-1530

Dufferin Coalition for Kids **D**

🌐 www.dufferincoalitionforkids.ca

Dufferin Parent Support Network **D**

📞 519-940-8678

Family Association for Mental Health Everywhere (FAME) **P/D**

Support for families who have a member with any mental illness. Individual or group support available in: Mississauga, Brampton, Orangeville and Caledon. Also support for youth 13 - 17 and children 7 - 12 years old. Call for meeting times and locations.
📞 905-488-7716 📞 905-276-8316

Family Education Centre **P**

📞 905-452-0332 ✉ info@familyedcentre.org
🌐 www.familyedcentre.ca

Family Outreach and Response **T**

Counselling for families, including specialized support for families whose loved one has Borderline Personality Disorder.
📞 416-539-9449 🌐 www.familymentalhealthrecovery.org

Mood Disorders Association of Ontario **O**

Offers telephone, counselling, and video counselling for families that have a loved one with a mental health issue.
📞 1-866-363-MOOD (6663)

Schizophrenia Society of Ontario, Halton Peel **P**

Assists families of people with schizophrenia through supportive services.
📞 905-338-2112 ✉ msue-ping@schizophrenia.on.ca

Yorktown Child and Family Services **T**

Offers a range of mental health services to children, youth & their families.
📞 416-394-2424

Ontario Disability Support Program (ODSP-MCSS) P/D

\ 905-460-5025 (Brampton) \ 905-897-3100 (Mississauga)
 \ 519-822-7500 (Guelph) \ 1-800-567-2953
 \ 1-877-466-5025 (TF) □ www.peelregion.ca

Ontario Works (Dufferin County) D

\ 519-941-6991

Ontario Works (Etobicoke) E

\ 416-392-6402

Ontario Works (Region of Peel) P

\ 905-793-9200 □ www.peelregion.ca

FOOD BANKS**Caledon Food Bank P**

\ 905-951-2300 ✉ info@ccs4u.org

The Compass P

\ 905-274-9309 ✉ info@thecompass.ca

The Daily Bread Food Bank E

\ 416-203-0050 □ www.dailybread.ca

Eden Food For Change P

\ 905-785-3651 ✉ info@edenfoodbank.org

The Exchange (Caledon) P

\ 289-966-1715

Foodpath P

\ 905-270-5589 ✉ info@themississaugafoodbank.org

ICNA Relief Canada P

4-6120 Montevideo Rd. Mississauga, ON L5N 3W5
 \ 905-858-1067 □ www.icnareliefcanda.ca

Knight's Table / \$1 meals / Pantry P

\ 905-454-8725 □ www.knightstable.org

Malton Neighbourhood Services - Food Pantry P

\ 905-677-6270 □ www.mnsinfo.org

Meals on Wheels / Peel P

Provides nutritious meals to seniors and people with disabilities who can't prepare meals for themselves.

\ 905-453-4140 \ 905-857-7651 \ 905-820-4026
 □ www.mealsonwheels.ca

Meals on Wheels / Orangeville - Shelburne D

\ 519-925-5452

The Open Door P

\ 905-276-9136 ✉ theopendoor@hotmail.com

Orangeville Food Bank D

\ 519-942-0638 ✉ orangevillefoodbank@hotmail.com

Salvation Army P/D

\ 905-451-8840 (Brampton)
 \ 905-279-3941 (Mississauga)
 \ 519-943-1203 (Orangeville)

Seva Food Bank P

\ 905-361-7382 □ www.sevafoodbank.com

Shepherds Cupboard (Shelburne) D

\ 519-925-2600 x350

St. John of the Cross Food Pantry P

\ 905-821-1331

St. Louise Outreach P

\ 905-454-2144 □ www.stelouisefoodbank.ca

Thistletown Community Services Unit

Serving Rexdale and Etobicoke E

\ 416-745-2822

GOVERNMENT/HEALTH SYSTEM**Central West Local Health Integration Network (LHIN) P**

\ 905-796-0040 ✉ centralwest@ihns.on.ca

Developmental Services Ontario / Adult developmental services O

\ 905-453-2747 (Peel)
 \ 519-821-5716 (Dufferin)
 \ 905-453-2747 (Toll Free)

Health Care Connect O

Mon- Fri 9am-5pm. How to find or change family doctor or nurse practitioner.
 \ 1-800-445-1822

Health Canada, Ontario Region Info Line O

\ 416-973-4389

Ministry of Children and Youth Services P

\ 905-567-7177

Mississauga Halton Local Health Integration Network (LHIN) P

\ 905-337-7131 □ www.mississaugahaltonlhin.on.ca

Ombudsman Ontario (Complaints Number) O

\ 1-800-263-1830

Ontario Patient Ombudsman (Complaints Number) O

\ 1-888-321-0339 □ www.patientombudsman.ca

Region of Peel (Customer Service) P

\ 905-791-7800

Service Ontario - Brampton, Caledon and Mississauga P

\ 1-866-532-3161

Telehealth / Free medical advice O

\ 1-866-790-0000

HOMELESSNESS

Peel Outreach Services offers a responsive mobile team, offering short-term support, 7 days a week, to individuals who are homeless or at imminent risk of homelessness.

📞 1-877-848-8481 x2 ✉ info@cmhapeel.ca
📧 peeloutreachteam@peelregion.ca

Housing Programs & Services Dufferin **P**

📞 519-941-6991 📧 www.dufferincounty.ca

Lakeshore Community Outreach Centre / *The Compass* **P**

📞 905-274-9309

Preventing Homelessness in Peel **P** 📞 905-793-9200

Regeneration Community Outreach **P**

A self-help group for the homeless/marginalized population in Brampton. Coffee and light snacks are provided. Every Thursday, 11:30am to 1:00pm at St. Paul's United Church in the Community Room.

📞 905-796-5888 ✉ info@regenbrampton.com

Torchlight Emergency Shelter Resource Line **D**

Telephone service for anyone in need of safe, emergency temporary shelter in Dufferin County.

📞 519-767-6594 (24/7) 📧 www.torchlightcanada.org

HOSPITAL SERVICES

Centre for Addiction and Mental Health (CAMH)

Centralized Assessment, Triage and Support **T**

📞 416-535-8501 x6878 (Outpatient)
📞 416-535-8501 x6885 (Emergency)
✉ info@camh.ca

Child, Youth and Family Program / *Mood and Anxiety Service* **T**

📞 416-535-4366 📧 www.camh.ca

Psychogeriatric Assessment Consultation & Education (PACE Peel) / *North of Hwy 401* **T**

📞 416-535-8501 x7716 📧 www.camh.ca

Headwaters Health Care Centre **D**

📞 519-941-2410 📧 www.headwatershealth.ca

Trillium Health Partners

Mental Health & Addictions Intake via One-Link **P**

📞 416-521-4131 📞 905-338-287 📧 www.one-Link.ca

Child & Adolescent Mental Health Services / *Birth - 19 years* **P**

📞 905-451-4655

Credit Valley Hospital **P**

📞 905-813-2200 📧 www.trilliumhealthpartners.ca

Mississauga Hospital **P**

📞 905-813-2200 📧 www.trilliumhealthpartners.ca

William Osler Health System **P**

📞 905-494-2120 📧 www.williamoslerhs.ca

Child & Adolescent Services / *Birth - 18 years* **P**

📞 905-494-6724 📧 www.williamoslerhs.ca

Mental Health Intake / *Brampton Civic Hospital* **P**

📞 905-494-6709 📧 www.williamoslerhs.ca

Mental Health Intake / *Etobicoke General Hospital* **E**

📞 905-494-2120 x3236 📧 www.williamoslerhs.ca

HOUSING

Peel Living **P**

📞 905-453-1300 📧 www.peelregion.ca

Housing Programs & Services Dufferin **D**

📞 519-941-6991

Services and Housing in the Province (SHIP) **P**

📞 905-795-8742 ✉ info@shipshey.ca

INFORMATION & REFERRAL

CMHA Peel Dufferin provides referrals & information about mental health or addiction services and supports in Peel Region, Dufferin County, Rexdale, North Etobicoke and West Woodbridge. Walk-Ins Welcome: 314-7700 Hurontario Street, Brampton & 1 Elizabeth Street, Suite L2, Orangeville.

📞 905-451-2123 📞 1-877-451-2123
✉ info@cmhapeel.ca 📧 www.cmhapeeldufferin.ca

211 Peel **P**

Three-digit dialing for comprehensive information and referral assistance.
📞 211

Brampton Neighbourhood Resource Centre **P**

📞 905-452-1262 📧 www.bnrc.org

Caledon Community Services **P**

📞 905-951-2300 ✉ info@ccs4u.org

Centre for Addiction & Mental Health R. Samuel McLaughlin Info Line **T**

📞 416-595-6111 📞 1-800-463-6273 📧 www.camh.net

Consumer/Survivor Info Resource Centre **T**

📞 416-595-2882 ✉ csinfo@camh.ca

Dixie-Bloor Neighbourhood Services **P**

📞 905-629-1873 ✉ info@dixiebloor.ca

Health Line Peel **P** 📞 905-799-7700

Home & Community Care / *Central West* **O**

📞 905-796-0040 📞 1-888-733-1177
📧 www.healthcareathome.ca

Malton Neighbourhood Services **P**

📞 905-677-6270 🌐 www.mnsinfo.org

Mental Health Helpline **O**

📞 1-866-531-2600 🌐 www.mentalhealthhelpline.ca

Multicultural Inter-Agency Group (MIAG) **P**

📞 905-270-6252 🌐 www.miag.ca

National Eating Disorder Info Centre (NEDIC) **O**

📞 1-866-633-4220

Newcomer Centre of Peel / Counselling available **P**

📞 905-306-0577 ✉ info@ncpeel.ca

Service Ontario **O**

📞 1-866-532-3161 🌐 www.serviceontario.ca

Telehealth **O**

📞 1-866-797-0000

Victim Support Line, Ministry of the Attorney General **O**

📞 416-314-2447 📞 1-888-579-2888 🌐 www.ontario.ca

LEGAL/ADVOCACY

CMHA Peel Dufferin Mental Health & Justice Services

offers supports to individuals experiencing mental health concerns, who are in conflict with the law.

📞 905-456-4700 x5663 and x5669 (Peel)

📞 1-877-451-2123 🌐 www.cmhapeeldufferin.ca

ARCH Advocacy Resource Centre **T**

📞 416-482-8255 🌐 www.archdisabilitylaw.ca

Associated Youth Services of Peel **P**

📞 905-890-5222 🌐 www.aysp.ca

Canadian Human Rights Commission **O**

📞 1-888-214-1090 🌐 www.servicecanada.gc.ca

Community Legal Education Ontario (CLEO) **O**

📞 416-408-4420 🌐 www.cleo.on.ca/en

Elizabeth Fry Society **P**

📞 905-459-1315 ✉ efry@efrypeelhalton.ca

John Howard Society **P/D**

📞 905-459-0111 (Brampton) 📞 519-940-3061 (Dufferin)

📞 905-275-9117 (Mississauga) 🌐 www.johnhoward.ca

Labour Community Services of Peel **P**

📞 905-696-7444 🌐 www.lcspeel.bmdlc.org

Legal Aid Ontario **O**

📞 905-453-1723 📞 1-800-531-2227

🌐 www.legalaid.on.ca

Mississauga Community Legal Services **P/D**

📞 905-896-2050 🌐 www.legalclinicsinpeel.ca

North Peel & Dufferin Community Legal / Services serving Brampton, Caledon & Dufferin County **P/D**

📞 905-455-0160 📞 1-866-455-0160

Ontario Human Rights Commission **O**

📞 1-800-387-9080 🌐 www.ohrc.on.ca

Psychiatric Patient Advocate Office **T**

📞 416-327-7000

Public Guardian and Trustee **T**

📞 416-326-2220

Rexdale Community Legal Clinic **R**

📞 416-741-5201

Your Legal Rights **O**

📞 416-408-4420 🌐 www.yourlegalrights.on.ca

LGBTTIQQ2SA

LGBT Youth Line / Chat online with someone Mon.- Fri. 4-9:30pm **P/D**

📞 416-631-3614 🌐 www.youthline.ca

OUTline **P/D**

Supports LGBT community youth. Online chat open everyday from 5-10pm.

📞 1-800-282-4505 🌐 www.qlinks.ca/outline

Peel HIV/AIDS Network **P**

📞 905-361-0523 📞 1-866-896-8700 ✉ info@phan.ca

PFLAG Canada **P**

📞 1-888-530-6777

Positive Space Coalition of Peel **P**

A collective of groups, agencies and individuals working to foster a community free of prejudice, that accepts and celebrates the diversity of the lesbian, gay, bisexual, transsexual, transgendered, questioning and queer (LGBTQQ) community in Peel. Call for meeting times and locations.

📞 905-363-6131 ✉ positivespacepeel@gmail.com

QTBIPOC Sauga **P**

The QTBIPOC Sauga group meets once a month from 6-9pm in Central Mississauga. The location is kept private for safety, and the group always meets in accessible/barrier free spaces. Food, drinks, and Mississauga Transit bus tickets are available.

📞 416-993-4221 (TEXT) ✉ qtbipocsauga@gmail.com

Queer Exposure **P**

Support services for lesbian, gay, bisexual, transgender, transsexual, intersex, queer, questioning and 2 spirit (LGBTTIQQ2S) adults (18 years +) in Peel Region.

📞 905-602-4082 🌐 www.qxposure.blogspot.ca

📌 QTBIPOC Mississauga

Transgender Health Care **D**

☎ 519-780-5298

Youth Beyond Barriers (YBB) / LGBTQ2S youth, 12-17 years **P**

☎ 905-602-4082 x4 ☐ www.qxposure.blogspot.ca

PEER SUPPORT/SELF HELP

CMHA Peel Dufferin's Recovery West program promotes mental health recovery through groups, activities and vocational services with a focus on peer support. Drop-ins are welcome Tuesday - Friday 4pm-8pm & Saturday 12-4pm.

☎ 905-451-2123 ✉ info@cmhapeel.ca
☎ 1-877-451-2123 ☐ www.cmhapeeldufferin.ca

Adult Children of Alcoholics **T**

Weekly meetings throughout the GTA.

☎ 416-631-3614
☐ www.acetoronto.org

Al-Anon and Alateen **P/D**

12-step program to cope with the effect of someone else's drinking. Alateen is strictly for youth (12 - 20 years).

☎ 416-410-3809
☎ 1-888-425-2666 (1-888-4AL-ANON)
☐ www.al-anon.alateen.on.ca

Alcoholics Anonymous (A.A.) **P/D**

☎ 1-877-404-5591 ☎ 1-866-715-0005 (Dufferin)
☐ www.aatoronto.org

Anxiety Empowered **P/D**

A progressive Peer Support Group for adults working towards managing their anxiety.

☎ 905-494-6224 ☐ www.williamoslerhs.ca

CMHA Peel Dufferin - Recovery West Drop-In **P/D**

Drop-in, peer support & outreach. Drop-in at Brampton Community Door, 7700 Hurontario St., Unit 601 (north end of plaza), Tues-Fri 4-8pm & Sat 12-4pm

☎ 905-451-3934

Cocaine Anonymous **O**

☎ 1-866-622-4636 ☐ www.ca-on.org

Co-dependents Anonymous **P**

12-step weekly support group for people who are unable to maintain functional relationships. Meets Mondays, 8-9pm, Unitarian Congregation, 84 South Service Rd, Mississauga.

☎ 416-410-2767

Consumer Council **P**

Advocacy council to create a voice for people with mental health issues.

☎ 905-451-1718 x613 ✉ consumercouncil@cmhapeel.ca

Fibromyalgia Support Group **P**

☎ 905-791-2032 (Brampton) ☎ 905-625-6425 (Mississauga)
✉ fibrosupport@rogers.com

Friends & Advocates Peel **P/D**

☎ 905-452-1002 ✉ contact@fapeel.org

Gamblers Anonymous **T**

☎ 1-855-222-5542 ☐ www.gamblersanonymoustoronto.org

Narcotics Anonymous **T**

Weekly, open support group for recovering addicts helping each other stay clean.
☎ 1-888-811-3887 ☐ www.torontona.org

Recovery Incorporated **P**

Provides self-help groups to people suffering from nervous and emotional stress, panic disorders, depression, etc.

☎ 905-607-1033 ☎ 905-812-7935
☐ www.recoverycanada.org/meetings/ON.html

TEACH Peer Initiative at Support & Housing **P**

A peer initiative offering peer-led education and support programs to individuals age 16 and older who struggle with mental health and/or substance use challenges in the communities of the Mississauga/Halton LHIN.

☎ 905-693-8771 x390 ☐ www.t-e-a-c-h.org

Women for Sobriety **D**

Group for women with alcohol or drug dependencies. ☎ 519-307-3307

SENIOR & OLDER ADULT SERVICES

CMHA Peel Dufferin offers a range of services for older adults and seniors, including intensive case management, specialized geriatric services, supportive counselling and advocacy, as well as a seniors at risk program for those who may be experiencing abuse or neglect.

☎ 905-451-2123 ✉ info@cmhapeel.ca
☎ 1-877-451-2123 ☐ www.cmhapeeldufferin.ca

The Advocacy Centre for the Elderly **T**

☎ 416-598-2656 ☐ www.advocacycentreelderly.org

Alzheimer Society of Peel and Dufferin Country **P/D**

☎ 905-278-3667 (Peel) ✉ n.bhamra@alzheimerpeel.com
☎ 519-941-1221 (Dufferin)

CANES **T**

Ages 55 and up - Serves Brampton, Etobicoke Central, Etobicoke North, Malton, Mississauga, Toronto and Woodbridge,

☎ 416-743-3892 ☐ www.canes.on.ca

Elder Help Peel **P**

Ages 55 and up – Social recreational activities.

☎ 905-457-6055 ✉ info@elderhelppeel.org

CMHA Peel Dufferin Senior Services **P/D**

☎ 905-451-2123 (Peel) ☎ 1-877-451-2123 (Dufferin)

Flower City Seniors Recreation Centre **P** 📞 905-874-3500

Government of Canada Services for Seniors **O**
📞 1-800-0-Canada (1-800-622-6232) 📞 1-800-926-9105 (tty)

Meals on Wheels / Peel **P/D**

📞 905-453-4140 (Brampton)
📞 905-857-7651 (Caledon)
📞 519-925-5452 (Dufferin)
📞 905-820-4026 (Mississauga)
📄 www.mealsonwheels.ca

Peel Elder Abuse Support Program / 24/7/365 **P**

📞 905-459-7777 (Brampton & Mississauga)
📞 1-877-298-5444 (Caledon)

Peel Seniors Link / Age 65 and up **P**

📞 905-712-4413

Peel Public Health **P**

📞 905-799-7700

Red Cross Care Partners **P**

📞 1-800-418-1111 📞 905-452-7118

Square One Older Adult Centre **P**

A seniors club centrally located at the Square One complex, which offers a variety of recreational activities designed for people over the age of 50.
📞 905-452-7118 📞 1-866-234-7073

Supportive Housing in Peel (SHIP) **P**

📞 905-795-8742 📧 info@shipshey.ca

TeleCheck for Seniors (55+) / Dufferin County **D**

Check-in call seven days a week (including holidays) offering assurance and security to seniors in Dufferin County.
📞 519-415-3763 (English support)

TeleCheck for Seniors (55+) / Peel Region **P**

Multilingual support for isolated seniors (i.e. check-ins, medication reminders).
📞 289-569-1201 (English support) 📞 289-569-1203 (Chinese)
📞 289-569-1202 (Latin American) 📞 289-569-1204 (South Asian)

Trillium Health Partners / Seniors Mental Health Services **T**

📞 416-521-4006

William Osler Geriatric Outreach Program **P**

65 years (or older) reside within the area served by the Central West LHIN. Referred by a Physician or Geriatric Emergency Management (GEM) Nurse.
📞 905-494-6482 📞 905-494-6608

SHELTERS

Cawthra Road Shelter **P** 📞 905-281-1272

Choices Youth Shelter / Orangeville **D**

📞 519-942-5970 📞 1-866-947-5970

Community Torchlight Emergency Shelter **D**

📞 519-767-6594 📞 1-888-821-3760 (from area only)

Ernestine Women's Shelter **E**

📞 416-746-3701 📞 1-888-821-3760 (from area only)

Family Transition Place **P/D**

📞 905-584-4357 (Peel) 📞 519-941-4357 (Dufferin)
📞 1-800-265-9178 📄 www.familytransitionplace.ca

Our Place Peel II Youth Shelter / Short-Term 16 - 21 years **P**

📞 905-238-1383

Peel Family Shelter **P**

📞 905-272-7061

Peel Street Helpline / Peel Outreach Team **P**

📞 1-877-848-8481

Wilkinson Road Shelter / Men only **P**

📞 905-452-1335 📞 905-272-7061

YOUTH SERVICES

CMHA Peel Dufferin offers a variety of services for youth and young adults including early intervention support, counselling, substance abuse/addictions services, as well as mental health education programs and services for youth with complex needs.

📞 905-451-2123 📧 info@cmhapeel.ca
📞 1-877-451-2123 📄 www.cmhapeeldufferin.ca

The Etobicoke Children's Centre **E**

📞 416-240-1111 📧 ecc@etobicokechildren.com

The Dam (Youth Drop-in Centre) / 13 - 19 years **P**

📞 905-826-6558 📄 www.thedam.org

Dixie Bloor Centre, Mississauga / 13 - 24 years **P**

Newcomer youth community engagement/youth lounge.
📞 905-629-1873 x300

Dufferin Child & Family Services **D**

📞 519-941-1530 📞 519-941-1525 📄 www.dcafs.on.ca

ECLYPSE Youth Resource Centre **P**

📞 905-866-6900

Free For All Foundation / Free **P**

📞 905-499-4486 📄 www.ffaf.ca

Erin Mills Youth Centre **P**

📞 905-820-3577 📧 info@erinmillsyouthcentre.com

Mental Health Services for Children & Youth **P**

Centralized intake service for access to: Associated Youth Services Peel, Nexus Youth Centre, Peel Children's Centre, Rapport Youth and Family Services, Trillium Health Partners, William Osler Health System.

📞 905-451-4655 📄 www.youthline.ca

Nexus Youth Centre **P**

☎ 905-566-1883 □ www.nexusyouth.ca

Peel's Children Centre **P**

Treatment services for children, teenagers, and families who are having serious issues with relationships, feelings, or behaviour.

☎ 905-451-4655

Peel Youth Village / 16-30 years **P**

☎ 905-791-5576

Torchlight Youth Support Line / Guelph / Wellington / Dufferin **D**

A drop-in social and support group for queer and trans adults over the age of 18 who live in Peel Region.

☎ 519-821-5469 (24/7) ☎ 1-888-821-3760

□ www.torchlightcanada.org

Youth Beyond Barriers (YBB) **P**

Queer and trans youth, 12-17 years.

☎ 1-800-762-8377 x460

Youth Line **T**

Toll free line, provided for youth by youth.

☎ 1-800-268-9688 (or Text □ 647-694-4275) □ www.youthline.ca

OUTline **P/D**

Supports LGBT community youth. Online chat open everyday from 5-10pm

☎ 519-836-4550 ☎ 519-763-2255 □ www.qlinks.ca/outline

The Canadian Mental Health Association (CMHA), provides services and supports to more than 1.3 million Canadians in over 300 communities across Canada each year.

Local CMHA branches provide a wide range of innovative services to people who are experiencing mental illness and their families.

To find other local CMHA branch please visit www.cmha.ca

Make a donation to



Canadian Mental Health Association
Peel Dufferin
Mental health for all

Your donation supports our youth, mental health awareness and client wellness activities which don't receive government funding. These initiatives help to ensure individuals and families know where to turn for help when they need it, and provide life-changing support to clients during their recovery.

Visit www.cmhapeeldufferin.ca for more information and to make a secure online donation.

CALEDON



Binoj - 24.7 Crisis Support Peel;
Joe - Caledon OPP & 24.7 Crisis Support Peel

MISSISSAUGA



Steven - Access Services; **Sumathy** - Mental Health & Justice Services;
Michelle - Systemwise; **Olena** - Mental Health & Justice Services;
Macarena - IT & Operations



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

**Association canadienne
pour la santé mentale**
Peel Dufferin
La santé mentale pour tous

CMHA Peel Dufferin Information & Referrals

7700 Hurontario Street, Suite 314
Brampton, ON L6Y 4M3

Monday - Friday: 9am - 5pm

☎ 905-451-2123

☎ 1-877-451-2123

✉ info@cmhapeel.ca

☎ 905-456-7492

🌐 www.cmhapeeldufferin.ca

f /CMHAPeelDufferin

t @CMHAPeelDuff

Highlighted Colour Legend

Youth Services

Senior Services

Region / Area Legend

D Dufferin County

P/D Peel & Dufferin

T Toronto

P Peel Region

E Etobicoke

O Ontario

Contact / Symbol Legend

☎ Phone

📱 Mobile

☎ Fax

✉ Email

🌐 Website

CMHA Peel Dufferin programs are funded by:



Ontario
Central West Local Health
Integration Network



United Way
Greater Toronto



Region of Peel
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This publication is generously
supported by the Zonta Club
of Brampton-Caledon.



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