



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.



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

📘 CMHAPeelDufferin

🐦 @CMHAPeelDuff

📷 CMHAPeelDufferin

🌐 in/CMHA-Peel-Dufferin

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

EveryMind

For those under 18 years of age

905-278-9036 • 1-888-811-2222

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



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

🌐 www.ccscan.ca

Chantel's Place **P**

☎ 905-848-7580 x2548

Dufferin Sexual Abuse Helpline **D**

☎ 519-942-1980

EveryMind / Sexual Abuse Treatment **P**

☎ 905-451-4655 🌐 www.wheretostart.ca

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 🌐 www.hope247.ca

☎ 1-800-810-0180 ✉ info@hope247.ca

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

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

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

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

Peel Children's Aid Society **P**

☎ 905-363-6131

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

☎ 905-453-5775

Salvation Army Family Life Resource Centre **P**

☎ 905-451-4115 ✉ flrc.help@salvationarmy.ca

Victim Services of Peel **P**

☎ 905-568-1068 ✉ info@vsp.org

ADDICTIONS

The Rapid Access Addiction Medicine (RAAM) Clinic provides barrier free accessible care to clients with or without appointments or medical referrals. The RAAM Clinic provides substance use management strategies, including medications and psychosocial interventions that support safe withdrawal from substances. The clinic operates in several locations (Rexdale, Bramalea, Brampton, Mississauga, Bolton and Dufferin County) on different days. To serve you better, contact CMHA Peel Dufferin for more information.

☎ 905-451-2123 x2
✉ info@cmhapeel.ca

☎ 1-877-451-2123
🌐 cmhapeeldufferin.ca

CAMH Medical Withdrawal Management Services **T**

☎ 416-535-8501 x36071 🌐 www.camh.ca

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

☎ 289-207-0011 (Peel) ☎ 519-824-1010 (Dufferin)

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

☎ 905-813-4402

Family Transition Place **P/D**

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

GTA Intergroup - Alcoholics Anonymous **T**

☎ 1-877-404-5591 ☎ 416-487-5591 🌐 www.aatoronto.org

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

☎ 905-878-1120

Hope Place Centres / Women's Treatment Centre Milton

☎ 905-878-1120

Hope Place Centres / Community Based Treatment Centre Oakville

☎ 905-878-1120

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

Peel Works Needle Exchange **P**

☎ 647-225-1623

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

☎ 416-473-7407 ✉ 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

Centre for Grief and Healing - Bereaved Families of Ontario **P**

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

📞 905-848-4337 (Halton & Peel)

✉ info@cdvs.ca

🌐 www.bereavedfamilies.ca

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

Hospice Dufferin **D** 📞 519-942-3313

Heart House Hospice **P**

📞 905-712-8119 ✉ info@hospicemississauga.ca

Hospice Caledon **P** 📞 905-951-3534

Pregnancy and Infant Loss Network **P** 📞 1-888-303-7245

Survivor Support Program **T**

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

📞 416-595-1716 ✉ info@dcoqt.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.

📞 905-451-6959

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 Health Centre / 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 **T**

☎ 416-744-0066

Rexdale Women's Centre **T**

☎ 416-745-0062

🌐 www.rexdalewomen.org

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.cmhapeeldufferin.ca

Associated Youth Services of Peel **P**

☎ 905-890-5222

🌐 www.aysp.ca

Canadian Hearing Services **P**

☎ 1-866-518-0000

☎ 877-215-9530 (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.efryhopehelp.com

EveryMind / 12 - 24 years **P**

Services for youth that live in the Peel Region. Community Counselling program and a variety of services offered.

☎ 905-451-4655

🌐 www.wheretostart.ca

Family Services of Peel / Family & Community Support Services **P**

☎ 905-453-5775

☎ 905-270-2250

✉ fsp@fspeel.org

Family Transition Place **D**

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

☎ 519-942-4122

☎ 905-584-4357

🌐 www.familytransitionplace.ca

Hope 24/7 **P**

Individual and group counselling for survivors of sexual assault.

☎ 905-792-0821

✉ info@hope247.ca

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.

☎ 905-459-0111 (Brampton)

☎ 905-275-9117 (Mississauga) ☎ 519-940-4656 (Orangeville/Dufferin)

The Learning Disabilities Association **P**

☎ 416-229-1680 ☎ 905-272-4100 (Peel) 🌐 www.ldapr.ca

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

Centre for Diverse Women & Families. ☎ 905-270-6252

Moyo Health & Community Services (formerly Peel HIV/AIDS Network) / *Individuals, groups, parents* **P**

☎ 905-361-0523 ☎ 1-866-896-8700 🌐 www.moyohcs.ca

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

Ontario Structured Psychotherapy

(Brampton-Halton-Mississauga) **P/D** Free self-led coaching and individual/group therapy services for adults (18+) in Ontario experiencing depression or anxiety. ☎ 1-877-341-4729 ext. 3883

✉ osp@carepointhealth.ca 🌐 www.carepointhealth.ca/osp

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

☎ 905-455-4100

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

☎ 905-279-3941 🌐 www.safamilyservices.com

Tangerine Walk-in Counselling **P**

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

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

☎ 905-502-7933 🌐 www.vitacentre.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

9-8-8: Suicide Crisis Helpline **O**

Provides 24/7/365 confidential support for individuals in Canada experiencing suicidal thoughts or emotional distress.

☎ Call or text 9-8-8 🌐 www.988.ca

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

☎ 1-888-821-3760 (TF) ☎ 519-821-3760 (Distress)

EveryMind / Crisis Support for those under 18 years of age **P**

☎ 905-278-9036 or 1-888-811-2222 🌐 www.EveryMind.ca

Family Transition Place / Crisis Line **D**

☎ 1-800-265-9178

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

☎ 1-844-437-3247 🌐 www.here247.ca

Kids Help Phone **O**

☎ 1-800-668-6868 🌐 www.kidshelpphone.ca 📠 686868 (TEXT)

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

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

☎ 905-273-4900 ✉ info@pccn.ca

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

☎ 905-403-8860 x5253 ✉ info@polycultural.org

🌐 www.polycultural.org

Peel Postpartum Mood Disorder Program / Monday-Friday 10am-
10pm **P**

☎ 905-459-7777 (Brampton & Mississauga)

☎ 1-877-298-5444 (Caledon) ☎ 905-278-4890

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

☎ 905-615-3207

The Warm Line / 6pm - Midnight (18+) **T**

☎ 416-960-9276 (Night)

☎ 416-323-3721 (Day)

📠 647-557-5882 (TEXT)

🌐 www.warmline.ca

Youthdale Crisis **P**

☎ 416-363-9990

CULTURALLY BASED SERVICES

African Community Services of Peel **P**

☎ 905-460-9514

Black Health & Social Services Hub Peel **P**

Culturally-affirming primary care, mental health, and social services for Black, African, and Caribbean communities in Peel Region.

☎ 647-812-5226 ✉ info@bhsshubpeel.ca 🌐 www.bhsshubpeel.ca

Brampton Multicultural Community Centre **P**

☎ 905-790-8482 ☎ 905-828-1328

Catholic Cross-Cultural Services **P**

☎ 905-457-7740 ☎ 905-273-4140 🌐 www.cathcrosscultural.org

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

Roots Community Services **P** ☎ 905-455-6789

South Asian Welcome Centre Inc. **P** ✉ sawcentre18@gmail.com

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.cmhapedufferin.ca

ACCES Employment / 9am - 5pm **P**

☎ 905-454-2316 ☎ 905-361-2522 🌐 www.accesemployment.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

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

☎ 905-791-5576 🌐 www.peelregion.ca/housing/peel-youth-village

Georgian College Career & Employment Services **D**

☎ 519-942-9986

John Howard Society Employment Services **P**

☎ 905-459-0111 🌐 www.johnhoward.on.ca/peel-halton-dufferin

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 Employment and Community Services **P**

☎ 905-276-9322

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.cmhapedufferin.ca

Angela's Place / Women's Services P

For mothers 21 and younger experiencing overwhelming responsibilities.

☎ 905-791-3887 x7058

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 Ontario O

Evidence-based resources to help families and those working with kids to find trust-worthy, reliable information.

☎ 416-921-2109 🌐 www.cmho.org

Dufferin Child and Family Services D

Mental health support for children, youth and families.

☎ 519-941-1530 🌐 www.dcafs.on.ca

Dufferin Coalition for Kids D 🌐 www.dufferincoalitionforkids.ca

Dufferin Parent Support Network D

☎ 519-940-8678 🌐 www.parentsupportnetwork.ca

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.org

Family Outreach and Response T

Counselling for families, including specialized support for families whose loved one has Borderline Personality Disorder.

☎ 416-539-9449

Institute for Advancements in Mental Health P

☎ 1-855-449-9949 ✉ support@iamentalhealth.ca

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)

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

☎ 905-460-5025 (Brampton) ☎ 519-822-7500 (Guelph)
☎ 1-877-466-5025 (TF) ☎ 905-897-3100 (Mississauga)
☎ 1-800-567-2953 (TF)

Ontario Works (Dufferin County) **D**

☎ 519-941-6991

Ontario Works (Etobicoke) **E**

☎ 416-392-6400

Ontario Works (Region of Peel) **P**

☎ 905-793-9200

Yorktown Child and Family Services **T**

Offers a range of mental health services to children, youth & their families.

☎ 416-394-2424

FOOD BANKS

Caledon Food Bank **P**

☎ 905-584-2300 ✉ 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

Mississauga Food Bank **P**

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

ICNA Relief Canada **P**

4-6120 Montevideo Rd. Mississauga, ON L5N 3W5

☎ 905-997-8777 🌐 www.icnareliefcanda.ca/food-banks

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 / Dufferin & Peel **P/D**

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

☎ 905-453-4140 (Brampton) ☎ 905-857-7651 (Caledon)

☎ 519-925-5452 (Dufferin) ☎ 905-821-3254 (Mississauga)

✉ www.mealsonwheels.ca

The Open Door **P**

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

Orangeville Food Bank **D**

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

The Salvation Army **P/D**

☎ 905-791-1085 (Brampton) ☎ 905-279-3941 (Mississauga)
☎ 519-943-1203 (Orangeville)

Seva Food Bank **P**

☎ 905-361-7382x2 🌐 www.sevafoodbank.com

Shepherd's 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

Thistleton Community Services Unit

Serving Rexdale and Etobicoke **E**

☎ 416-745-2822

GOVERNMENT/HEALTH SYSTEM

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

Home and Community Care Support Services Central West **P**

☎ 905-796-0040 🌐 www.centralwesthealthline.ca

Home and Community Care Support Services

Mississauga Halton **P**

☎ 905-855-9090 🌐 www.mississaugahaltonhealthline.ca

Ministry of Children, Community and Social Services **P**

☎ 905-567-7177

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 ☎ 1-888-919-7800

Service Ontario - Brampton, Caledon and Mississauga **P**

☎ 1-866-532-3161

Telehealth / Free medical advice **O**

☎ 1-866-797-0000

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, Option 2

Child, Youth and Family Program / Mood and Anxiety Service

☎ 416-535-8501, Press 2

New referrals can be faxed to Access CAMH

using the CAMH referral form. ☎ 416-979-6815

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

☎ 416-535-4366 x4366 🌐 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 📠 905-338-4123 🌐 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**

☎ 905-848-7100 🌐 www.trilliumhealthpartners.ca

William Osler Health System **P**

☎ 905-494-2120 ext. 56709 🌐 www.williamoslerhs.ca

HOUSING

Peel Living **P**

☎ 905-790-7335 🌐 www.peelregion.ca/peelliving

Housing Programs & Services Dufferin **D**

☎ 519-941-6991 x2110

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

Caledon Community Services **P**

☎ 905-951-2300 ✉ info@ccs4u.org

Centre for Addiction & Mental Health

R. Samuel McLaughlin Info Line **T**

☎ 416-596-6111 ☎ 1-800-463-6273 🌐 www.camh.ca

Consumer/Survivor Info Resource Centre **T**

☎ 416-595-2882 ✉ bulletin@soundtimes.com

Dixie-Bloor Neighbourhood Services **P**

☎ 905-629-1873 ☎ 905-629-0791 ✉ 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

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

☎ 905-270-6252 🌐 www.miag.ca

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

☎ 1-866-633-4220 ☎ 416-340-4146

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.

☎ 416-735-2965

☎ 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 ☎ 1-800-762-8377 🌐 www.aysp.ca

Canadian Human Rights Commission **O**

☎ 1-888-214-1090 🌐 www.chrc-ccdp.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**

☎ 905-458-0111 (Brampton) ☎ 519-940-4656 (Orangeville Courthouse)

☎ 905-275-9117 (Mississauga)

☎ 905-864-1206 (Milton/Oakville/Burlington) 🌐 www.johnhoward.ca

Labour Community Services of Peel **P**

☎ 905-696-7444 ☎ 289-544-2998

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**

☎ 1-800-578-2324 📠 416-327-7008

✉ ppao.moh@ontario.ca

🌐 www.ontario.ca/page/psychiatric-patient-advocate-office

Public Guardian and Trustee **T**

☎ 416-314-2800

Rexdale Community Legal Clinic **T**

☎ 416-741-5201

2SLGBTQ+

East Mississauga Community Health Centre **P**

Support services for, but not limited to, lesbian, gay, bisexual, transgender, transsexual, intersex, queer, questioning and Two-Spirit (LGBTTIQQ2S+) people in Peel Region.

☎ 905-602-4082 x455 📌 QTBIPOC Mississauga

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

Text 📠 647-694-4275 🌐 www.youthline.ca

Moyo Health & Community Services (Formerly Peel HIV/AIDS Network) **P**

☎ 905-361-0523 ☎ 1-866-896-8700 🌐 www.moyohcs.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 (LGBTTQQ) 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) ✉ qtbipecsauga@gmail.com

Transgender Health Care **D**

☎ 519-780-5298

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.cmhapedufferin.ca

Adult Children of Alcoholics / Weekly meetings throughout the GTA. **T**

☎ 416-631-3614 🌐 www.acetoronto.org

Al-Anon Family Groups **P/D**

Al-Anon Family Groups are a community resource providing support to anyone affected by a relative or friend's drinking. Includes Al-Anon and Alateen.

☎ 416-410-3809 ☎ 1-888-425-2666 (1-888-4AL-ANON)

🌐 www.al-anon.alateen.on.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**

☎ 416-927-7858 🌐 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.

🌐 www.codacanada.ca ✉ info@codacanada.ca

Consumer Council **P**

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

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

Fibromyalgia Support Group **P**

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

☎ 905-791-2032 (Brampton) ☎ 905-625-6425 (Mississauga)

✉ consumercouncil@cmhapeel.ca

Friends & Advocates Peel **P/D**

☎ 905-452-1002 ✉ contact@fapeel.org

Gamblers Anonymous **T**

✉ info@gotoronto.ca 🌐 www.gamblersanonymoustoronto.org

GTA Intergroup - Alcohol Anonymous **T**

☎ 416-487-5591

☎ 1-877-404-5591

🌐 www.aatoronto.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.

☎ 905-812-7935

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

Women for Sobriety **D**

Group for women with alcohol or drug dependencies.

☎ 519-581-1208

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 ☎ 1-855-598-2656 🌐 www.advocacycentreelderly.org

Active Adult Centre Mississauga (AACM) **P**

A seniors club which offers a variety of recreational activities designed for people over the age of 50. ☎ 905-615-3207 🌐 www.aacmiss.ca

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

☎ 905-278-3667 (Peel)

☎ 519-941-1221 (Dufferin)

🌐 www.alzheimer.ca/peel

Bob Callahan Flower City Seniors Centre **P**

☎ 905-874-3500

CANES **T**

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

☎ 416-743-3892 🌐 www.canes.on.ca

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

☎ 905-451-2123 (Peel)

☎ 1-877-451-2123 (Dufferin)

Elder Help Peel **P**

Ages 55 and up – Social recreational activities.

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

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**

☎ 905-890-1000

Services and Housing in the Province **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.

☎ 519-415-3764 (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 (Cantonese or Mandarin)

☎ 289-569-1202 (Portuguese or Spanish)

☎ 289-569-1204 (Hindi, Punjabi or Urdu)

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 ☎ 905-494-2120 x22551

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**

☎ 416-746-3701x0 ☎ 1-888-821-3760 (from area only)
☎ 416-746-3716 (TTY)

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 ☎ 905-451-6108 (after hours)

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

Erin Mills Youth Centre **P**

☎ 905-820-3577 ✉ info@erinmillsyouthcentre.com

EveryMind **P**

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

☎ 905-795-3500 🌐 www.everymind.ca

Free For All Foundation / Free **P**

☎ 905-499-4486 🌐 www.ffaf.ca

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

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

☎ 905-451-4655 🌐 www.youthline.ca

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

☎ 905-791-5576

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

☎ 519-821-3760 (distress line)

☎ Youth Support Line: 519-821-5469 (youth)

☎ 519-415-3764 (Telecheck) 🌐 www.torchlightcanada.org

Youth Beyond Barriers (YBB) **P**

Queer and trans youth, 12-17 years.

☎ 905-890-5222 ☎ 905-451-4655 ✉ ybb@aysp.ca

Youth Line **T**

Toll free line, provided for youth by youth. Sunday to Friday 4pm - 9:30pm

☎ 1-800-268-9688 (or Text 📱 647-694-4275)

🌐 www.youthline.ca

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



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

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

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.





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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

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🌐 in/CMHA-Peel-Dufferin

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
Health**



**United Way
Greater Toronto**



**Dufferin
county**



**Region of Peel
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