



Canadian Mental  
Health Association  
Toronto

# Quick Guide

Mental Health Resources

Serving Toronto



**CMHA Toronto Branch**  
**Information & Decision Support**  
**Member of Inform Canada/AIRS and Inform Ontario**



## ABUSE

Advocacy Centre for the Elderly	416-598-2656
Barbara Schlifer Clinic	416-323-9149 x 234
Boost - Child Abuse Prevention and Intervention	416-515-1100
Canadian Centre for Victims of Torture	416-363-1066
Children's Aid Society	416-924-4646
Lesbian and Gay Bashing Reporting Line	416-392-6877
Sunnybrook (WRAP) - Women Recovering from Abuse	416-323-6400 x 4863
Victim Services	416-808-7066

## ADDICTIONS

DART - Drug and Alcohol Registry	1-800-565-8603
MAAR - Metro Addiction Assessment Referral Services	416-599-1448
Ontario Problem Gambling Helpline	1-888-230-3505

## ANGER MANAGEMENT

CAMH-Centralized Assessment	416-535-8501 x 6878
Central Toronto Youth Services	416-924-2100
Family Service Association of Toronto	416-595-9618
John Howard Society	416-925-4386
North York Women's Centre	416-781-0479
West End Walk-in Counselling Centre	416-394-2424 x 34

## ANXIETY/PANIC

Centre For Addiction and Mental Health -Mood and Anxiety Disorders Program	416-535-8501 x 4747
Humber River Regional Hospital	416-249-8111
North York General Hospital	416-756-6642
North York Women's Centre	416-781-0479
Obsessive Compulsive Disorder Helpline	416-920-5887
Sunnybrook Women's College	416-480-4611
Toronto East General Hospital	416-469-6204 or 416-469-7608

## ASSERTIVE COMMUNITY TREATMENT (ACT)

Access 1	1-888-640-1934
CMHA East Metro Act Team Steeles - Lake, Victoria Park - Port Union	416-289-6285 x 243
CMHA New Dimensions ACT Team Steeles - Lake, Victoria Park - Port Union	416-289-6285 x 243
CMHA West Metro ACT Team Steeles - St Clair, Humber-Allen	416-789-7957 x 282
COMPASS - Toronto East Gen Hospital St. Clair - Lake, Don River - Victoria Park	416-461-2000 x 226
CONTACT - St. Michael's Hospital Bloor - Lake, Yonge - Victoria Park	416-864-5120
IMPACT - Toronto Western Hospital St. Clair - Lake, Keele - Yonge	416-603-5800

*Continued on next page*

## **ASSERTIVE COMMUNITY TREATMENT (ACT) *Cont'd.***

Mount Sinai Hospital ACT Team	
Eglinton - Lake, Hwy 427 - Victoria Park	416-586-9900
North York General Hospital ACT Team,	
Hwy 7 - St. Clair, Keele - Victoria Park	416-632-8708
Reconnect ACT Team	
Vic Park - Islington, Eglinton - Lake	416-248-2050 x 239
Scarborough Hospital ACT Team	
Steeles - Lake, Victoria Park - Port Union	416-431-8230
South Central Etobicoke ACT - Trillium	
Islington to Hwy 10, Eglinton - Lake	416-521-4051
SUNPACT - Sunnybrook Hospital	
Sheppard - St Clair, Bathurst - Don Valley	416-480-6100 x 7079
West End ACT Team - St. Joseph's HC	
Eglinton - Lake, Humber River - Dufferin	416-530-6130

## **BEREAVEMENT**

Adult Grief Support Program-East Toronto	416-926-0905 or 416-496-6431
Adult Grief Support Program-West Toronto	416-515-0197
AIDS Committee of Toronto (ACT)	416-340-2437
Bereaved Families of Ontario-Toronto (Multi-Faith)	416-440-0290
Bereaved Jewish Families of Ontario:	416-638-7800 x 202
Bereavement Support Group-Wellspring	416-480-4440
C.O.P.E.S (Community Of People Extending Support)	416-767-6793
Distress Centre Suicide Survivor Support Program	416-595-1716
Taylor Place Self-Help Recovery Group	416-447-7244
The Canadian Centre for Bereavement Education	416-926-0905

## **CASE MANAGEMENT SERVICES**

Access 1	1-888-640-1934
Across Boundaries	416-787-3007
Alternatives (East York)	416-285-7996
Bayview Community Services	
(Eglinton - Steeles, Bathurst-Kennedy)	416-495-7778
Central Toronto Youth Services	416-924-2100
CMHA - East (Yonge - Port Union, Steeles-Lake)	416-289-6285
CMHA - West (Yonge - Hwy 427, Steeles-Lake)	416-789-7957
Community Care Access Centre	416-310-2222
Community Resource Connections Toronto	416-482-4103
COTA Health	416-785-9230
Hong Fook	416-493-4242
Reconnect Mental Health Services	416-248-2050
St Elizabeth Health Care	416-498-8600
Scarborough Hospital (Scarborough)	416-495-2627
TEGH-Reach Services (Yonge - Vic Pk, Eglinton-Lake)	416-461-2000
Tor North Support (Humber - Vic Pk, Steeles-Eglinton)	416-499-5969
Wilkenson (Downtown)	416-461-5629
Woodgreen (DVP-Vic Pk, Danforth-Lake)	416-645-6000

## COMMUNITY HEALTH CENTRES

### Etobicoke

Access Alliance Multicultural Community Health Centre and West End Non-Insured Walk-in Clinic	416-760-8677
The Four Villages Community Health Centre	416-604-3362
LAMP Community Health Centre	416-252-6475
Rexdale Community Health Centre	416-744-0066
Rexdale's John Garland Satellite	647-288-0281
Stonegate Community Health Centre	416-231-7070
Unison Health and Community Services - Keele-Rogers	416-653-5400

### North York

Black Creek Community Health Centre	416-249-8000 or 416-246-2388
Flemingdon Health Centre	416-429-4991
Unison Health and Community Svcs - <b>Bathurst-Finch</b>	647-436-0385
Unison Health and Community Svcs - <b>Jane-Trethewey</b>	416-645-7575 x 3
Unison Health and Community Svcs - <b>Lawrence Hts</b>	416-787-1661

### Scarborough

Access Alliance Multicultural Community Health Centre	416-693-8677
Scarborough Centre for Healthy Communities	416-642-9445
Scarborough Centre for Healthy Communities Satellite	416-297-7490
TAIBU Community Health Centre	416-644-3536

### Toronto / East York

Access Alliance Multicultural Community Health Centre	416-324-8677
Anishnawbe Health Toronto	416-360-0486
The Anne Johnston Health Station	416-486-8666
Centre Francophone de Toronto	416-922-2672
Davenport-Perth Neighbourhood Centre	416-656-6812
East End Community Health Centre	416-778-5858
The Four Villages Community Health Centre	416-604-3361
Parkdale Community Health Centre	416-537-2455
Parkdale Community Health Centre Satellite	416-537-8222
Queen West Community Health Centre	416-703-8482
Regent Park Community Health Centre	416-364-2261
Sherbourne Health Centre	416-324-4180
Shout Clinic Central Toronto Community Health Centre	416-703-8480
South Riverdale Community Health Centre	416-461-2493
Women's Health in Women's Hands	416-593-7655

## CONSUMER INITIATIVES

A-Way Express Courier Service	416-424-2266
Consumer/Survivor Information Resource Centre	416 595-2882
The Empowerment Council	416-535-8501 x 4022
Fresh Start Cleaning and Maintenance	416-504-4262
Friends and Advocates	416-234-9245
Ontario Council of Alternative Businesses	416-504-1693
Sound Times Support Services	416-979-1700

## COUNSELLING

519 Church Street Community Centre	416-392-6874
Clinic for Person Centered Psychotherapy	416-229-2399
East Toronto Health Centre	416-778-1496
Psychotherapy and Counselling Centre	416-516-6969
Sunnybrook Psychotherapy for Women	416-591-2000
Toronto Family Service Association	416-595-9618
Toronto General-Women's Mental Health Clinic	416-340-3048
Woodgreen Walk-In Counseling	416-645-6000 x 2512

## CRISIS SUPPORT/DISTRESS LINES

Anishnawbe 24/7 (Aboriginal clients)	
- Mental Health Crisis Management Service	416-891-8606
Assaulted Women's Helpline	416-863-0511
Distress Line	416-408-4357
Gerstein Crisis Centre (Downtown)	416-929-5200
Kids Help Phone	1-800-668-6868
Saint Elizabeth (North York, Etobicoke)	416-498-0043
Scarborough Hospital (Scar, East York)	416-495-2891
Senior Crisis Access Line	416-619-5001
Toronto Rape Crisis Centre	416-597-8808
Warm Line (8pm - 12am)	416-960-9276
Youthdale's Crisis Support Team	416-363-9990

## DEVELOPMENTAL DISABILITIES

Developmental Services Toronto	<a href="http://www.dsto.com">www.dsto.com</a>
Griffin Centre	416-222-1153

## EARLY INTERVENTION IN PSYCHOSIS PROGRAMS

CAMH - Mood & Anxiety	416-535-8501
CAMH - Schizophrenia Program (Downtown)	416-535-8501
Central Toronto Youth Services	416-504-6100
CMHA Toronto (Vic Pk - Islington, Bloor - Steeles)	416-789-7957
Community Resource Connections Toronto	
COPE (Scarborough)	416-482-4103
Family Outreach & Response Program With HASTE	
- Family (Downtown)	416-539-9449
Family Outreach & Response Program	
- With HASTE - Family (Scarborough)	416-482-4103
Humber River Hospital	416-658-2022
Mood Disorders Assoc. Family & Youth	
(North & Central Toronto)	416-486-8046
Rouge Valley HS - FITT (Scarborough)	416-281-7301
St. Michael's Hospital - STEPS (Vic Pk-Yonge, Lake-Bloor)	416-864-6060
Schizophrenia Society of Ontario - Family	416-449-6830
University Health Network - AIM	416-603-5071

## **EATING DISORDERS**

Bellwood Health Services	866-475-3254
Centre for Addiction and Mental Health - Eating Disorders and Addiction Clinic	416-535-8501 x 36482
The Kyla Fox Therapy Centre	416-518-0440
The National Eating Disorder Information Centre - (NEDIC) - Helpline	416-340-4156
Sheena's Place	416-927-8900
Sick Kids-Eating Disorders Program	416-813-7195

## **EMPLOYMENT / VOCATIONAL**

Booth Packaging & Supportive Services	416-255-7070
CMHA Toronto	416-789-7957 x 228
Corbrook	416-245-5565
COSTI	416-789-7925
Goodwill Industries	416-362-4711
JVS Toronto	416-787-1151
Plus & Transitional Employment Program	416-693-2116
Volunteer Toronto	416-961-6888

## **FAMILY SUPPORT**

CMHA Toronto	416-789-7957 x 260
Concerned Parents of Toronto	416-492-1468
Family Assoc for Mental Health Everywhere	416-207-5032
Family Outreach and Response	416-539-9449
Family Resource Centre	416-535-8501 x 4015
Family Support Program - Toronto East Gen	416-461-2000 x 223
Family Support Program - Toronto Western	416-603-5747
Hong Fook Mental Health Association	416-493-4242 x 2264
Mood Disorders Association of Ontario	416-486-8046
Schizophrenia Society of Ontario	416-449-6830

## **FINANCIAL SUPPORT**

Canada Pension Plan (CPP)	1-800-277-9914
Canada Revenue Agency-General Inquiry	1-800-959-8281
Credit Counseling Service of Toronto	416-228-3328
GST Refund Cheque Information	1-800-959-1953
Office of the Public Guardian and Trustee	416-314-2800
Ontario Disability Support Program	416-325-5666
Ontario Works (OW)	416-397-0330
OW or ODSP Social Benefits Tribunal	416-326-0978
Workplace Safety and Insurance Board (WSIB)	416-344-1000

## **FOOD BANKS**

Foodshare Foodlink Hotline	416-392-6655
----------------------------	--------------

## GOVERNMENT / HEALTH SYSTEM

Local Health Integration Networks (LHIN)

**CENTRAL** 905-948-1872      **CENTRAL EAST** 905-427-5497

**CENTRAL WEST** 905-455-1281      **TORONTO CENTRAL** 416-921-7453

Ombudsman Toronto      416-392-7062

Ombudsman Ontario Complaints Line      1-800-263-1830

Mental Health Commission of Canada      613-683-3755

## HEALTH CARE

Association of Ontario Health Centres      416-236-2539

Adelaide Centre for Women (OHIP not required)      416-392-9243

Aids and Sexual Health Info Line      416-392-2437

Birth Control & STD Clinic (OHIP not required)      416-789-4541

Hassle Free Clinic      416-922-0566

Health Centre-Queen West (OHIP not required)      416-703-8482

Med Visit Doctors House Call Service      416-631-3000

Public Health Clinic (Free/Low Cost Dental Services)      416-392-6683

Service Ontario      416-314-5518

Street Health Community Clinic      416-921-8668

Telehealth Ontario      1-866-797-0000

Toronto Public Health      416-338-7600

## HOMELESSNESS/SHELTERS/OUTREACH

416 Drop In Centre (Women)      416-928-3334

Assessment and Referral Centre      1-877-338-3398

Families (Central Family Intake)      416-397-5637

Hostel Outreach Program - COTA (Men)      416-785-9230

Hostel Outreach Program - CRCT (Women)      416-482-4103

St. Stephen's Corner Drop In      416-964-8747

Street Health (Downtown)      416-921-8668

Street Outreach (North York)      416-990-3317

Streets to Homes      416-392-0090

The Meeting Place Drop In      416-504-4275

Youth Hostel Outreach Program - CTYS      416-504-6100

## HOUSING HELP CENTRES

Albion Services (South Etobicoke)      416-252-5990

Albion Services (North Etobicoke)      416-740-3704

COSTI (North York)      416-244-0480

East York Housing Help Centre      416-698-9306

Flemington Neighborhood Services      416-424-2900

Scarborough Help Centre      416-285-8070

West Toronto Community Legal Services      416-531-0841

Woodgreen (East York)      416-645-6000

Unison Health & Community Services      416-653-5400

## HOUSING

Federation of Metro Tenants' Associations      416-921-9494

Landlord and Tenant Board      416-645-8080

Toronto Mental Health and Addictions

    Supportive Housing Network (CASH)      416-979-5496

Toronto Social Housing Connections      416-981-6111

## **INFORMATION & REFERRAL**

Access Toronto	311
CAMH - McLaughlin Information Centre	416-595-6111
Community Care Access Centre	416-506-9888
Findhelp Toronto	211
Hospice Association of Ontario	416-304-1477
Mental Health Service Information (Connex)	1-866-531-2600
Palliative Care Information Centre of Toronto	416-480-4844

## **JUSTICES OF THE PEACE**

444 Yonge Street (Toronto)	416-325-8967
60 Queen St West (Old City Hall)	416-327-5179
1000 Finch Ave West (North York)	416-314-4213
1911 Eglinton Ave East (Scarborough)	416-325-0354
2201 Finch Ave West (Etobicoke)	416-314-3973

## **LEGAL/ADVOCACY**

ACE (Advocacy Centre for the Elderly)	416-598-2656
ARCH Disability Law Centre	416-482-8255
Canadian Civil Liberties Association	416-363-0321
Community Legal Education Ontario (CLEO)	416-408-4420
Equality Rights in Accommodation	416-944-0087
Legal Aid	416-979-1446
Ontario Human Rights Commission	416-326-9511
Psychiatric Patient Advocates Office	416-327-7000
Schizophrenia Society of Ontario	416-449-6830

## **MENTAL HEALTH & JUSTICE NETWORK**

### **MENTAL HEALTH & JUSTICE PREVENTION PROGRAMS**

North Toronto - COTA Health	416-514-1425
East Toronto - CMHA Toronto	416-458-9466
South Toronto - Sound Times Support Services	416-979-1700
West Toronto - Reconnect Mental Health Services	416-248-2050
City-Wide (ages 16 - 24) - CTYS New Outlook	416-924-2100
Fred Victor Centre	416-364-8228
Toronto Friendship Centre	416-368-8179

### **POLICE MOBILE CRISIS INTERVENTION TEAMS**

NW Toronto – Humber River Hosp. & Div 12, 13, 31	416-808-2222 or 911
SW Toronto – St. Josephs & Div 11, 14	416-808-2222 or 911
East Toronto – Tor. East Gen & Div 54, 55 4	416-808-2222 or 911
Scarborough – Scar. Hosp. & Div 41, 42, 43	416-808-2222 or 911
Downtown – St. Michaels & Div 51, 52	416-808-2222 or 911

### **COURT AND CUSTODY-BASED MENTAL HEALTH SERVICES**

College Park Court - CRCT	416-598-8103
East Toronto - Scarborough Court - CMHA	416-285-4177
North Toronto - North York Court - COTA Health	416-667-0933
South Toronto - Old City Hall Court - CRCT	416-364-8394
West Toronto - Finch Court - Etobicoke - CMHA	416-745-5775

*Continued on next page*



## MENTAL HEALTH AND JUSTICE NETWORK *Cont'd.*

### COMMUNITY SUPPORT SERVICES

<b>A)</b> North Toronto - North York General Hospital	
- Adult Mental Health Case Mgmt Program	416-632-8701
East Toronto - Scarborough Court - CMHA	416-285-4177
West Toronto - Finch Court (Etobicoke) - CMHA	416-745-5775
South Toronto - Old City Hall Court-CRCT	416-364-8394
<b>B)</b> Specialized Supports for Individuals with Dual Diagnosis (mental illness and developmental disability)	
COTA Health CM (city - wide) - Dual Diagnosis	416-785-9230
<b>C)</b> Specialized Supports for Individuals with Concurrent Disorders (mental illness and substance abuse)	
CTYS, New Outlook (ages 16 -24)	416-924-2100
Reconnect (West Tor) -with The Jean Tweed	416-255-7359

### RESIDENTIAL SERVICES

Long-term Housing with Support Services Registry (CMHA, COTA, HouseLink, LOFT)	416-757-6454
Safe Bed Registry (CMHA, COTA, Reconnect, Gerstein)	416-248-4174

### PROFESSIONAL ASSOCIATIONS

Canadian Counselling and Psychotherapy Association	1-877-765-5565
Canadian Psychiatric Association	613-234-2815
College of Physicians & Surgeons of Ont	416-967-2600
College of Psychologists of Ont	416-961-8817
Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists	416-298-7333
Ontario College of Social Workers and Social Service Workers	416-972-9882
Ontario Gerontology Association	416-535-6034
Ontario Psychological Association	416-961-5552
Ontario Society of Psychotherapists	416-923-4050

### PSYCHIATRIC ASSESSMENTS

CAMH - Centralized Assessment, Triage & Support (CATS)	416-535-8501 x 6878
CAMH – Forensic Brief Assessment Unit	416-535-8501 x 2936
Mount Sinai – General Assessment Service	416-586-4800 x 4568
St. Michael's - Assessment Clinic	416-864-5120
Sick Kids - Urgent Care Clinic	416-813-7005
Toronto Western - Asian Initiative	416-603-5349
Toronto Western - Community Mental Health Clinic	416 603 5747
Toronto Western - Portuguese Mental Health & Addictions	416-603-5747
Women's College - Mental Health in Medicine	416-323-6010

## SENIORS

CCAC - Community Care Access Centre	416-310-2222
Chinese Seniors Health Centre - Mt. Sinai	416-321-5785
Community Seniors Mental Health Services	<a href="http://www.csmhas.com">www.csmhas.com</a>
Geriatric Community Service - Baycrest	416-785-2500 x 2730
Geriatric Mental Health Services - COTA	416-785-9230
Geriatric Psychiatry Service - Toronto Rehab	416-597-3422 x 3041
Neighborhood Link Support Services	416-691-7407
Psychiatric Day Hospital - Baycrest	416-785-2500 x 2700
Psychiatric Services for the Elderly - Sunnybrook	416-480-4663

## SETTLEMENT SERVICES

Access Alliance	416-760-8677
Afghan Women's Organization	416-588-3585
Bloor Information & Life Skills Centre	416-531-4613
Catholic Crosscultural Services:	416-757-7010
Culture Link Settlement	416-588-6288
Polycultural Immigrant & Comm. Services	416-533-9471
Scadding Court Community Centre	416-392-0335
South Asian Women's Centre	416-537-2276
Toronto Chinese Comm. Association	416-977-4026
Working Skills Centre	416-703-7770
West End Walk-in Counseling Centre	416-394-2424

## SOCIAL ACTIVITIES/GROUPS

Among Friends (Lakeshore & Islington)	416-251-8666
Friends and Advocates (Bloor & Dundas)	416-234-9245
Friendship Club (Queen & Logan)	416-645-6000
Getting in Touch (Jane & Driftwood)	416-663-2733
Our Place (Yonge & Dundas)	416-598-2919
PLUS (Lawrence & Don Valley)	416-693-2116
Progress Place (Church & Wellesley)	416-323-0223
Sistering (Dufferin & Queen)	416-588-3939
Sound Times (Dundas & Parliament)	416-979-1700
What Next! (Sheppard & Dufferin)	416-449-4555

## SUPPORT GROUPS/SELF HELP

Emotions Anonymous	<a href="http://www.emotionsanonymous.org">www.emotionsanonymous.org</a>
Mood Disorders Association	416-486-8046
Self - Help Resource Centre Info Line	416-487-4355

## TRANSPORTATION SERVICES

Toronto Transit Commission (TTC)	416-393-4636
Wheel Trans	416-393-4111

### East York

Call A Service Inc./ Harmony Hall Centre for Seniors	416-752-8868
Neighbourhood Link Support Services	416-691-7407
Storefront Humber	416-259-4207

### North York

Care-Ring North West	416-961-0447
Circle of Care	416-635-2860 x 431
Don Mills Foundation for Seniors (DMF)	416-447-7244 x 41
Downsview Services to Seniors	416-398-5510
NeighbourLink North York	416-221-8283
North York Seniors Centre	416-225-1231 x 31

### Scarborough

Agincourt Community Services Assoc	416-321-6912
Warden Woods	416-694-1138 x 35
Carefirst Seniors and Community Services Assoc	416-502-2323
St. Paul's L'Amoreaux Seniors' Centre	416-493-3333
Scarborough Centre For Healthy Communities	416-847-4125
Trans Care Community Support Service	416-750-9885

### Toronto

Canadian Red Cross Society	416-236-3180
Dignity Transportation Inc	416-398-2222
Good Neighbours Club	416-366-5377
Mid-Toronto Community Services	416-962-9449 x 31
NeighbourLink Downtown	416-921-7214
St. Christopher House	416-532-4828
Scott Mission	416-923-8872
Silver Circle: West Toronto Support Services	416-653-3535
WoodGreen Community Centre of Toronto	469-5211 x 1247

## YOUTH

Central Toronto Youth Services	416-924-2100
Children's Mental Health of Ontario	416-921-2109
Delisle Youth Services	416-482-0081
East Metro Youth Services	416-438-3697
George Hull Centre	416-622-8833
Hincks - Dellcrest	416-924-1164
Kids Help Phone	1-800-668-6868
Shoniker Clinic (RVHS)	416-281-7301
West End Walk-in Counseling Centre	416-394-2424

## CMHA ONTARIO BRANCHES

CMHA Ontario Division: 416-977-5580

• Brant County Branch	519-752-2998
• Champlain East Branch	613-933-5845
• Cochrane Timiskaming Branch	705-267-8100
• Durham	905-436-8760
• Elgin Branch	519-633-1781
• Fort Frances Branch	807-274-2347
• Grey-Bruce Branch	519-371-3642
• Haldimand and Norfolk Branch	519-428-2380
• Haliburton, Kawartha, Pine Ridge Branch	705-748-6687
• Halton Region Branch	905-693-4270
• Hamilton Branch	905-521-0090
• Hastings & Prince Edward Counties Branch	613-969-8874
• Huron Perth Branch	1-888-875-2944
• Kenora Branch	807-468-1838
• Kingston Branch	613-549-7027
• Lambton Kent Branch	519-436-6100
• Leeds and Grenville Branch	613-345-0950
• London-Middlesex Branch	519-434-9191
• Niagara Branch	905-641-5222
• Nipissing Regional Branch	705-474-1299
• Ottawa Branch	613-737-7791
• Oxford County Branch	519-539-8055
• Peel Branch	905-451-2123
• Sault Ste. Marie Branch	705-759-0458
• Simcoe County Branch	705-726-5033
• Sudbury-Manitoulin Branch	705-675-7252
• Thunder Bay Branch	807-345-5564
• Toronto Branch	416-789-7957
• Waterloo Wellington Dufferin Branch	519-821-8089
• Windsor-Essex County Branch	519-255-7440
• York Region Branch	905-841-3977



### CMHA Toronto Branch Information & Decision Support

700 Lawrence Ave. West, Suite 480, Toronto ON M6A 3B4  
Tel: 416-789-6880 Fax: 416-789-6895  
westdecisionsupport@cmha-toronto.net

1200 Markham Rd., Suite 500, Scarborough ON M1H 3C3  
Tel: 416-289-6880 Fax: 416-289-4306  
eastdecisionsupport@cmha-toronto.net