

# Guide to Mental Health Resources and Supports

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

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

## Wexford Collegiate School for the Arts:

**Guidance Department** - counsellor assigned by surname

- [holly.mcguire@tdsb.on.ca](mailto:holly.mcguire@tdsb.on.ca) (A-H) (416 396-6874 extension 20041)
- [beverley.palen@tdsb.on.ca](mailto:beverley.palen@tdsb.on.ca) (I-Q) (extension 20042)
- [johnson.kong@tdsb.on.ca](mailto:johnson.kong@tdsb.on.ca) (R-Z) (extension 20043)

**TDSB Social Worker** – Chitra Koneri (Tuesday am & Friday); contact: [chitra.koneri@tdsb.on.ca](mailto:chitra.koneri@tdsb.on.ca); 647 229-2648

**TDSB Child and Youth Worker** – Dwight Bleary (Mondays & Wednesday and every other Friday); contact: [dwright.bleary@tdsb.on.ca](mailto:dwright.bleary@tdsb.on.ca) or through WSA Support Services 416 396-6874 extension 20040

**Wex Wellness** – Student Centered Wellness Club; contact: [maari.lowe@tdsb.on.ca](mailto:maari.lowe@tdsb.on.ca) or [amy.slocum@tdsb.on.ca](mailto:amy.slocum@tdsb.on.ca)

## Resources Outside of School:

### Telephone Lines

- ❖ **Kids Help Phone**, 24/7 confidential telephone and online counselling for youth (to age 20), 1-800-668-6868, <https://www.kidshelpphone.ca/teens/home/splash.aspx>
- ❖ **Telehealth Ontario**, 24/7 confidential telephone information and advice from a registered nurse, 1-866-797-0000, <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>
- ❖ **Mental Health Helpline**, 24/7 confidential information about counselling and supports in the community, funded by the Ontario government, 1-866-531-2600, <http://www.mentalhealthhelpline.ca/Home/About>
- ❖ **Gerstein Crisis Centre**, 24/7 confidential telephone crisis line, trained community crisis workers many of whom have personal experience with mental illness, (416) 929-5200, <http://gersteincentre.org/>

- ❖ **Youthdale Crisis Service**, 24/7 telephone access to trained mental health professionals for Ontario parents and legal guardians, includes assessment and, if necessary, mobile response and/or admission for treatment, (416) 363-9990, [http://youthdale.ca/en/crisis\\_services/crisis\\_line.php](http://youthdale.ca/en/crisis_services/crisis_line.php)

## Walk-in Clinics

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

- ❖ Central listing of **What's Up walk in clinics** for youth listing 6 locations across the city with their hours and contact information, <http://www.whatsupwalkin.ca/service-providers/>
- ❖ **East Metro Youth Services**, offers walk-in clinic 6 days/week with mental health and addictions counselling for youth (to age 29) and families, 1200 Markham Road (at Ellesmere) 2nd floor, Ste 200 (416) 438-3697, <http://emys.on.ca/getting-help/walk-in-clinic>

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

Monday: 2pm – 8pm  
Tuesday: 10am – 5pm  
Wednesday: 2pm – 8pm  
Thursday: 2pm – 8pm  
Friday: 10am – 5pm  
Saturday: 10am – 2pm

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

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

Monday: 10am – 6pm (last session at 5pm)  
Tuesday: 10am – 2pm (last session at 1pm)  
Wednesday: 2pm – 8pm (last session at 7pm)  
Thursday: 2pm – 6pm (last session at 5pm)  
Friday: 10am – 2pm (last session at 1pm)

- ❖ **Delisle Youth Services (Skylark)**, offers walk-in clinic for youth (ages 13 – 21) coping with mental health issues and/or addictions 4 days/week, 40 Orchard View Blvd. (Yonge & Eglinton) Suite 102, (416) 482-0081, <http://www.skylarkyouth.org/what-we-do/programs-counselling-services/walk-in-clinics/>
- ❖ **Oolagen Youth Mental Health (Skylark)**, offers walk-in clinic with trained clinicians 5 days/week for youth (to age 18) and families, 65 Wellesley Street East (at Church), suite 500, (416) 395-0660, <http://www.selfhelp.on.ca/2014/07/oolagen-community-services-2/>