

## Mental health resources: Ontario

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
Across Boundaries	<a href="https://acrossboundaries.ca">acrossboundaries.ca</a>	Mental health and addiction support for racialized communities around Toronto.	<a href="#">Ontario</a>	<a href="#">Online services and in-person services</a>	<a href="#">Wellness support and addiction support</a>	<a href="#">Racialized communities</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
Boots on the Ground Ontario	<a href="https://1-833-677-2668">1-833-677-2668</a>	BOTG provides first responders and military members with an anonymous helpline wherein they can receive peer support.	<a href="#">Ontario</a>	<a href="#">Telephone</a>	<a href="#">Peer support</a>	<a href="#">Public safety personnel</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a>
Canadian Mental Health Association Ontario	<a href="https://ontario.cmha.ca">ontario.cmha.ca</a>	CMHA has many mental health resources, services, and projects.	<a href="#">Ontario</a>	<a href="#">Resource hub</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
CMHA: LGBTQ-Identified People and Mental Health	<a href="https://ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health">ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health</a>	Information and resources for mental health of the LGBTQ2SIA+ community.	<a href="#">Ontario</a>	<a href="#">Resource hub</a>	<a href="#">Wellness support</a>	<a href="#">LGBTQ2SIA+</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
ConnexOntario	<a href="https://connexontario.ca/en-ca">connexontario.ca/en-ca</a>	Offers a 24/7 text service, 24/7 helpline, resource hub, and a directory to find nearby mental health centres.	<a href="#">Ontario</a>	<a href="#">Online service, navigation tool</a>	<a href="#">Wellness and addiction support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	—	<a href="#">English, French</a>
ConnexOntario: Telephone	<a href="https://1-866-531-2600">1-866-531-2600</a>	Provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health, 24/7.	<a href="#">Ontario</a>	<a href="#">Telephone</a>	<a href="#">Wellness support and addiction support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	—	<a href="#">English, French</a>
Distress and	<a href="https://dcontario.org">dcontario.org</a>	Offers in-person centres	<a href="#">Ontario</a>	<a href="#">Online and in-</a>	<a href="#">Crisis support</a>	<a href="#">General</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>

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Crisis Ontario		that operate 24/7, mental health helplines, and support services for Ontarians.		<a href="#">person services.</a> <a href="#">telephone</a>		<a href="#">population</a>					
Friends of Ruby	<a href="https://friendsofruby.ca">friendsofruby.ca</a>	Supports the LGBTQ+ community with free counselling, housing, and social services across Ontario.	<a href="#">Ontario</a>	<a href="#">Online service and in-person service</a>	<a href="#">Wellness support</a>	<a href="#">LGBTQ2SIA+</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	—	<a href="#">English</a>
Hong Fook Association	<a href="https://hongfook.ca/association">hongfook.ca/association</a>	Provides culturally specific mental health services in multiple languages for the Asian community in the Greater Toronto Area.	<a href="#">Ontario</a>	<a href="#">Online services and in-person services</a>	<a href="#">Wellness support</a>	<a href="#">Asian population</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English, Simplified Chinese, Korean, Vietnamese, e. Khmer</a>
Jewish Addiction Community Services (JACS) Toronto	<a href="https://jacstoronto.org">jacstoronto.org</a>	Offers mental health and addiction support services, including counselling and group therapy.	<a href="#">Ontario</a>	<a href="#">Online service</a>	<a href="#">Addiction support</a>	<a href="#">Jewish population</a>	<a href="#">Yes</a>	—	—	<a href="#">Yes</a>	<a href="#">English</a>
Jewish Family and Child Service of Greater Toronto	<a href="https://jfacds.com/mentalhealthandwellness">jfacds.com/mentalhealthandwellness</a>	Culturally competent counselling, workshops, support groups, and more for Jewish families around Toronto.	<a href="#">Ontario</a>	<a href="#">Online services and in-person services</a>	<a href="#">Wellness support</a>	<a href="#">Jewish population</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
Métis Nation of Ontario Crisis Line	<a href="https://1-877-767-7572">1-877-767-7572</a>	24-hour mental health and addictions crisis line.	<a href="#">Ontario</a>	<a href="#">Telephone</a>	<a href="#">Crisis and addiction support</a>	<a href="#">Indigenous population</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
Ontario Immediate Family Wellness Program	<a href="https://onfamilywellness.ca">onfamilywellness.ca</a>	Provides compassionate assistance for grieving families of individuals who have died in the line of duty or by suicide in Ontario.	<a href="#">Ontario</a>	<a href="#">Online service</a>	<a href="#">Wellness support</a>	<a href="#">Families of public safety personnel</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>

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Ontario Shores: Health Care Worker Assist Program	<a href="https://ontarioshores.ca/services/health-care-worker-assist-program">ontarioshores.ca/services/health-care-worker-assist-program</a>	Provides quick access to a trained mental health professional for health care workers.	<a href="#">Ontario</a>	<a href="#">Online services and in-person services</a>	<a href="#">Wellness support</a>	<a href="#">Health care providers</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a>
Ontario Structured Psychotherapy Program	<a href="https://ontariohealth.ca/getting-health-care/mental-health-addictions/depression-anxiety-ontario-structured-psychotherapy#findOSTN">ontariohealth.ca/getting-health-care/mental-health-addictions/depression-anxiety-ontario-structured-psychotherapy#findOSTN</a>	Offers online, self-led psychotherapy services, as well as in-person sessions with a therapist. These services are for people 18+ experiencing symptoms of anxiety or depression.	<a href="#">Ontario</a>	<a href="#">Online and in-person services</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a> , <a href="#">French</a>
South Asian Women's Centre	<a href="https://sawc.org">sawc.org</a>	Provides wellness groups, counselling, and crisis intervention for South Asian women living in Ontario.	<a href="#">Ontario</a>	<a href="#">In-person service</a>	<a href="#">Wellness support</a>	<a href="#">South Asian women</a>	<a href="#">Yes</a>	—	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
St. Joseph's Hospital: Mental Health Services for Health & Community Care	<a href="https://stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/mental-health-services-for-hcw">stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/mental-health-services-for-hcw</a>	Offers confidential and professional mental health support for health care workers.	<a href="#">Ontario</a>	<a href="#">Online service</a>	<a href="#">Wellness support</a>	<a href="#">Health care providers</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a>
The Royal: Frontline Wellness	<a href="https://theroyal.ca/frontline-wellness">theroyal.ca/frontline-wellness</a>	Offers confidential support for health care workers through quick access to a trained mental health professional.	<a href="#">Ontario</a>	<a href="#">Online service</a>	<a href="#">Wellness support</a>	<a href="#">Health care providers</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a> , <a href="#">French</a>
Trenton Military Family Resource Centre: Mental	<a href="https://trentonmfrfc.ca/mental-health-services">trentonmfrfc.ca/mental-health-services</a>	The MFRFC has a team of mental health professionals that support military family	<a href="#">Ontario</a>	<a href="#">In-person service</a>	<a href="#">Wellness support</a>	<a href="#">Military members, Veterans, and their families</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a> , <a href="#">French</a>

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Health Team		members, offering various services for adults, couples, teenagers, and children.									
Waypoint: Frontline Wellness	<a href="https://waypointcentre.ca/programs_and_services/frontline_wellness_program">waypointcentre.ca/programs_and_services/frontline_wellness_program</a>	A free support system for health care workers. Includes access to services to manage mental health challenges.	<a href="#">Ontario</a>	<a href="#">Online services and in-person services</a>	<a href="#">Wellness support</a>	<a href="#">Health care providers</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English, French</a>
Wounded Warriors Canada: First Responder Assist	<a href="https://woundedwarriors.ca/our-programs/first-responder-assist">woundedwarriors.ca/our-programs/first-responder-assist</a>	The First Responder Assist program provides crisis support and clinical therapy for first responders.	<a href="#">Ontario</a>	<a href="#">Online and in-person services</a>	<a href="#">Wellness support</a>	<a href="#">Public safety personnel</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English, French</a>