

Community Resources

Is personal therapy with me not a good fit? No problem! Try these options around the Durham Region.

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Introduction



Hi there! My name is Anna and I'm a Registered Psychotherapist practicing in Ontario Canada. With a **decade of experience** in the healthcare field, I'm constantly finding new ways to support those in my community seeking answers to their mental health concerns.

I've worn many 'hats' in my career, from Recreation Therapist and Palliative Care Coordinator to Psychotherapist and **Clinical Trauma Specialist**, and it's left a lasting impact on how I approach my work.

One of the lingering pieces has been about how awkward and stressful it can be to look for mental health services. I've been on both sides of that experience, and let me tell you, it can be overwhelming!

And so, my solution was to create this package!

You'll find a variety of information that you can utilize in your quest to find the right support for you. You're also welcome to pass it along to a friend who might benefit from it.

So let's get started from the beginning and go from there!

Crisis Lines

Apart from a simple Google search, here are some options that will get you more specific results.

Canada Suicide Crisis Helpline

24-Hour crisis line
988

Hospital-Based Crisis Services

Lakeridge Health Ajax:

(905) 683-2320

Lakeridge Health Oshawa:

(905) 433-4384/(905)576-8711

Ontario Shores

24-7 Crisis Line

1-800-263-2679

The Assaulted Women's 24-7 Help Line

1-866-863-0511

Kids Help Phone

24-hour crisis line

1-800-668-6868

Distress Centre Durham

24-hour crisis line

905-430-2522

1-800-452-0688

Durham Mental Health Services

24-hour crisis line

905-666-0483

1-800-742-1890

TTY 1-866-620-3490

Indian Residential Schools Crisis Line

1-866-925-4419

Indian Residential School Survivors

Society

Crisis line

1 (800) 721-0066

Lakeridge Health Crisis Intervention Team

7:30 a.m. to 11:30 p.m. daily

905-433-4384

Addiction Services

- [Pinewood Centre of Lakeridge Health \(Alcohol, Drug & Gambling Treatment Services\)](#)
- [Renascent Centre \(Addiction Treatment Program and Services\)](#)
- [Alcoholics Anonymous in Durham Region](#)
- [Narcotics Anonymous \(Central Lake Ontario Area\)](#)
- [Sex and Love Addicts Anonymous](#)

BIPOC Resources

- [Indian Residential School Survivors Society](#)
- [CAREA - Indigenous Programs](#)
- [Hope For Wellness](#)
- [Métis Nation of Ontario](#)
- [Taibu Community Health Centre](#)
- [Mississaugas of Scugog Island First Nations](#)
- [Directory: Health Centres & Programs for Indigenous Peoples - Durham North East](#)
- [Bawaajigewin: A Place to Heal](#)
- [Black Health Alliance](#)
- [Durham1](#)
- [Carion Fenn Foundation - Durham Black Network](#)
- [Canadian Race Relations Foundation](#)
- [Asia Pacific Foundation of Canada](#)
- [Women's Multicultural Resource and Counselling Centre](#)
- [Act 2 End Racism](#)
- [Asian Community AIDS Services](#)
- [Indo-Caribbean Canadian Association](#)
- [Sankat Mochan Hanuman Mandir & Cultural Centre](#)
- [Durham Tamil Association](#)
- [Chinese Canadian National Council for Social Justice](#)
- [Womxn of Colour Durham Collective](#)
- [Kujenga Wellness Project](#)
- [IFARADA Centre for Excellence](#)
- [Durham Family and Cultural Centre](#)
- [African Canadian Cultural Council Foundation](#)
- [Congress of Black Women of Canada](#)
- [Ajax Anti-Black Racism Task Force](#)
- [Federation of Black Canadians](#)
- [Durham Community Action Group](#)

Child & Youth Services

- [Frontenac Youth Services](#)
- [Kinark Child and Family Services](#)
- [CHIMO Youth and Family Services](#)
- [Kids Help Phone](#)
- [Grandview Kids](#)

Eating Disorders

- [National Eating Disorder Information Centre](#)
- [Eating Disorder Program at Lakeridge Health](#)
- [Ontario Shores Eating Disorder Unit](#)
- [EMental Health Resources](#)
- [Eating Disorders Ontario](#)
- [Overeaters Anonymous](#)

Hospitals & Justice System

- [Lakeridge Health Oshawa](#)
- [Durham Regional Police Service](#)

LGBTQ+ Resources

- [Pflag Canada](#)
- [Pflag Durham Region](#)
- [Egale](#)
- [Asian Community AIDS Services](#)
- [Rainbow Health Ontario](#)
- [LGBTQ Youth Line](#)
- [Pride Line](#)
- [TrevorSpace](#)

Mental Health Services

- [Canadian Mental Health Association – Durham Branch \(CMHA-Durham\)](#)
- [Ontario Shores Centre for Mental Health Sciences](#)
- [COPE Mental Health Services](#)
- [Family Services Durham](#)
- [Catholic Family Services of Durham](#)
- [CAREA Community Health Centre](#)
- [Canadian Centre for Men and Families](#)
- [Connex Ontario](#)
- [COPE Mental Health Program](#)
- [AIMHS \(Formerly INTERACT Program\)](#)
- [Durham Mental Health Services](#)
- [Durham Rape Crisis Centre](#)
- [Canadian Mental Health Association](#)
- [Emotions Anonymous](#)
- [Mood Disorders Association of Ontario](#)

Senior Supports

- [Age-Friendly Durham](#)
- [Jackson Therapeutic Recreation](#)
- [Seniors Support Program](#)
- [Alzheimer Society of Durham](#)
- [Community Care Durham](#)
- [Oshawa Senior's Centre](#)
- [Service Canada for Canadian Pension Plan Information](#)
- [Comfort Keepers](#)
- [ParaMed](#)
- [Senior Helpers](#)
- [Meridian Home Health](#)
- [Caregivers with Hearts](#)
- [Healthcare at Home](#)
- [Gentle Family Care](#)
- [WWMD Home Care](#)
- [Partners in Community Nursing](#)
- [Home Instead](#)
- [At the Core](#)
- [First Light Home Care](#)
- [Bayshore](#)
- [Nurse Next Door](#)
- [Right at Home](#)
- [Home Concierge](#)

Shelters & Outreach Support

- [The Assaulted Women's 24-7 Help Line](#)
- [Back Door Mission](#)
- [Cornerstone Community Association](#)
- [Gate 3:16 Outreach Centre](#)
- [Muslim Welfare Centre](#)
- [The Denise House \(Emergency Shelter for Abused Women and their Children\)](#)
- [John Howard Society of Durham Region](#)
- [Herizon House Emergency Shelter](#)
- [Bethesda House Emergency Shelter](#)
- [Luke's Place \(Support and Resource Centre for Women & Children\)](#)
- [Y's Wish Shelter](#)

Other Community Resources

- [Hearth Place Cancer Support Centre](#)
- [Ontario Disability Support Program](#)
- [Ontario Disability Tax Credit](#)
- [Health Care Connect](#)
- [Salvation Army Community and Family Services](#)

That's it!

I hope this information was helpful to you in your journey of finding the right mental health support for you.

Did I miss one? Let me know! Everyone's needs and preferences are different, and each organization will bring their own expertise and character to the session. It's completely normal to have to try one or two different ones before finding one you really like.

If you liked this collection and want to see more of what I do, be sure to check out my blog and catch me on social media!

