

Mental health and addictions

DATE	ITEM	NOTES
2021-05-25	Toronto Drug Checking Service	https://drugchecking.cdpe.org/alerts/
2021-05-25	Mental Health and the workplace resources	https://www.workplacesafetynorth.ca/resources/mental-health
2021-05-12	Free therapist guided program	https://info.mindbeacon.com/btn542
2021-05-12	Mental health supports	https://www.mindbeacon.com/
2021-05-05	Video - Food and mental health	https://cfccanada.ca/en/Learn/Resource-Library/Resource-Categories/Webinar-Food-on-our-minds?categoryid=2
2021-05-05	The Redwood - 24hr. crisis counselling	416-533-8538
2021-04-27	City of Toronto COVID mental health resources	https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-mental-health-resources/
2021-04-14	Recovery centre for those living with mental illness	https://www.progressplace.org/approach.html
2021-01-14	Lifted By Purpose - mental health through the arts	https://liftedbypurpose.com/
2020-11-25	Gerstein mental health Recovery	WRAP - Gerstein Crisis Centre Gerstein Crisis Centre (gersteincentre.org)
2020-11-25	Religious Trauma Syndrome	www.daretodoubt.org
2020-11-04	Mental health services for newcomers	https://accessalliance.ca/programs-services/primary-health-care-services/mental-health-services/
2020-11-02	Better Life Counselling (different languages)	http://www.blcc.ca/
2020-09-17	SickKids Centre for Community Mental Health - Children up to 18 and their families	https://www.sickkidscmh.ca/Home/Our-Services.aspx
2020-09-09	Good to Talk for post-secondary students: mental health, addictions	https://good2talk.ca/ontario/
2020-09-03	Mental Health Helpline	https://www.connexontario.ca/

DATE	ITEM	NOTES
2020-09-01	Tips for people who use drugs during COVID-19	https://www.toronto.ca/wp-content/uploads/2020/03/9750-COVID-19-Harm-Reduction-Tips.pdf
2020-08-14	Emotional self-care tip sheets in different languages	https://www.the519.org/covid19-emotional-selfcare
2020-07-15	Crisis text line	www.crisistextline.ca Text HOME to 686868
2020-07-15	Toronto Family Service	https://familyservicetoronto.org/
2020-07-15	Hong Fook resources in Korean, Chinese and Vietnamese	https://hongfook.ca/association
2020-07-15	Ontario Psychological Association - find a psychologist	https://askforhelptoday.ca/
2020-07-15	Toronto seniors helpline (various languages)	416-740-1056
2020-07-15	Warm line. Line for mental health consumers.	www.warmline.ca 416-323-3721 - noon til 8pm. 416-960-9276 - 8pm to midnight
2020-07-08	Black youth help line	www.blackyouth.ca 416-285-9494
2020-07-08	CAMH. Variety of mental health and addiction programs and services.	www.camh.ca
2020-07-02	Togetherall. On-line peer support.	https://togetherall.com/en-gb/
2020-07-02	Bounce Back - on-line help for adults 15+. Coaches	www.bouncebackontario.ca
2020-07-02	Toronto Distress Centre Crisis Line	416-408-4357 or text 45645
2020-06-30	The Access Point. Apply for housing and support services for mental health.	www.theaccesspoint.ca . 416-640-1934
2020-06-30	Gerstein Mental Health Crisis Line	416-929-5200
2020-06-24	Fred Victor Supervised Consumption Service - safe injection site	145 Queen. St. East and 139 Jarvis St. 416-364-8228.
2020-06-24	Fred Victor Drug and Alcohol Withdrawal Management	145 Queen. St. East. 416-364-8228.
2020-06-24	Mental Health Court Support Services	416-482-4103/416-364-3671