

# CMHA/Peel QUICK GUIDE

Mental Health Resources serving  
Peel Region and Dufferin County

*Help*  
at your Fingertips

Who?  
How?  
Where?  
*It's all Inside!*



Canadian Mental  
Health Association  
Peel  
*Mental health for all*

Revised October 2012

<b>ABUSE</b>	
Armagh	905-855-0299 <b>M</b>
Assaulted Women's Helpline	416-863-0511 <b>T</b> 1-866-863-0511
Caledon Dufferin Victim Services	1-888-743-6496 905-951-3838 <b>C</b> 519-942-1452 <b>D</b>
<b>Catholic Family Services of Peel</b> Women survivors of past and present trauma and abuse (English and Spanish) Men survivors of trauma and abuse Men who have assaulted their intimate partners Mothers and children surviving abuse together Adolescents exposed to woman abuse in families	905-450-1608 <b>B</b> 905-897-1644 <b>M</b>
<b>Catholic Crosscultural Services – Violence Against Women</b> Individual counselling and group support for immigrant women victims of assault/abuse - call for information	905-457-7740 <b>B</b> 905-273-4140 <b>M</b>
Chantel's Place	905-848-7580 <b>M</b> ext. 2548
(Peel) Children's Aid Society	905-363-6131 <b>M</b>
<b>Family Services of Peel</b> Children who have experienced or witnessed violence Women who have experienced domestic violence/abuse (English and Spanish) Men who have experienced early childhood abuse Men who have been charged with domestic assault Seniors who have been/are being exploited, abused and/or are experiencing various types of challenges and struggles Families involved with Children's Aid Society	905-453-5775 <b>I</b>
<b>Family Transition Place</b> Shelter for abused women and their children Counselling services: Woman Abuse & Sexual Abuse	1-800-265-9178 905-584-4357 <b>C</b> 519-941-4357 <b>D</b>
Honeychurch Family Life Resource Centre Emergency shelter for abused women and children	905-451-4115 <b>B</b>
Interim Place - South (women & children)	905-403-0864 <b>M</b>
Interim Place - North (women & children)	905-676-8515 <b>M</b>
Peel Children's Centre - Sexual Abuse Treatment	905-451-4655 <b>I</b>
Sexual Assault/Rape Crisis Centre	905-273-9442 <b>M</b> 1-800-810-0180 <b>C</b>
Victim Services of Peel	905-568-1068
<b>ADDICTIONS</b>	
Adult Children Of Alcoholics Weekly meetings throughout the GTA	416-631-3614 <b>T</b>
Al-Anon and Alateen 12-step program to cope with the effect of someone else's drinking. Alateen is strictly for youth (12-20 yrs) www.al-anon.alateen.on.ca	416-410-3809 1-888-4AL-ANON (1-888-425-2666)

<b>Alcoholics Anonymous (A.A.)</b> A self-help organization for people with alcohol abuse problems. Visit <a href="http://peel.cioc.ca">http://peel.cioc.ca</a> and search Alcoholics Anonymous for a list of local groups	416-487-5591 <b>T</b> 1-877-404-5591
<b>Cocaine Anonymous</b>	1-866-622-4636
<b>Co-dependents Anonymous (CODA)</b> 12-step weekly support group for people who are unable to maintain functional relationships. Meets Mondays, 8-9pm, Unitarian Congregation, 84 South Service Rd, Mississauga - call Angela	416-410-2767 <b>M</b>
<b>Credit Valley Addictions and Concurrent Disorders Centre</b>	905-813-4402
<b>Drug and Alcohol Helpline</b>	1-800-565-8603
<b>Gamblers Anonymous</b> Weekly support group for men and women working to recover from their common gambling problem - <a href="http://www.gamblersanonmoustoronto.org">www.gamblersanonmoustoronto.org</a> Wed.'s 7:30pm at Addiction Counselling Services, 135 McLaughlin Rd. S., Brampton, Sun.'s 7pm at St. Mary's Ukrainian Church in Mississauga, and Fri.'s 7pm at Martingrove United Church in Rexdale	416-366-7613 <b>T</b>
<b>Hope Place Centres Halton Recovery House (Men)</b>	905-878-1120 <b>O</b>
<b>Hope Place Women's Treatment Centre</b>  <b>Oakville location</b>	905-875-3214 <b>O</b> ext. 103 1-877-399-7299 905-465-3324
<b>Narcotics Anonymous</b> Weekly, open support group for recovering addicts helping each other stay clean	Helpline 416-410-3689 <b>T</b> 1-877-414-4464 Meetings 416-236-8956 <b>M</b> 1-888-696-8956
<b>Ontario Problem Gambling Helpline</b>	1-888-230-3505
<b>Peel Works Needle Exchange</b>	647-225-1623
<b>Peel Youth Substance Abuse Program (YMCA) 14-24 years</b>	905-276-9322 <b>I</b> ext. 216
<b>Peel Addiction Assessment &amp; Referral Centre (PAARC)</b>	905-629-1007 <b>M</b>
<b>REBOUND Choices</b>	905-451-2123 <b>I</b>
<b>Street Haven at the Crossroads</b>	416-967-6060 <b>T</b>
<b>William Osler Addiction Counselling Services</b>	905-796-3005
<b>William Osler Withdrawal Management Centre</b>	905-456-3500

## ANXIETY/PANIC

<p><b>Anxiety Empowered</b> A progressive support group for individuals working towards managing their anxiety - 7pm Tues.'s at Heart Lake Presbyterian Church, 25 Ruth Ave., Brampton (Kennedy, north of Bovaird)</p>	905-451-2123 <b>B</b>
<p><b>Freedom from Fear</b> Provides information and outreach services for people suffering from phobias, panic attacks and anxiety disorders - call for meeting information</p>	416-761-6006
<p><b>Recovery Incorporated</b> Provides self-help groups to people suffering from nervous and emotional stress, panic disorders, depression, etc. A freewill offering is taken at each meeting. Meetings: Thursdays, 7:30pm, at Cooksville United Church, 2500 Mimosa Row, Mississauga Mondays, 7:00pm, Grace United Church, 156 Main St N, Brampton (Meeting room posted at front entrance)</p>	<p>George M. 905-607-1033 <b>B</b></p> <p>Roseanne A. 905-812-7935 <b>M</b></p>

## BEREAVEMENT

<p><b>Arborcare</b> Follow-up, 6-week support group after bereavement and suicide - Scotts Funeral Home, 289 Main St. North (north of Queen) in Brampton and 420 Dundas St. East (east of Hwy#10) in Mississauga</p>	905-451-1100 <b>B</b> 905-272-4040 <b>M</b>
<p><b>Bereaved Families of Ontario, Halton/Peel</b> Self-help groups (closed) for various aspects of bereavement - call for information about meeting dates and times</p>	905-848-4337 <b>M</b>
<p><b>Community of People Extending Support</b> A 6-week support group for people who share a similar experience: bereavement - 6-week groups, 4 times each year, call for information (Turner &amp; Porter Funeral Homes)</p>	416-767-6793
<p><b>Coping Centre</b></p>	519-650-0852 <b>O</b> 1-877-554-4498
<p><b>Heart House Hospice</b></p>	905-712-8119 <b>M</b>
<p><b>Hospice Caledon</b></p>	905-951-3534
<p><b>Hospice Dufferin</b></p>	519-942-3313
<p><b>Perinatal Bereavement Services Ontario</b></p>	1-888-301-7276
<p><b>Saint Elizabeth Health Care</b></p>	905-826-0854
<p><b>Survivor Support Program</b> Supports adult family members, friends or co-workers grieving a death by suicide or homicide – leave a message for meeting information</p>	416-595-1716 <b>T</b>

## COMMUNITY HEALTH CENTRES

<p><b>Bramalea Community Health Centre</b> Serving people with barriers to accessing health care in L6T, L6R, &amp; L6S postal codes</p>	905-451-8090 <b>B</b>
<p><b>East Mississauga Community Health Centre</b> Serving people from Lake Ontario to Matheson Blvd; Hurontario St. to Etobicoke Creek</p>	905-602-4082 <b>M</b>

## CONSUMER INITIATIVES

<p><b>Eden Place Outreach and Drop-in Centre</b> Drop-in, peer support &amp; outreach. Drop-in at Brampton Community Door, 7700 Hurontario St., Unit 601(north end of plaza), Tue.-Fri 4-8 pm &amp; Sat. 12-4 pm</p>	905-451-3934 <b>B</b>
<p><b>Friends &amp; Advocates Peel</b></p>	905-452-1002 <b>B</b>
<p><b>Spark of Brilliance, Dufferin County &amp; Orangeville</b> promotes healing through the arts</p>	519-766-4450 <b>D</b> ext. 237

## COUNSELLING

<p><b>Anger Resource Management Inc.</b></p>	1-877-264-3720
<p><b>Associated Youth Services of Peel</b></p>	905-451-4655 <b>I</b>
<p><b>Canadian Hearing Society "Connect" TTY</b></p>	905-608-0271 <b>M</b> 647-260-0117
<p><b>Catholic Family Services of Peel Dufferin</b></p>	905-450-1608 <b>B</b> 905-897-1644 <b>M</b> 1-888-940-0584 <b>D</b>
<p><b>Centre for Health and Anger Resolution</b></p>	1-866-222-1035
<p><b>Dufferin Child &amp; Family Services – Children's Mental Health Service</b></p>	519-941-1530 <b>D</b>
<p><b>Elizabeth Fry Society of Peel-Halton</b> for female offenders, including anger mgmt</p>	905-459-1315 <b>B</b>
<p><b>Family Services of Peel</b></p>	905-453-5775 <b>I</b>
<p><b>Family Transition Place</b> Woman Abuse, Sexual Abuse (women &amp; men), Groups &amp; Workshops</p>	1-800-265-9178 905-584-4357 <b>C</b> 519-941-4357 <b>D</b>
<p><b>(Peel) HIV/Aids Network</b></p>	905-362-2025 <b>M</b> 1-866-896-8700
<p><b>John Howard Society – Peel Halton Dufferin</b> for male offenders, including anger mgmt</p>	905-459-2205 <b>B</b>
<p><b>Nexus Youth Centre, 12-24 years</b></p>	905-566-1883 <b>M</b>
<p><b>Nexus Youth Services, 12-24 years</b></p>	905-451-4655 <b>I</b>
<p><b>Peel Children's Centre, Birth - 18 years</b> Individuals, groups, parents</p>	905-451-4655 <b>I</b>
<p><b>Rapport Youth and Family Services, 12-20 yrs</b></p>	905-455-4100 <b>B</b>
<p><b>Salvation Army Mississauga Branch</b> including Anger Management</p>	905-279-3941 <b>M</b>
<p><b>Tangerine Walk-in Counselling</b></p>	905-795-3530 <b>B</b>
<p><b>The Learning Disabilities Association</b></p>	905-791-4100 <b>B</b> 905-272-4100 <b>M</b>
<p><b>Vita Centre - for young women with unplanned pregnancies</b></p>	905-502-7933 <b>M</b>

Women's Health Centre	416-586-0211 <b>T</b>
<b>CRISIS SERVICES</b>	
COAST (Crisis Outreach and Support Team)	905-278-9036 1-888-811-2222 <b>C</b>
Community Torchlight Crisis line - Guelph/Wellington/Dufferin	519-821-0140 <b>D</b>
Toll-free from area only	1-877-822-0140
Crisis Response Service – 17 years and under (also supports parents and caregivers)	416-410-8615 <b>I</b>
Gerstein Centre – Crisis Intervention	416-929-5200 <b>T</b>
Interim Place South	905-403-0864 <b>M</b>
Interim Place North	905-676-8515 <b>M</b>
Peel Crisis Services	905-278-9036 <b>M</b> 1-888-811-2222
Crisis Respite Short Stay Residential Services	519-576-7431 <b>O</b>
Short Term Residential Crisis Support Beds (Safe Beds) Program	905-279-9294 <b>M</b>
Victim Services of Peel	905-568-1068 <b>B</b>
<b>DISTRESS LINES</b>	
Distress Centre Peel	905-278-7208 <b>M</b> 1-800-363-0971
Community Torchlight Distress - Guelph/Wellington/Dufferin	519-821-3760 <b>D</b>
Toll-free from area only	1-888-821-3760
Community Torchlight Telecheck - Dufferin County (8am – 4pm)	519-415-3764 <b>D</b>
Community Torchlight Youth Support Line - Guelph/Wellington/Dufferin	519-821-5469 <b>D</b>
Toll-free from area only	1-888-821-3760
Family Transition Place	1-800-265-9178 905-584-4357 <b>C</b> 519-941-4357 <b>D</b>
Kids Help Phone	1-800-668-6868
Peel Postpartum Family Support Line M-F 10am – 10pm	905-459-8441 289-298-5468 <b>C</b>
Spectra Community Support Services (Formerly Telecare Distress Centre)	905-459-7777 905-584-7770 <b>C</b>
Multilingual lines - M-F 10am-10pm Cantonese, Hindi, Mandarin, Portugese, Punjabi, Spanish, Urdu	416-920-0497
Reassurance Program – 18-55 years <i>Medication reminders, etc.</i>	905-459-8439 ext. 5
Telecheck – 55 years+ English, French Hindi, Portugese, Punjabi, Spanish, Urdu <i>Daily check-in, med reminders, etc.</i>	416-646-8450

Square One Older Adult Centre Telephone Reassurance Program – 50+ <i>Daily contact for adults in Mississauga concerned about safety &amp; isolation</i>	905-615-3207 <b>M</b>
The Warm Line 8 am – midnight	416-960-WARM <b>T</b> (416-960-9276)
<b>EDUCATION</b>	
Centre for Mental Health Orangeville	519-938-8776 <b>D</b>
Concurrent Disorders Crisis Management	905-451-2123 <b>B</b>
The Davidson Scholarship Fund (CMHA/Peel)	905-451-1718 <b>I</b>
Family Transition Place Groups and Workshops for Woman Abuse & Sexual Abuse Survivors, Violence Prevention/Healthy Relationship presentations	1-800-265-9178 905-584-4357 <b>C</b> 519-941-4357 <b>D</b>
John Howard Society (anger)	905-459-2205 <b>B</b>
Youth Net Peel (CMHA/Peel)	905-456-2551 <b>B</b>
Resource Centre (CMHA/Peel)	905-451-2123 <b>B</b>
<b>EMPLOYMENT/VOCATIONAL</b>	
Employment Ontario Hotline	1-800-387-5656
Acces Employment	905-454-2316 <b>B</b> 905-361-2522 <b>M</b>
John Howard Society Employment Services	905-459-0111 <b>B</b>
Employment Access (Disabilities)	905-459-7890 <b>B</b> 905-755-9734 <b>M</b> 1-800-270-3861
Employment Resources Centre (Peel Youth Village)	905-791-5576 <b>M</b>
Ontario Council of Alternative Business	416-504-1693 <b>T</b>
Partnership Place (CMHA/Peel Clubhouse)	905-796-9030 <b>B</b>
Peel Career Assessment Services Inc.	905-670-1967 <b>M</b>
Ready, Willing and Able (Family Services of Peel)	905-453-5775 <b>I</b>
YMCA Youth Employment Services	905-276-9322 <b>M</b> ext. 200
<b>FAMILY SUPPORT</b>	
Association of Parent Support Groups of Ontario Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton, and Mississauga - call for information	416-223-7444 1-800-488-5666
Family Assoc. For Mental Health Everywhere (FAME) Support for families who have a member with any mental illness. Individual or group support available in: Mississauga, Brampton, Orangeville and Caledon. Also support for youth 13 – 17 and children 7 – 12 yr. Call for meeting times and locations.	905-488-7716 <b>B</b> 905-276-8316 <b>M</b>
Family Education Centre	905-452-0332 <b>B</b>

Children's Mental Health of Ontario	416-921-2109 <b>T</b>
Peel Postpartum Family Support Line M-F 10am – 10pm	905-459-8441
Schizophrenia Society of Ontario, Halton/Peel Assists the families of people with schizophrenia to cope with the illness through supportive services, including a family support group.	905-338-2112 <b>O</b>
<b>FINANCIAL SUPPORT</b>	
Ontario Works (Region of Peel)	905-793-9200 <b>B</b>
Red Cross, Individual Aid	905-890-1000 <b>M</b> 1-866-811-1211
Ontario Disability Support Program (ODSP) - (MCSS)	905-460-2025 <b>B</b> 905-897-3100 <b>M</b>
<b>FOOD BANKS</b>	
Caledon Food Bank	905-951-2300 <b>C</b>
The Compass	905-274-9309 <b>M</b>
Eden Food Bank	905-785-3651 <b>M</b>
Foodpath	905-270-5589 <b>M</b>
Knight's Table (\$1 meals, Pantry)	905-454-8725 <b>B</b>
The Open Door	905-276-9136 <b>M</b>
Salvation Army	905-451-8840 <b>B</b> 905-279-3941 <b>M</b> 519-943-1203 <b>D</b>
St. Louise Outreach	905-454-2144 <b>B</b>
Orangeville Food Bank	519-942-0638 <b>D</b>
Shepherd's Cupboard	519-925-2600 <b>D</b> ext. 350
<b>GOVERNMENT/HEALTH SYSTEM</b>	
Central West Local Health Integration Network (LHIN)	905-455-1281 <b>B</b>
Health Canada, Ontario Region Info Line	416-973-4389 <b>T</b>
ServiceOntario	1-866-532-3161
Mental Health Program (Ministry of Health)	416-482-4103 <b>T</b>
Ministry of Children and Youth Services	905-567-7177 <b>M</b>
Mississauga Halton Local Health Integration Network (LHIN)	905-337-7131 <b>O</b>
Ombudsman Ontario (complaints number)	1-800-263-1830
Region of Peel (Customer Service)	905-791-7800 <b>B</b>
<b>HOMELESSNESS/SHELTERS</b>	
Angela's Place	905-791-3887 <b>B</b>
Cawthra Road Shelter	905-281-1272 <b>M</b>

Choices Youth Centre	519-942-5970 <b>D</b> 1-866-947-5970
Community Torchlight Emergency Shelter – Guelph/Wellington/Dufferin Toll-free from area only	519-767-6594 <b>D</b>  1-888-821-3760
Family Transition Place	905-584-4357 <b>C</b> 519-941-4357 <b>D</b> 1-800-265-9178
Gerstein on Bloor Female Crisis Beds 16 yr. & up	416-604-2337 <b>T</b>
Housing and Support Peel (HASP)	905-795-8742
Interim Place North Women's & Children's Shelter	905-676-8515 <b>M</b>
Interim Place South Women's & Children's Shelter	905-403-0864 <b>M</b>
Our Place Peel II Youth Shelter, Short-term	905-238-1383 <b>M</b>
Peel Family Shelter	905-272-7061 <b>M</b>
Peel Youth Village	905-791-5576 <b>M</b>
Regen Connex A self-help group for the homeless/marginalized population in Brampton. Coffee and light snacks are provided. Every Thursday, 11:30 a.m. to 1:00 p.m. at St. Paul's United Church in The Community Room.	905-796-5888
Salvation Army Family Life Resource Centre	905-451-4115 <b>B</b>
St. Leonard's Place (Peel)	905-457-3611 <b>B</b>
Street Haven women 16+	416-967-6060 <b>T</b>
Street Helpline Peel	1-877-848-8481
Wilkinson Road Shelter (men only)	905-452-1335 <b>B</b> 905-272-7061 <b>I</b>
<b>HOSPITAL SERVICES</b>	
BELLWOOD HEALTH SERVICES INC. (Addic.)	416-495-0926 <b>T</b>
CENTRE FOR ADDICTION & MENTAL HEALTH (CAMH) Located in Toronto	416-535-8501 <b>T</b>
Centralized Assessment, Triage and Support	416-535-8501 <b>T</b> ext. 6878 Outpatient 416-535-8501 <b>T</b> ext. 6885 Emergency
Addiction Medicine Clinic Alcohol, Opiates	416-535-8501 <b>T</b> ext. 36019 Information ext. 36616 Assessment
Child, Youth and Family Program (Mood and Anxiety Service)	416-535-8501 <b>T</b> ext. 4366

Concurrent Disorders Services	416-535-8501 <b>T</b> ext. 36096
Dual Diagnosis Program (Peel)	416-535-8501 <b>T</b> ext. 7713
FACT Peel 16 -45 years	416-535-8501 <b>T</b> ext. 7700
Law and Mental Health Program (Assessment and Triage)	416-535-8501 <b>T</b> ext. 2898
Medical Withdrawal Management Services	416-535-8501 <b>T</b> ext. 36071
Mood Disorders Clinic	416-535-8501 <b>T</b> ext. 36868
Mood and Anxiety Disorders Clinic	416-535-8501 <b>T</b> ext. 36205
Problem Gambling Program	416-535-8501 <b>T</b> ext. 33947
Psychogeriatric Assessment Consultation & Education (PACE Peel) north of Hwy 401	416-535-8501 <b>T</b> ext. 7716
Schizophrenia Program	416-535-8501 <b>T</b>
Women's Mental Health Program (Consultation and Liaison Services)	416-535-8501 <b>T</b> ext. 4269
<b>CREDIT VALLEY HOSPITAL</b> Located in Mississauga	905-813-2200 <b>M</b>
Adolescent Services 13 -18 years	905-813-4421 <b>M</b>
Addictions and Concurrent Disorders Centre	905-813-4402 <b>M</b>
Anxiety Disorders Program	905-813-1550 <b>M</b>
Children's Services 0 -12 years	905-813-4426 <b>M</b>
Crisis (ask that Crisis Wkr. be paged)	905-813-2200 <b>M</b>
Eating Disorders Program	905-813-4505 <b>M</b>
In-Patient Psychiatric Unit	905-813-2369 <b>M</b>
Adult Mental Health/Outpatient Depot Clinic	905-813-2398 <b>M</b>
Schizophrenia Program Serve Peel Region - referrals and self-referrals	905-813-2371 <b>M</b>
START Program, Day Hospital	905-813-4029 <b>M</b>
Women's Reproductive Mental Health Pregnant or postpartum, within one year and live in Mississauga Halton LHIN	905-813-1550 <b>M</b>
<b>HEADWATERS HEALTH CARE CENTRE</b>	1-519-941-2410 <b>D</b>

<b>HOMEWOOD HEALTH CENTRE</b> Located in Guelph	1-519-824-1010 <b>O</b>
Admitting Department	519-767-3550 <b>O</b> 1-866-839-2594
<b>TRILLIUM HEALTH CENTRE/ MISSISSAUGA SITE</b> Located in Mississauga	905-848-7100 <b>M</b>
Child & Adolescent Services birth -18 years	905-451-4655 <b>I</b>
Crisis Intervention	905-848-7495 <b>M</b>
Mental Health Intake for psychiatric assessments, mental health clinics, ACT Team, Seniors Mental Health (requiring doctor's referral) and ReLinC case management (self-referral)	416-521-4006 <b>M</b>
<b>WILLIAM OSLER HEALTH SYSTEM</b> Brampton Civic Hospital	905-494-2120 <b>B</b>
Adult Inpatient	905-494-2120 <b>B</b> ext. 56714
Addiction Counselling Services	905-796-3005 <b>B</b> Ext. 0
Addictions Services, Withdrawal Mgmt. Centre	905-456-3500 <b>B</b>
Adult Day Outpatient Services	905-494-6714 <b>B</b>
Child & Adolescent Inpatient	905-494-2120 <b>B</b>
Child & Adolescent Outpatient Services	905-494-2120 <b>B</b> ext. 57462
Community Treatment Orders (CTO)	905-494-2120 <b>B</b> x 57706
Crisis Intervention Team (ask for Crisis Team)	905-494-2120 ext. 58072
Eating Disorders Clinic (to get on wait list)	905-494-6621
Mental Health Intake	905-494-6709 <b>B</b>
Etobicoke General Hospital	416-494-2120 <b>T</b>
Georgetown Hospital	905-873-0111 <b>O</b>
<b>HOUSING</b>	
Homes for Special Care (Min. of Health)	416-583-4315 <b>T</b>
Our Place Peel 16-21 years	(905) 238-1383 <b>B</b>
Peace Ranch To apply for townhouses	1-877-761-6352 905-584-9156 <b>C</b> ext. 37
To apply for farmhouse/group home	905-795-8742 <b>I</b>
Peel Living	905-453-1300 <b>B</b>
Supportive Housing in Peel	905-795-8742 <b>I</b>

## INFORMATION AND REFERRAL

211 Peel three-digit dialling for comprehensive information & referral assistance	dial 211
Brampton Neighbourhood Resource Ctr.	905-452-1262 <b>B</b>
Caledon Community Services	905-951-2300 <b>C</b>
Centre for Addiction & Mental Health R. Samuel McLaughlin Info Line	416-595-6111 <b>T</b> 1-800-463-6273
Community Care Access Centre	310-CCAC (2222)
Consumer/Survivor Info Resource Centre	416-595-2882 <b>T</b>
Dixie-Bloor Neighbourhood Services	905-629-1873 <b>M</b>
National Eating Disorder Info Centre (NEDIC)	416-340-4156 <b>T</b> 1-866-633-4220
Health Line Peel	905-799-7700 <b>B</b>
Malton Neighbourhood Services	905-677-6270 <b>M</b>
Mental Health Helpline	1-866-531-2600
Multicultural Inter-Agency Group (MIAG)	905-270-6252 <b>M</b>
Newcomer Centre of Peel	905-306-0577
Peel Newcomer Information Centre Brampton East – Ext. 4000 Brampton South – Ext. 3012 Mississauga – Ext. 1266 Malton – Ext. 5233 Meadowvale Caledon	905-595-0722 <b>B</b> 905-457-4747 <b>B</b> 905-949-0049 <b>M</b> 905-677-0007 <b>M</b> 416-524-3085 <b>M</b> 905-524-3085 <b>C</b>
Resource Centre (CMHA/Peel)	905-451-2123 <b>M</b>
Service Ontario	1-866-532-3161
Telehealth	1-866-797-0000
Victim Support Line, Ministry of the Attorney General	416-314-2447 <b>T</b> 1-888-579-2888
<b>LEGAL/ADVOCACY</b>	
ARCH Advocacy Resource Centre	416-482-8255 <b>T</b>
Associated Youth Services of Peel	905-890-5222 <b>I</b>
Court Support Services (CMHA/Peel)	905-456-4700 ext. 5663 & 5666
Cdn. Human Rights Commission	1-888-214-1090
Elizabeth Fry Society	905-459-1315 <b>B</b>
John Howard Society	905-459-0111 <b>B</b> 905-275-9117 <b>M</b> 519-940-3061 <b>D</b>

Labour Community Services of Peel	905-696-7444 <b>M</b>
Legal Aid Ontario	905-453-1723 <b>B</b> 1-800-531-2227
Mississauga Community Legal Services	905-896-2050 <b>M</b>
North Peel & Dufferin Community Legal Services serving Brampton, Caledon & Dufferin County	905-455-0160 <b>B</b> 1-866-455-0160
Ontario Human Rights Commission	1-800-387-9080
Psychiatric Patient Advocate Office	416-327-7000 <b>T</b>
Public Guardian and Trustee	416-326-2220 <b>T</b>

## MULTICULTURALISM

African Community Services of Peel	905-460-9514 <b>B</b>
Brampton Multicultural Cmty. Centre	905-790-8482 <b>B</b> 905-828-1328 <b>M</b>
Catholic Crosscultural Services	905-457-7740 <b>B</b> 905-273-4140 <b>M</b>
Ontario Inter-Cultural Community Services	905-696-9963 <b>M</b>
India Rainbow Community Services of Peel	905-459-4776 <b>B</b> 905-275-2369 <b>M</b>
Muslim Community Services Brampton North	905-828-2001 <b>M</b> 905-790-1910 <b>B</b>
PCHS (Punjabi Community Health Services)	905-790-0808 <b>B</b> 905-677-0889 <b>M</b>
South Asian Welcome Centre Inc.	905-790-0676 <b>B</b>
United Achievers Community Services	905-455-6789 <b>B</b>

## OUTREACH

Erin Mills Youth Centre	905-820-3577 <b>M</b>
Lakeshore Community Outreach Centre, The Compass	905-274-9309 <b>M</b>
Regeneration Outreach Community/ Regen Connex	905-796-5888 <b>B</b>
Street Helpline Peel (CMHA/Peel)	1-877-848-8481

## PEER SUPPORT/SELF HELP

Anxiety Empowered Tues. 7pm, Heart Lake Presbyterian Church, 25 Ruth Ave., Brampton	905-451-2123 <b>B</b>
Depression & You (CMHA/Peel) A confidential and safe place for people who experience depression to support each other and explore healthy coping. Wed. 5-7pm, Eden Place, 7700 Hurontario St., Unit 601, Brampton	905-451-2123 <b>B</b>

<b>Emotions Anonymous</b> Twelve-step, weekly meeting built on AA steps, but with reference to emotions rather than alcohol - call for information about local meetings (nearest meetings to Peel Region in Toronto and Burlington)	www.emotionsanonymous.org
<b>Fibromyalgia Support Group</b>	905-791-2032 <b>B</b> 905-625-6425 <b>M</b>
<b>Mood Disorders Support Group of Guelph</b> offering education and discussions for people dealing with depression, bi-polar, and anxiety disorders. Every Tuesday from 7:00pm - 9:00pm at 40 Baker St. (across from Baker St. Parking Lot)	519-766-4477 <b>O</b>
<b>Positive Space Coalition of Peel</b> A collective of groups, agencies and individuals working to foster a community free of prejudice, that accepts and celebrates the diversity of the lesbian, gay, bisexual, transsexual, transgendered, questioning and queer (LGBTQQ) community in Peel. Call for meeting times and locations	905-363-6131
<b>Self-help Resource Centre</b> Provides a directory of self-help groups and assistance with starting a group, including training - call for information	416-487-4355
<b>Wellington Dufferin Self Help</b> Mental health peer support for ages 16 and up	519-940-4811 <b>D</b>
<b>Women for Sobriety</b> Group for women with alcohol or drug dependencies	519-307-3307 <b>D</b>

## PROFESSIONAL ASSOCIATIONS

<b>Canadian Counselling and Psychotherapy Association</b>	1-877-765-5565
<b>Canadian Psychiatric Association</b>	1-613-234-2815
<b>College of Physicians &amp; Surgeons of Ont.</b>	416-967-2600 <b>T</b> 1-800-268-7096
<b>College of Psychologists of Ont.</b>	416-961-8817 <b>T</b>
<b>Ont. Assoc. of Consultants, Counsellors, Psychometrists and Psychotherapists</b>	416-298-7333 <b>T</b> 1-888-622-2779
<b>Ontario Gerontology Association</b>	416-535-6034 <b>T</b>
<b>Ontario Psychological Association, main # referral # toll free referral #</b>	416-961-5552 <b>T</b> 416-961-0069 1-800-268-0069
<b>Ontario College of Social Workers and Social Service Workers</b>	1-877-828-9380
<b>Ontario Society of Psychotherapists</b>	416-923-4050 <b>T</b>
<b>Children's Mental Health of Ontario</b>	416-921-2109 <b>T</b>

## RECOVERY

<b>Access to Recovery Community Support (CMHA/Peel)</b> serving Malton, Brampton, Bolton, Caledon	905-451-2123 <b>I</b>
<b>Assertive Community Treatment Team (ACTT CMHA/Peel)</b> serving east Brampton, Bolton & Malton	905-451-2123 <b>I</b>
<b>Assertive Community Treatment Team (Homewood ACTT)</b> serving rural Wellington-Dufferin	519-787-1800 <b>D</b>
<b>Assertive Community Treatment Team (SHIP ACTT)</b> serving Caledon, west Brampton and north Mississauga	905-795-8742 <b>I</b>
<b>Assertive Community Treatment Team (Trillium ACTT)</b> serving south Mississauga	416-521-4006 <b>I</b> 905-848-7292 <b>M</b>
<b>FACT Peel+ Early Intervention Community Support (CMHA/Peel)</b>	905-451-2123 <b>I</b> 905-796-9030 <b>B</b>
<b>Partnership Place (CMHA/Peel)</b>	905-796-9030 <b>B</b>
<b>Peace Ranch Green Spaces Adult Day Program</b>	905-584-9156 <b>C</b> 1-877-761-6352
<b>Rainbow Adult Day Centre</b>	905-507-6099 <b>M</b>
<b>Trellis Mental Health and Developmental Services (Wellington Dufferin)</b>	519-821-3582 <b>I</b>

## SOCIAL/RECREATION

<b>Eclipse Youth Resource Centre</b> Brampton East Brampton Centre	905-790-7707 <b>B</b> 905-866-6900 <b>B</b>
<b>Nexus Youth Centre</b>	905-566-1883 <b>M</b>
<b>The Dam Youth Drop-in 13 -19 years</b>	905-826-6558 <b>M</b>
<b>Youth Beyond Barriers (YBB)</b> Queer and trans youth, 12 - 18 years	1-800-762-8377 ext. 460



CANADIAN MENTAL HEALTH ASSOCIATION

**PEEL BRANCH**



## Resource Centre

2 County Court Blvd., Suite 102

Brampton, ON L6W 3W8

**Ph:** 905-451-2123

**Fax:** 905-456-7492

**Email:** info@cmhapeel.ca

www.cmhapeel.ca

## Hours of Operation:

Monday - Friday 9:00 a.m. - 5:00 p.m.

Information current as of October, 2012

Visit <http://peel.cioc.ca>

for the most up-to-date information  
in Peel's Community Information Database

## LEGEND FOR PHONE NUMBERS

**B** – Brampton

**I** – Intake

**O** – Other

**C** – Caledon

**M** – Mississauga

**T** – Toronto

**D** – Dufferin

**YOUTH SERVICES** Highlighted in Green

## REFERRALS AND INTAKE

Referral processes vary (doctor, self, family). An additional call may be required to determine specific referral and intake procedures.



Canadian Mental  
Health Association

Peel

*Mental health for all*



**Ontario**

Central West Local Health  
Integration Network

