

## Mental Health Community Resources

### Services Covered by OHIP

Organization	Location	Contact Info
<b>St. Joseph's Hospital</b> • Mental Health Program	30 The Queensway	P: 416.530.6850
<b>Women's College Hospital</b> • Brief Psychotherapy for Women • WRAP – Women Recovering from Abuse Program • Barbara Schlifer Clinic	2 Carlton St., Suite 1806 76 Grenville St, 9 <sup>th</sup> floor  489 College St., Suite 503	P: 416.591.2000 P: 416.323.6400 ext. 4863  P: 416.323.9149 ext. 234 <a href="http://www.schliferclinic.com">www.schliferclinic.com</a>
<b>GP Psychotherapy</b>	Online resource	<a href="http://www.gppaonline.com">www.gppaonline.com</a>

### Services with Sliding Scale Fees

Organization	Location	Contact Info	Fee Scale
<b>Catholic Family Services</b>	1155 Yonge St. 5799 Yonge St.	P: 416.921.1163 <a href="http://www.cfstoronto.com">www.cfstoronto.com</a>	\$10 - \$100/session
<b>Jewish Family Services</b>	4600 Bathurst St.	P: 416.638.7800 <a href="http://www.jfandcs.com">www.jfandcs.com</a>	\$5 - \$90/session
<b>Family Services Toronto</b> • David Kelly Program • General Counselling • Violence Against Women & Families in Separation	355 Church St. 355 Church St. 700 Lawrence Rd. 747 Warden Rd.	P: 416.595.9618 P: 416.595.9618 P: 416.595.9618	Funded Call for rate Funded
<b>Church Street Community Centre "The 519"</b>	519 Church St.	P: 416.392.6874 <a href="http://www.the519.org">www.the519.org</a>	Funded for 6 weeks
<b>Sheena's Place</b>	87 Spadina Rd.	P: 416.927.8900 <a href="http://www.sheenasplace.org">www.sheenasplace.org</a>	Funded
<b>Bereaved Families of Ontario</b>	28 Madison Ave.	P: 416.440.0290 <a href="http://www.bfotoronto.ca">www.bfotoronto.ca</a>	N/A

### Psychotherapy Training Schools with Discounted Fees

Organization	Location	Contact Info	Fee Scale
<b>Ontario Psychotherapy and Counselling Referral Network (OCP)</b>	43B Madison Ave.	P: 416.920.9355	Student: < \$40 Graduate: \$40+
<b>Toronto Institute for Relational Psychotherapy (TIRP)</b>	1046 Pleasant Blvd.	P: 416.465.2392	Student & Graduate reduced rates available
<b>Centre for Training in Psychotherapy (CTP)</b>	316 Dupont St.	P: 416.964.7919	Student: \$35 - \$40/session Graduate: \$80+

## Self-Help Resources

Resource	Contact Info	
<b>Distress Centre</b>	P: 416.408.HELP (4357)	<a href="http://www.torontodistresscentre.com">www.torontodistresscentre.com</a>
<b>Service Information Ontario</b>	P: 1.866.531.2600	Confidential & Available 24 hours
<b>Mood Disorder Association of Ontario</b>	P: 416.486.8046	<a href="http://www.mooddisorders.on.ca">www.mooddisorders.on.ca</a>
<b>Self-Assessment Tools for Depression</b>		<a href="http://www.moodgym.anu.edu.ca">www.moodgym.anu.edu.ca</a>
<b>Connex Ontario</b>		<a href="http://www.connexontario.ca">www.connexontario.ca</a>

## Self-Help Books

*Mind Over Mood: Changing How You Feel By Changing The Way You Think.*

By: D. Greenberger & C.A. Padesky

*Exercising Your Way To Better Mental Health.*

By: Larry M. Leigh

*Wherever You Go, There You Are.*

By: Jon Kabat-Zinn

## Bookstores

**Caversham Booksellers:** 98 Harbord Street

**Toronto Women's Bookstore:** 73 Harbord Street



**Al and Malka Green  
Artists' Health Centre**  
Toronto Western Hospital  
399 Bathurst Street  
West Wing, 3<sup>rd</sup> Floor  
Toronto, ON M5T 2S8  
P: 416.603.5263

