



## Mental Health Supports Available to You

This list is for information only. Lakeridge Health/Durham Regional Cancer Centre does not represent or support any organization or individual on this list.

**For immediate help:** call 911 or go to the Emergency Department at the hospital closest to you.

### Crisis Services

1. Distress Centre of Durham
  - Offers a 24-hour crisis phone line: 1-800-452-0688.
  - Website: [www.distresscentredurham.com](http://www.distresscentredurham.com)
2. Durham Mental Health Services
  - Offers a 24 hour crisis phone line: 1-800-742-1890. Website: [www.dmhs.ca](http://www.dmhs.ca)
  - Offers crisis, family and housing support.
3. Lakeridge Health Emergency Department – Crisis Intervention Team
  - Offers crisis support in the Emergency Department.
4. Ontario Shores
  - Offers a 24-hour crisis line: 1-800-263-2679
5. Pinewood Centre
  - Offers a 24-hour crisis phone line for substance and alcohol use: 1-888-881-8878.
  - Offers individual or group support and short term stays for substance use withdrawal.

### Non-Crisis Services

1. Central Connect
  - Call 1-833-392-7363 or 905-440-7534 or email [centralconnectMHA@lh.ca](mailto:centralconnectMHA@lh.ca)
  - A member of the Central Connect team will refer you to services or supports you need.
2. Canadian Mental Health Association – Durham Region Branch
  - Call 905-436-8760, Monday-Friday from 9 am to 6:30pm. Website: [www.cmhadurham.ca](http://www.cmhadurham.ca)
  - Offers peer support, life skills and youth and family programs.
  - You can be seen by a Nurse Practitioner if you don't have a family doctor.
3. Community Care Durham: COPE Program
  - Call 1-855-432-6815, Monday-Friday from 8:30am-4:30pm.
  - Website: [www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)
  - Offers peer support groups for depression, bereavement, stress, anxiety and life skills.
4. Family Services Durham
  - Call 1-866-840-6697 extension 1. Website: [www.durham.ca](http://www.durham.ca)
  - Offers family, couple or individual counselling.
  - There is a fee for service is based on your financial situation.

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