

## **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. Health 811

- Offers support 7 days a week/24 hours a day if you are concerned about your mental or physical health, or worried about a family member or friend.
- Call 811.

2. 988 Suicide Crisis Line

- Offers support 7 days a week/24 hours a day to anyone thinking of suicide or who is worried about someone they know.
- Support available in English and French.
- Call or text 988.

3. Canadian Mental Health Services – Durham Region

- Offers a crisis hotline between 4pm and midnight (12 am), 7 days a week.
- Call 1-833-456-4566 or text 45645.

4. Distress Centre Durham

- Offers a telephone helpline service 7 days a week/24 hours a day.
- Call 905-430-2522 or 1-800-452-0688.
- You can also text 258258 between 2 pm to 2 am.
- For more information, go to the website found at: [distresscentredurham.com](http://distresscentredurham.com).

5. Durham Mental Health Services

- Offers a telephone helpline service 7 days a week/24 hours a day.
- Offers other crisis supports to assist individuals with a personal or situational crisis.
- Call 1-800-742-1890 or 905-666-0483.
- For more information, go to the website found at: [dmhs.ca](http://dmhs.ca).

6. Ross Memorial Hospital, Lindsay

- If you require emergency support, you can be seen by a Crisis Nurse in the Emergency Department 7 days a week.

## 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 connect you to services or supports you need.

### 2. Campbellford Memorial Hospital Community Mental Health

- Offers an outpatient mental health program at the hospital.
- Call 705-632-2015 from Monday to Friday, between 8:30 am to 4:30 pm. A referral is not required.

### 3. Canadian Mental Health Association – Durham Region Branch

- A case manager will work with you to manage your mental health as you navigate work and life.
- A nurse practitioner led clinic offers mental health support and other medical services.
- A support-oriented housing program for anyone with a serious mental illness who may require 24-hour care.
- Call 905-436-8760, Monday-Friday from 9 am to 6:30pm.
- For more information, go to the website found at: [cmhadurham.ca](http://cmhadurham.ca).

### 4. Community Care Durham: COPE Program

- Offers group support to individuals with emotional and/or mental health concerns.
- Call 905-668-6223, Monday-Friday from 8:30am-4:30pm.
- For more information, go to the website found at: [communitycaredurham.on.ca](http://communitycaredurham.on.ca).

### 5. Family Services Durham

- Offers individual, couple and family counselling and psychotherapy to people who live or work in Durham Region.
- There is a fee for service is based on your financial situation.
- Call 311 or toll-free at 1-888-721-0622, Monday-Friday 9 am to 5 pm.
- For more information, go to the website found at: [durham.ca](http://durham.ca), search for counselling.

### 6. Northumberland Hills Hospital (NHH) Community Mental Health Services

- Call 905-377-9891 or 1-888-294-7579.
- A walk-in counselling option is available for children, youth and adults (aged 7 and up) on Tuesdays (8 am to 4 pm) and Thursdays (10 am to 6 pm). NHH's Community Mental Health Services office is located at 1011 Elgin Street West, Suite 200, Cobourg. You will meet with a case manager to identify goals for the walk-in session, and attend a same-day therapy session.

### 7. Peterborough Regional Health Centre – Mental Health Program

- Talk Now Mental Health and Addictions Clinic. This clinic offers a telephone helpline service from Monday to Friday, 8:30 am to 3:30 pm. Call 706-876-5826 to be connected with a mental health professional for help with a mental health or addiction concern.

- The adult outpatient program offers crisis intervention, psychiatry consultation, group therapy, individual counselling. You need a referral from your family doctor or nurse practitioner.

8. Ross Memorial Hospital

- Offers a mental health outpatient program. This includes individual, in-person classes and virtual sessions.
- Call Central Intake at 705-328-6064 from Monday to Friday, 9 am to 5 pm. You do not need a referral from your family doctor or nurse practitioner.

9. 211 Ontario

- A helpline offering information on services, programs and supports in your community.
- Call or text 211.
- For more information, go to the website found at: [211ontario.ca](https://211ontario.ca).

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