

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
2. Durham Mental Health Services
 - Offers a 24 hour crisis phone line: 1-800-742-1890. Website: 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. Pinewood Centre
 - Offers a 24 hour crisis phone line for substance and alcohol use: 1-888-881-8878.
 - Offers support groups and short term stays for symptom monitoring.

Non-Crisis Services

1. Community Care Durham: COPE Program
 - Call 1-855-432-6815, Monday-Friday from 8:30am-4:30pm.
 - Website: www.communitycaredurham.on.ca
 - Offers peer support groups for depression, bereavement, stress, anxiety and life skills.
2. Canadian Mental Health Association – Durham Region Branch
 - Call 905-436-8760, Monday-Friday from 9:00am-6:30pm. Website: 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. Family Services Durham
 - Call 1-866-840-6697 extension 1. Website: www.durham.ca
 - Offers family, couple or individual counselling.
 - There is a fee for service is based on your financial situation.
4. Lakeridge Health – Mental Health Day Treatment Program
 - Call 905-576-8711 extension 34144.
 - Offers assessment and group treatment for depression and anxiety.
 - You need to be referred by your family doctor, psychiatrist or a counsellor.

Last reviewed: March 2019