



**Lakeridge  
Health**

## **Mental Health Supports Available to You**

This list is for information only. Lakeridge Health does not represent or support any organization or individual on this list.

If you feel you are in crisis, or need immediate help call 911 or go to the Emergency Department at the hospital closest to you.

### **Crisis Services**

**Distress Centre of Durham:** Offers a 24 hour crisis phone line: 1-800-452-0688.  
Website: [www.distresscentredurham.com](http://www.distresscentredurham.com)

**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.

**Lakeridge Health Emergency Department:** Crisis Intervention Team offers crisis support in the Emergency Department.

**Pinewood Centre:** Offers a 24 hour crisis phone line for substance and alcohol use: 1-888-881-8878. Offers support groups, counselling and short term stays for symptom monitoring.

### **Non-Crisis Services**

**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 based on your financial situation. Offices located across Durham Region.

**Catholic Family Services:** Durham – offers similar service to Family Services Durham (described above.) Contact: 905-725-3513 or 1-877-282-8932. You do not need to be Catholic to access this service.

**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.

**Canadian Mental Health Association:** Durham Region Branch - Call 905-436-8760, Monday-Friday from 9:00am-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.

**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.