**Youth Mental Health Services in Toronto**

Here are some basic tips for to help youth and their families better navigate the mental health system in Toronto:

**In an emergency:** Call 911for immediate medical assistance

**If the situation is urgent:** Go to the nearest emergency department.

Each youth and family’s definition of “urgent” may differ. It could be that the youth is feeling suicidal. It could be that the youth hasn’t eaten for days and keeps fainting. Whatever the case, if you think waiting a few weeks could lead to a dire outcome, going to the emergency department can start the process of getting the problem addressed. It might also lead to immediate intervention, referral to an appropriate service, or at least information about what services should be sought out.

**If the youth wants to talk to someone this week:**

Go to a “What’s Up Walk-In”.

There are six [**What’s Up Walk-In**](http://www.whatsupwalkin.ca/) locations around Toronto, open five days a week. No referral is needed and the sessions are free. At these clinics, a mental health professional (social worker or psychologist) will meet with the youth to provide counselling, further intervention will be planned according to his or her needs.

**Skylark** (Central)

65 Wellesley Street East Suite 500Toronto, Ontario M4Y 1G7, 416-395-0660

Mondays: 2 – 6pm (last session 5pm) Tuesdays: 10am – 2pm (last session 1pm) Wednesdays: noon – 8pm (last session 7pm) Thursdays: 2 – 6pm (last session 5pm) Fridays: 9am – 2pm (last session 1pm)

**Yorktown Family Services (Central West)**

2010 Eglinton Ave. West Suite 300Toronto, Ontario M6E 2K3, 416-394-2424

Mondays: 1:30 – 6pm (last session 5pm) Tuesdays: 9:30am – 2:30pm (last session 1:30pm) Wednesdays: 2 – 8pm (last session 7pm) Thursdays: 1:30 – 6pm (last session 5pm) Fridays: 9:30am – 2:30pm (last session 1:30pm)

**The Etobicoke Children's Centre** (West)

2267 Islington Ave., Etobicoke, Ontario M9W 3W7, 416-240-1111

Mondays: 2 – 6pm (last session 5pm) Tuesdays: 10am – 3pm (last session 2pm) Wednesdays: noon – 8pm (last session 6:30pm) Thursdays: 2 – 6pm (last session 5pm) Fridays: 10am – 2pm (last session 1pm)

**YouthLink** (Scarborough)

747 Warden Ave Scarborough, Ontario M1L 4A8, 416-967-1773

Monday: 10am – 6pm (last session at 5pm) Tuesday: 10am – 2pm (last session at 1pm) Wednesday: 2pm – 8pm (last session at 7pm) Thursday: 2pm – 6pm (last session at 5pm) Friday: 10am – 2pm (last session at 1pm)

**Griffin Centre Mental Health Services** (North)

1126 Finch Ave West Unit 16Toronto, Ontario M3J 3J6, 416-222-4380

Monday 1:30 – 7 pm (last appointment at 6pm) Tuesday 9:30am – 2pm (last appointment at 1pm) Wednesday 1:30 – 7 pm (last appointment at 6pm) Thursday 2 – 7 pm (last appointment at 6pm) Friday 9:30am – 2pm (last appointment at 1pm)

**East Metro Youth Services** (East)

1200 Markham Road Suite 200Scarborough, Ontario M1H 3C3, 416-438-3697

Monday, Wednesday, Thursday: 2 – 8pm (last session 7pm) Tuesday: 10am – 5pm (last session 4pm) Friday: 10am – 5pm (last session 4pm) Saturday: 10am – 2pm (last session 1pm)

**If you are finding it hard to figure out where to get help:** Contact the Family Navigation Project (Sunnybrook HSC).

[**The Family Navigation Project**](http://sunnybrook.ca/content/?page=family-navigation-project) is a service for parents, to assist them in finding the appropriate mental health resources for their youth (ages 13-26). A professional navigator will speak to the family and support them through the process of accessing mental health care for their youth.

**Contact :**

If you live in the Greater Toronto Area (GTA) and are a youth (age 13 to 26) with mental health and/or addictions problems, or if you're a concerned family member, please call: (1-800-380-9367)

or email: **familynavigation@sunnybrook.ca**

You can leave a message and someone will be in touch with you within one business day.