

## York Region

# Mental Health Resource List

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*“For indeed, with [every] hardship, there is relief. Indeed, with [every] hardship, there is relief” - Qur’an, 94:5-6*

## Crisis Support

- Naseeha Mental Health: Confidential Helpline Call 1-866-627-3342
- CMHA Talk Suicide Help Line: Call 1-833-456-4566 or Text 45645
- 310 COPE: Call 1-855-310-2673 or Text 1-855-310-2673
- Distress Centres of Greater Toronto: Call 1-866-345-0183
- Yellow Brick house - for abused women & children: Call 1-800-263-3247

## Ongoing Mental Health Support

- Jaffari Support Services: Individual, couples, children, youth, family & group counselling & psychotherapy services; temporary financial assistance; support groups & outreach programs. [www.jaffari.org/JSS](http://www.jaffari.org/JSS) / [sakinagasim@jaffari.org](mailto:sakinagasim@jaffari.org) / 905-695-1597 / 647298-1556
- CMHA Bounce Back Program: FREE skill-building program to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety. <https://bouncebackontario.ca/>
- ConnexOntario - Addiction, Mental Health & Gambling Helpline: Call 1-866-531-2600
- 360 Kids: supporting youth in overcoming crisis. [www.369kids.ca](http://www.369kids.ca)
- Family Services York Region: helping families in conflict. [www.fsyrc.ca](http://www.fsyrc.ca)
- Sakeenah: providing support and services for women and children facing homelessness, poverty & trauma. [www.sakeenahcanada.com](http://www.sakeenahcanada.com)
- NISA Helpline: free, confidential, peer-to-peer counselling services. Call 1-888-315-6472
- Khalil Centre: Islamically integrated Psychotherapy, counselling, coaching, and crisis consultation. <https://khalilcenter.com>