

## **Helplines, Support & Resources**

Addiction/ Alcohol: Addiction Services for York Region:

T 905-841-7007

T 1-800-263-2288

[www.asyr.ca](http://www.asyr.ca)

Addiction/ Alcohol: Centre for Addiction and Mental Health (York Region):

T 905-898-3721

Addiction/Alcohol: DART: Ontario Drug and Alcohol Helpline: Free Health Services Information

1-800-565-8603

ADD/ADHD: Springboard

ADD/ ADHD medical diagnosis and educational action plans for students of all ages

[www.springboardclinic.com](http://www.springboardclinic.com)

T 416-901-3077

301 - 1055 Yonge St., Toronto

Autism: Little Treasures Learning Centre

ABA/IBI Program, Academics, Social/play/physical developments, Life Skills, Behaviour/Language communication

Pre school/ Kindergarten enhanced program

50 Anderson Ave, Unit 7, Markham, ON, L6E 1A6

T 905-554-6191

Cancer: Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)

Cancer: The Bayview Support Network - Cancer Information Series (free of charge for patients and families)

416-480-4662

Cancer: Wellspring - Various support group sessions for cancer patients, caregivers, and their families

416-961-1928

Children/Teen Support: Kids Help Phone

1-800-668-6868

[kidshelpphone.ca](http://kidshelpphone.ca)

Family Services York Region ([www.fsyr.ca](http://www.fsyr.ca))

FSYR Markham (Markham Family Life): 4261 Highway 7, Suite 203, Unionville, Ontario L3R 9W6,

Tel: 905-415-9719

FSYR Richmond Hill- Bayview, 10610 Bayview Ave., Unit 18, Richmond Hill, Ontario L4C 3N8,

Tel: 905-883-6572

Grief/ Bereavement Families of Ontario  
1-800-969-6904

Mental Health: Prime Clinic - CAMH  
First Episode Psychosis Program  
Early identification and treatment for people ages 14-30 who are at risk of developing psychosis.  
Tel: 416-260-4188

Mental Health: Streamlined Access York Region  
Our purpose is to deliver a single point of entry to individual mental health case management services in York Region and assist consumers and their families to navigate the mental health system.  
1-888-695-0070 ext: 2278  
905-898-3721

Motherisk  
416-813-6780

Sexual Health: DASA- Domestic Abuse & Sexual Assault- Mackenzie Health (formerly York Central Hospital)  
Patients do not require a referral, can call themselves and do an intake over the phone prior to appointment being made.  
905-832-1406 x 2253

Sexual Health: Markham Sexual Health Clinic  
1-800-361-5653 (Richmond Hill, Sutton, Keswick, Vaughan, Markham)  
905-895-4512 x 4311 (Newmarket)

Smoking: Smoke Cessation  
Aboriginal Tobacco Strategy/ Cancer Care Unit  
416-971-9800 x 1288

Smoking: Smoke Cessation Counselling  
Smart Health Medical Clinic  
905-948-9738

Smoking: Smoke Cessation Telephone Counselling  
York Region Health Services  
1-800-361-5653

Smoking: Smoker's Helpline  
1-877-513-5333

Stress Control:  
Eli Bay- The relation response institution  
1352 Bathurst Street, Suite 201, Toronto  
T 416-932-2784  
F 416-932-2971  
[www.elibay.com](http://www.elibay.com)

Women/Children: Motherisk  
416-813-6780

Women/Children Support: Women's Support Network of York Region  
1-800-263-6734

Women/Children Support: Shelter - Yellow Brick House  
1-800-263-3247

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Information subject to change