



# MENTAL HEALTH RESOURCES

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# IN CASE OF AN EMERGENCY, CALL 911 OR VISIT YOUR NEAREST EMERGENCY ROOM.

## CRISIS AND DISTRESS HOTLINES

1. Assaulted Women's Helpline: 416-863-0511; Toll Free 1-866-863-0511 ; text #7233  
[www.awhl.org](http://www.awhl.org)
2. Toronto Distress Centre: 416-408-HELP (4357)  
[www.dcoct.com](http://www.dcoct.com)
3. Gerstein Centre: 416-929-5200 – a service for adults that offers telephone support, community visits, and a short-stay residence.  
[www.gersteincentre.org](http://www.gersteincentre.org)
4. Toronto Seniors Helpline: 416-217-2077  
[www.torontoseniorshelpline.ca](http://www.torontoseniorshelpline.ca)
5. Toronto Rape Crisis Centre: 416-597-8808  
[www.trccmwar.ca](http://www.trccmwar.ca)
6. Good2Talk: 866-925-5454- post-secondary student mental health helpline  
[www.good2talk.ca](http://www.good2talk.ca)
7. Progress Place: options to chat online, text, or call peer support workers.  
Between 12pm - 8pm, Call 416-323-3721  
Between 8pm -Midnight, Call 416-960-WARM (9276)  
[www.progressplace.org](http://www.progressplace.org)

## EATING DISORDER RESOURCES

1. The National Eating Disorder Information Centre (NEDIC): 416-340-4156  
[www.nedic.ca](http://www.nedic.ca)
  - i. Types of eating disorders [www.nedic.ca/eating-disorders-treatment](http://www.nedic.ca/eating-disorders-treatment)
  - ii. Information resources [www.nedic.ca/resources/category=26&resource=12](http://www.nedic.ca/resources/category=26&resource=12)
  - iii. Health promotion and prevention [www.nedic.ca/health-promotion-prevention](http://www.nedic.ca/health-promotion-prevention)
2. Sheena's Place 416-927-8900  
[sheenasplace.org](http://sheenasplace.org)
  - i. Different types of programs offered [www.sheenasplace.org/types-of-programs](http://www.sheenasplace.org/types-of-programs)
  - ii. Program calendar for summer 2020 [www.sheenasplace.org/wp-content/uploads/2020/06/Sheenas-Place-Calendar-SUMMER-2020-v.3.pdf](http://www.sheenasplace.org/wp-content/uploads/2020/06/Sheenas-Place-Calendar-SUMMER-2020-v.3.pdf)

## ADDICTION RESOURCES

1. Toronto Withdrawal Management System: 416 864-5040; Toll-free: 1 866 366-9513
2. Metro Addiction Assessment Referral Service : 416-535-8501 press 2  
[www.camh.ca/en/your-care/programs-and-services/metro-addiction-assessment-referral-service-maars](http://www.camh.ca/en/your-care/programs-and-services/metro-addiction-assessment-referral-service-maars)
3. The Access Point- central application for mental health and addictions services: 416-640-1934  
[www.theaccesspoint.ca/](http://www.theaccesspoint.ca/)
4. GTA Intergruop- a body of Alcoholics Anonymous: 416- 487-5591  
[www.aatoronto.org/category/announcements](http://www.aatoronto.org/category/announcements)
5. Women's College Hospital – Substance use service: 416-323-7559 ext.6






### GROUP BASED SUPPORT

1. Sheena's Place- offers five different kinds of groups, workshops, recreational programs, and community outreach opportunities.  
[www.sheenasplace.org/types-of-programs](http://www.sheenasplace.org/types-of-programs)
2. The Mindfulness Clinic- offer group therapy services and mindfulness clinics.  
[www.themindfulnessclinic.ca/group-therapy-toronto](http://www.themindfulnessclinic.ca/group-therapy-toronto)
3. Danforth Psychology- group focusing on DBT skills. therapeutic writing, self-compassion, social anxiety, and Men's experiences.  
[www.danforthpsychology.ca/group-therapy](http://www.danforthpsychology.ca/group-therapy)
4. Mood Disorder Association of Ontario- 'free peer support and recovery programs to people living with depression, anxiety and bipolar disorder.'  
[www.mooddorders.ca/programs?field\\_region\\_value\\_many\\_to\\_one=Toronto](http://www.mooddorders.ca/programs?field_region_value_many_to_one=Toronto)

### INFORMATION PORTALS

1. Mood Disorders Association of Ontario [www.mooddorders.ca](http://www.mooddorders.ca)
2. Anxiety Canada [www.anxietycanada.com](http://www.anxietycanada.com)
3. National Eating Disorder Information Page (NEDIC) [www.nedic.ca](http://www.nedic.ca)
4. Canadian Mental Health Association- Family Outreach and Response Team.  
'FOR provides supportive counselling and group programming to families and friends of people experiencing a mental health issue.'  
[www.toronto.cmha.ca/family-support](http://www.toronto.cmha.ca/family-support)

### MENTAL HEALTH FOR RACIALISED GROUPS

1. The Liv Collective -[www.livcollectiv.com](http://www.livcollectiv.com)  
•  @theliv.co
2. UnwindTo - online collective for black professionals  
 @unwindto
3. Blackgirlfeels- Toronto collective focused on mental health for black women.  
[www.blackgirlfeels.com](http://www.blackgirlfeels.com)  
 @blackgirlfeels  
[www.blackgirlfeels.com/blog/2019/12/28/black-therapist-database](http://www.blackgirlfeels.com/blog/2019/12/28/black-therapist-database)
4. Across Boundaries 416-787-3007, ext. 222  
[www.acrossboundaries.ca](http://www.acrossboundaries.ca)
5. rites for Black and AfricanCanadian Youth 416-924-2100  
[www.ctys.org/program/groups/rites-for-african-canadian-youth](http://www.ctys.org/program/groups/rites-for-african-canadian-youth)
6. Naseeha Helpline 1-866-627-3342 (NASEEHA)  
[www.naseeha.org](http://www.naseeha.org)
7. Trans Lifeline- peer support and crisis hotline for trans people and micro grants for ID changes 877-330-6366  
[www.translifeline.org](http://www.translifeline.org)
8. Real- Free group therapy for young black womxn and gender-expansive people  
[www.join-real.com/group-support-series/real-x-unplug-collective-free-group-therapy-for-young-black-womxn-gender-expansive-people](http://www.join-real.com/group-support-series/real-x-unplug-collective-free-group-therapy-for-young-black-womxn-gender-expansive-people)
9. The unplug collective [www.theunplugcollective.com](http://www.theunplugcollective.com)
10. Nap Ministry [www.thenapministry.wordpress.com](http://www.thenapministry.wordpress.com)  
 @thenapministry



## SELF HELP BOOKS

1. What A Time To Be Alone: The Slumflower's guide to why you are already enough – Chidera Eggerue
2. How To Get Over A Guy (For Women who like men) – Chidera Eggerue
3. Language Of Emotion: What Your Feelings Are Trying to Tell You – Karla McLaren
4. The Collective Wisdom Of High Performing Women– Colleen Moorehead
5. Rise: 3 Practical Steps for Advancing Your Career, Standing Out as a Leader, and Liking Your Life – Patty Azzarello
6. Eight Dates: Essential Conversations for a Lifetime of Love– John Gottman and Julie Schwartz Gottman, PhD, et al.
7. Health At Every Size: The surprising truth about your weight – Linda Bacon
8. Life Without Ed– Jenni Schaefer
9. Grit: The Power of Passion and Perseverance– Angela duckworth
10. Seven Principles For Making Marriage Work – John M. Gottman. Nan Silver, John Allen Nelson
11. Body Kindness: Transform Your Health from the Inside Out--And Never Say Diet Again – Rebecca Scritchfield
12. Anti Diet: Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating–Christy Harrison
13. The Gifts Of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are – Brene Brown
14. How to Say No Without Feeling Guilty: And Say Yes to More Time, More Joy, and what Matters Most to You – Connie Hatch and Patti Breitman
15. Untamed– Glennon Doyle
16. Mating In Captivity: Unlocking Erotic Intelligence – Esther Perel
17. The F\*ck It Diet: Eating Should Be Easy– Caroline Dooner
18. Why Can't I Meditate? How to Get Your Mindfulness Practice on Trac– Nigel Wellings
19. Meditation Is Not What You Think: Mindfulness and Why It Is So Important– Jon Kabat-Zinn
20. The Body Keeps The Score– Bessel van der kolk
21. F\*ck Your Diet: And Other Things My Thighs Tell Me – Chloe Hilliard
22. The Body Is Not An Apology: The Power of Radical Self-Love – Sonia Renee Taylor
23. Resilience: How to Grow an Unshakable Core of Calm, Strength, and Happiness– Forrest Hanson and Rick Hanson
24. It's Not Always Depression: Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self– Hilary Jacobs Hendel
25. It Didn't Start With You: : How Inherited Family Trauma Shapes Who We Are and How to End the Cycle– Mark Wolynn
26. Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead– Brené Brown
27. HBR's 10 Must Reads on Managing People– Clayton Christensen, Daniel Goleman, and Peter Drucker
28. Burnout: The Secret to Solving the Stress Cycle– Emily Nagoski & Amelia Nagoski
29. Permission To Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive – Marc Bracket
30. Recovery From Emotionally Immature Parents: Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy – Lindsay gibson
31. Not Nice: Stop People Pleasing, Staying Silent, & Feeling Guilty... And Start Speaking Up, Saying No, Asking Boldly, And Unapologetically Being Yourself – Dr. Aziz



### THE THERAPY WORKBOOKS

1. The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free From Anxiety, Phobias, And Worry Using Acceptance and Commitment Therapy - Georg H. Eifert and John P. Forsyth
2. The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living - Kirk D. Strosahl and Patricia J. Robinson, et al.
3. Mind Over Mood - Dennis Greenberger, Christine A. Padesky, et al.
4. The Dialectical Behavior Therapy Skills Workbook: Practical Dbt Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance - Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley
5. Unified Protocols For Transdiagnostic Emotional Disorders - David H Barlow et al.
6. The Borderline Personality Disorder Workbook: An Integrative Program to Understand and Manage Your BPD - Daniel J. Fox
7. The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT - Russ Harris

### PODCASTS/ VIDEOS

1. Alan Robarge - Attachment Trauma Therapist
2. Food Psych - Christy Harrison
3. BeWell Sis - Cassandre Dunbar
4. The Happiness Lab - Dr Laurie Santos
5. Where Should We Begin - esther perel
6. Savvy Psychologist - Jade Wu
7. How's Work - esther perel
8. Still Processing NYT - Jenna Wortham and Wesley Morris
9. Meditation Minis - Chel Hamilton
10. The Read Podcast - Kid Fury and Crissle
11. Body Kindness - Rebecca scritchfield
12. Happier Podcast - Gretchen rubin

### ADDITIONAL RESOURCES

1. Mental Health Resources Serving Toronto  
[www.htoronto.cmha.ca/wp-content/uploads/2018/02/Mental\\_Health\\_Quick\\_Guide\\_2018.pdf](http://www.htoronto.cmha.ca/wp-content/uploads/2018/02/Mental_Health_Quick_Guide_2018.pdf)
2. Toronto For All: Anti-Black Racism & Mental Health Resources  
[www.toronto.ca/wp-content/uploads/2020/01/96a4-t4a-abr-bmh-resources.pdf](http://www.toronto.ca/wp-content/uploads/2020/01/96a4-t4a-abr-bmh-resources.pdf)