



Mental Wellness for Housing Stability

Mental Health, Well-Being & Housing Resource Guide

A Resource List for York Region Residents

This guide brings together mental health, well-being and housing supports available to residents of York Region.

If you or someone you know is in immediate danger, call 911 or go to the nearest hospital emergency department.
For 24/7 mental health crisis support, call 310-COPE at 1-855-310-COPE (2673).



Table of Contents

Emergency & Crisis Support

Ongoing Mental Health & Counselling Services

Well-Being & General Support

Housing & Homelessness Support

Specialized & Population-Specific Supports

Emergency & Crisis Support

Use these services if you or someone else needs urgent, immediate help.

Agency / Program	Contact Information	Services Offered
Life-Threatening Emergency	Call 911 Or go to your nearest hospital emergency department	For any situation where someone's life is in immediate danger, including medical emergencies, suicide attempts in progress, or immediate risk of harm.
Community Crisis Response Service (310-COPE) <i>Your Support Services Network (YSSN)</i>	1-855-310-COPE (2673) TTY: 1-866-323-7785 yssn.ca	24/7 phone-based crisis support for York Region and South Simcoe residents experiencing a mental health crisis, plus mobile crisis outreach and a short-term crisis residence. Family and friends can also call.
Kids Help Phone	1-800-668-6868 (24/7) Text: 686868	Confidential phone, text, and online chat counselling for children and youth (18 and under).
Crisis Services Canada	1-833-456-4566 (call or text, 24/7)	National suicide prevention service offering immediate, confidential support.
Hope for Wellness Helpline	1-855-242-3310 (24/7) hopeforwellness.ca (online chat)	Culturally-grounded crisis counselling for First Nations, Inuit and Métis peoples across Canada, available in English, French, and on request Cree, Ojibway and Inuktitut.
Wellness Together Canada	wellnesstogether.ca Text, chat and phone options listed on site	Free 24/7 mental health and substance use support for adults, youth, Indigenous peoples and frontline workers.
Distress Centres of Greater Toronto	408-HELPLINE: 416-408-4357 (24/7) Multilingual Helpline: 905-459-7777 (10 a.m.–10 p.m.) dcogt.com	Free, confidential telephone, text and live-chat crisis support for people who are suicidal, in crisis, or experiencing social/psychological isolation. Multilingual support available in Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.

Ongoing Mental Health & Counselling Services

Non-crisis counselling, therapy and mental health programs for ongoing support.

Agency / Program	Contact Information	Services Offered
Access York <i>York Region</i>	1-877-464-9675 TTY: 1-866-512-6228 Mon–Fri, 8:30 a.m.–4:30 p.m.	Central information and referral line for Region-run programs, including mental health navigation, financial assistance and housing support applications.



Agency / Program	Contact Information	Services Offered
Streamlined Access <i>Your Support Services Network (YSSN)</i>	289-340-0348 1-844-660-6602	Connects individuals 16 years and older to mental health and addiction services across York Region.
ConnexOntario	1-866-531-2600 (24/7)	Free, confidential information and referral to mental health, addictions and problem gambling services province-wide.
Canadian Mental Health Association (CMHA) York Region & South Simcoe	cmha-yr.on.ca Locations across York Region	Walk-in counselling, ongoing individual counselling, groups and workshops for youth (12–25) and adults (16+). Also offers gender-affirming care navigation and an Indigenous Aging at Home program.
Women's Centre of York Region (WCYR)	wcyr.ca	Free short-term counselling (up to 6 sessions) and support groups delivered by social workers, with care that is respectful of culture, race, religion, gender and sexual orientation.
Catholic Community Services of York Region	905-770-7040 1-800-263-2075	Counselling services for youth, adults and seniors of all faiths and backgrounds.
Family Services York Region	416-922-2672	Counselling and community-based, culturally responsive support services.
Hong Fook Mental Health Association	416-493-4242	A continuum of mental health services for Asian and other diverse communities, including services in multiple languages.
Krasman Centre	1-888-780-0724 (24/7)	Peer support-based programs, physical hubs and resources for people living with mental health, substance use and/or housing challenges.
Eating Disorders of York Region	905-886-6632	Support for individuals and families affected by eating disorders.
York Hills Centre for Children, Youth and Families	905-503-9560 1-866-536-7608	Services supporting the social, emotional and behavioural well-being of children, youth and their families.
Black Youth Helpline	416-285-9944 1-833-294-8650	Support line for youth and a point of contact connecting youth, families and schools to professional services.
Noojimo Indigenous Mental Health Clinic	noojimo.ca	Indigenous-owned clinic offering culturally safe, timely virtual mental health services.
EYRND OHT Mental Health and Addictions Wellness Centre	905-758-2279	Mental health and addiction services for individuals 12+ living in Markham, Thornhill, Stouffville and north Durham.



Agency / Program	Contact Information	Services Offered
Access CAMH <i>Centre for Addiction and Mental Health</i>	416-535-8501, option 2 1-800-463-2338 (toll-free) Mon–Fri, 8:30 a.m.–5 p.m.	Centralized information, intake and scheduling for most CAMH mental health and addictions services. CAMH is based in Toronto and accepts referrals from York Region residents.

Well-Being & General Support

Basic needs, food security, safety and general information/referral services.

Agency / Program	Contact Information	Services Offered
211 Ontario	Dial 211 (24/7) 1-877-330-3213 211ontario.ca	Free, confidential helpline and online directory connecting people to community, government, social and health services across Ontario, including food, housing and mental health supports.
York Region Food Network (YRFN)	905-841-3101 1-866-454-9736 (toll-free) yrfn.ca Mon–Fri, 9 a.m.–5 p.m.	Community food programs including the Good Food Box, Fresh Food Markets, community meals, garden programs and cooking/preserving classes. No eligibility restrictions.
Victim Services of York Region	905-953-5363 (24/7) 1-866-876-5423 ext. 6790	24/7 emotional support and practical assistance for victims of crime or tragic circumstances.
Domestic Abuse and Sexual Assault Care Centre (DASA)	1-800-521-6004	Emergency and follow-up medical care, plus counselling, for survivors of domestic abuse and sexual assault.
York Region Centre for Community Safety	1-855-541-2220	Coordinates support and services for adult and child victims of domestic violence.
Seniors Safety Line	1-866-299-1011 (24/7)	Information, referrals and support for older adults experiencing abuse or mistreatment.
CHATS – Community & Home Assistance to Seniors	905-713-6596 1-877-452-4287 chats.on.ca	One-stop programs and services for older adults, including in-home help, transportation and social/wellness programs.
Loft Community Services – Street Outreach Van	905-853-3400 1-866-553-4053	Mobile care for people in York Region facing complex mental and physical health challenges, addictions, dementia and/or homelessness.
Canadian Human Trafficking Hotline	1-833-900-1010 (24/7) Online chat available	Confidential support and referrals for victims and survivors of human trafficking.



Agency / Program	Contact Information	Services Offered
Community Legal Clinic of York Region (CLCYR)	905-508-5018 1-888-365-5226 clcyr.on.ca	Free legal information and representation for low-income residents on housing, income support and other poverty-law matters.
York Region Community and Health Services <i>York Region</i>	1-877-464-9675 1-888-703-5437 TTY: dial 711 york.ca/support	The Region's department overseeing Access York, Health Connection and other community programs — the umbrella point of contact connecting residents to local health, social and support services.

Housing & Homelessness Support

Emergency shelter, transitional housing, subsidized housing applications and financial help with rent/utilities.

Agency / Program	Contact Information	Services Offered
Emergency Housing Central Intake <i>York Region</i>	1-877-464-9675 ext. 76140 (24/7)	Central line for individuals and families experiencing homelessness to be connected with emergency shelter space in York Region.
Blue Door Shelters	905-898-1015 1-888-554-5525 bluedoor.ca	Emergency and transitional shelter and support programs for men, women, youth and families across York Region, including Leeder Place family shelter.
Yellow Brick House	Crisis Line (24/7): 1-800-263-3247 yellowbrickhouse.org	Emergency shelter, crisis counselling and support for women and children experiencing domestic violence.
The Housing Help Centre (THHC)	1-877-464-9675 Cantonese/Mandarin: 437-855-1469 shhc.ca/housing-help-york	Housing counsellors help residents apply for and maintain subsidized and market-rent housing, including subsidized housing and Special Priority applications. Locations in Newmarket, Markham, Vaughan, Richmond Hill, Georgina and Thornhill.
HomeSafe York <i>Midaynta Community Services</i>	905-832-1110 infohomesafeyork@midaynta.com 9401 Jane St, Unit 326, Vaughan Mon–Fri, 9 a.m.–4:30 p.m.	Trauma-informed, in-person and virtual support for York Region residents at risk of losing their housing, with an anti-Black-racism and culturally sensitive approach. Includes tenant/landlord rights education and community program referrals.
Housing Access / Housing York Inc.	1-877-464-9675	Manages the subsidized (community) housing wait list for York Region; assists with applications and annual updates.
Homelessness Prevention Program <i>via Access York</i>	1-877-464-9675 accessyork@york.ca	Financial help for eligible residents who are homeless or at risk of homelessness and not receiving Ontario Works or ODSP — covers overdue rent, utilities, moving costs and first/last month's rent.



Agency / Program	Contact Information	Services Offered
Housing Stability Program <i>via Access York</i>	1-877-464-9675	Support for residents already receiving Ontario Works or ODSP to address overdue rent, utility payments and other housing-related costs.
Rent and Utility Assistance <i>York Region</i>	1-877-464-9675 york.ca/support/financial-assistance	Region-run financial assistance programs to help residents keep up with rent and utility payments and avoid eviction.

Specialized & Population-Specific Supports

Services tailored to newcomers, 2SLGBTQ+ individuals, Indigenous residents and seniors.

Agency / Program	Contact Information	Services Offered
Welcome Centres – Newcomer Settlement Services <i>York Region / Catholic Community Services of York Region</i>	york.ca/support/newcomer-services	Settlement services, employment supports, credential guidance, language classes and interpretation for newcomers to Canada. Navigators speak 40+ languages.
PFLAG York Region	pflagcanada.ca	Support, resources and education network for 2SLGBTQ+ individuals and their families.
Among Friends 2SLGBTQI+ Programs <i>Access Alliance</i>	accessalliance.ca	Community programs for 2SLGBTQI+ newcomers.
Dnaagdawenmag Binnoojiiyag Child and Family Services	dbcfs.ca	Multi-service Indigenous child well-being agency serving Indigenous families and youth.
CHATS Aging at Home – Indigenous Program <i>with CMHA York Region</i>	1-877-452-4287	Support for individuals who identify as Indigenous (First Nations, Métis, Inuit), aged 45+, including home visits, light housekeeping, transportation and culturally-based group programs.
360°kids	905-884-3070 (Connections Emergency Housing) 360kids.ca	Housing, mental health, employment and crisis support for youth aged 16–26 across York Region, including emergency and transitional housing, housing support workers, and outreach.

Note: Phone numbers, hours and services can change. If a number is no longer active, call 211 or Access York at 1-877-464-9675 for the most current referral.