

## TORONTO'S LEAD AGENCY FOR CHILD AND YOUTH SUPPORT:

### East Youth Metro Services

- Toronto's Lead agency in offering supports to youth, 0 to 21
- single session counselling conducted via video conferencing
- intake conducted through the Mental Health T.O., and then the agency referral will be made depending on catchment area.
- session counselling can be accessed by residents of Durham

Central Intake: 1-866-585-6486

Website: <http://emys.on.ca/>  
(Now called Strides Toronto)

### WEBSITE ONLY

### Mind Your Mind

- A mental health website with interactive tools and resources to build capacity and resilience for youth and young adults.

<https://mindyourmind.ca/>

## Community Supports for Children and Youth

The information in this brochure is subject to change. To access the most up-to-date information please contact the agency directly. Alternately connexontario can also provide information and support with system navigation, as well as more specialized services.

Toll free number: 1-866-531-2600

Website: [connexontario.ca](http://connexontario.ca)



## Community Supports for Children and Youth

*West Durham*

**Family Health Team**





## Kids Help Phone

- A toll free number for children to speak with a trained counsellor
- There is also a text option, where a trained counsellor can be reached and a conversation can be facilitated through texting.
- Fully functional during COVID19

**Toll Free Number: 1-800-668-6868**  
**To Text: 686868, and text the word CONNECT**

**Website:** <https://kidshelpphone.ca/>

- The Kids Help Phone web site is chocked full of resources and coping strategies for children to access, and gain some ideas to cope with COVID19 as well as other issues that could arise in the lives of children and youth.

## Family Services Durham

- Due to COVID19 they are offering telephone sessions and the fee is currently suspended otherwise they are a fee for service program
- serves ages 6 and up

Central Intake: 905 666-6240 or 1 866 840-6697.

## Catholic Family Services Durham

- They will continue to run their single session (prior to COVID19 walk-in clinic) via video conferencing
- wait list is 7 to 8 months for long term counselling

Contact: 905-725-3513

Toll Free: 1-877-282-8932

Website:

<http://www.cfsdurham.com/>



# Counselling Services for Children, Youth and Families in the Durham Region

## Kinark Child and Youth Services

- Providing Virtual Clinical Services as a result of COVID19
- They will continue to run intake, and the mental health counselling sessions over the phone
- A Case Manager will be in touch after intake call to discuss next steps (30 to 90 days)
- Kinark conducts intake for Ontario Shores programming as well as Frontenac

Central Intake: 1-888-454-6275

Website:

<https://www.kinark.on.ca/>