



Mental Health Support Services

Forest Brook Community Church cares about Mental Health because Jesus cares about each person; the whole person - mind, body and soul.

A list has been provided of local Services that support better mental health for all.





Forest Brook Community Church
60 Kearney Drive, Ajax, Ontario L1T 4N2
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<http://www.forestbrook.ca>



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Resources provided by members of Forest Brooks' Mental Health Initiative.

The resources shared are for information purposes only.

Forest Brook does not endorse the services listed.

COMMUNITY RESOURCES/SUPPORT:

- **Community Care Durham/COPE Mental Health Program**
COPE offers support to adults experiencing mental and emotional challenges.
Phone: 905-837-0017, Ext. 229
Website: www.communitycaredurham.on.ca
- **Kinark Child and Family Services**
Kinark serves children under 12 experiencing social, emotional and/or behavioural challenges; youth diagnosed with mental disorders and at risk of self-harming or harming others, and families needing parenting supports around mental health issues.
Phone: 905-668-2411
Website: www.kinark.on.ca
- **Frontenac Youth**
Frontenac Youth Services is a non-profit Mental Health Centre which has been providing assistance to adolescents struggling emotionally and behaviourally (12-18 years) and their families.
Phone: 1-888-454-6275 (Intake) **Crisis Hotline:** 905-723-2802 or 1-888-579-5914
Website: <https://frontenacyouthservices.org/>
- **Canadian Mental Health Association - Durham**
This community mental health and primary care hub offers multiple supports for crisis calls, addiction reduction, housing advocacy, counselling and mental wellness education.
Phone: 1-844-436-8760 **Crisis Hotline:** Call 1-833-456-4566 or Text 45645
Website: www.cmhadurham.ca
- **Luke's Place**
Located in Oshawa, it provides legal and family court support for women.
Phone: 905-728-0978 1-866-516-3116
Website: www.lukesplace.ca

CRISIS SUPPORT:

- **Distress Centre Durham (DCD) Crisis Line:**
This 24-hour helpline offers distress support through talking or texting.
Phone: 1-800-452-0688 **Text:** 258258
Website: www.distresscentredurham.com
- **Government of Canada 988 Crisis Helpline:**
Calls and texts to 988 are directed to a network of partners in communities across the country offering suicide prevention services such as counselling.
Phone: 988 **Text:** 988
Website: <https://www.cbc.ca/news/health/988-hotline-mental-health-canada-1.7043603>
- **Durham Mental Health Services (DMHS)**
Support includes a mobile crisis team that can come to your home to assess and intervene if an individual (age 16 or older) is having a mental health crisis.
Crisis Line: 1-800-742-1890 **Intake:** 905-666-0831
Websites: dmhscentralintake@lh.ca www.dmhs.ca

- **Ontario Shores Centre for Mental Health Sciences-Prompt Clinic**
The Clinic offers help to individuals (age 12 plus) requiring timely access to psychiatric care but not requiring an Emergency Department visit.
Crisis Line: 1-800-263-2679 **Intake:** 1-877-767-9642
Website: www.ontarioshores.ca
- **Lakeridge Health - Ajax/Pickering Hospital**
Crisis Line: 905-433-4384 **Intake:** 905-683-2320, Ext. 13275
Website: www.lakeridgehealth.on.ca

COUNSELLING & THERAPY SUPPORT

- **Catholic Family Services of Ontario**
Offers Christian counselling (if requested) for individuals, couples and families. Fees are reduced significantly for clients unable to afford the current cost for therapy.
Phone: 1-877-282-8932
Website: www.cfsdurham.com
- **LifeCare Counselling Centre and Psychological Services**
The Centre has locations in Bowmanville and Pickering and offers Christian counselling (if requested). Therapists serve adults, children, teens, couples and families.
Phone: 1-855-231-CARE (2273) or 905-231-2273
Website: www.lifecarecentres.com
- **Francis Psychotherapy & Consulting Services**
This online therapy team offers multiple types of therapies including Christian counselling. They serve children, adolescents, individual adults, couples and families.
Phone: 647-492-5105
Website: www.francispsychotherapy.janeapp.com
- **Robertson Professional Corporation**
Provides both online and in-person services (including Christian counselling).
Phone: 289-675-5057 **Email:** robertson.psychotherapy.corp@gmail.com
Website: www.robertsonprofessionalcorporation.com

OUTSIDE DURHAM REGION IMMEDIATE CRISIS SUPPORT

- **CAMH**
Contact CAMH if you are in urgent need to talk to someone. Operated by various agencies, it is open 24 hours a day.
Talk Suicide: 1 833 456-4566 or text 45645
Toronto Distress Centres: 416-408-4357 or 408-HELP

MENTAL HEALTH AWARENESS/EDUCATION

- **The Sanctuary Course - a conversation on mental health**
Forest Brook Community Church offers this free, 8-week small group study guide and discussion course as part of its new Mental Health Initiative program. Consider joining the conversation and learning more about mental health.
For information on enrolling in the Sanctuary Course, Contact: admin@forestbrook.ca.