

## Rapid Access to Mental Health and Addictions Services in the Durham Region Service Inventory

Service Name	Description	Link / Contact Information	Who Can Refer
Primary Care Consult Service	Family Physicians and Nurse Practitioners can schedule an appointment with an Ontario Shores' psychiatrist for telephone advice.	<a href="https://www.ontarioshores.ca/accessing-care/primary-care-providers">https://www.ontarioshores.ca/accessing-care/primary-care-providers</a>	Primary Care Providers
Ontario Structured Psychotherapy Program	Adults with depression and anxiety-related conditions can access publicly-funded, evidence-based, cognitive-behavioural therapy (CBT) and related approaches to help manage their conditions.	<a href="https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program">https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program</a>	Anyone
Breaking Free Online Recovery Support Program	Free, online support tool designed to help Ontarians ages 16 and up reduce or stop the use of over 70 substances, such as tobacco, alcohol and drugs, including opioids.	<a href="#">Breaking Free Online Recovery Support Program   Ontario Health</a>	Anyone
Digital Therapy Services & Online Mental Health Supports	Virtual mental health therapy clinic that provides guided CBT programs, live sessions and in-person sessions and assessments with licenced professionals.	<a href="#">Digital Therapy Services &amp; Online Mental Health Support by MindBeacon</a>	Anyone
Urgent Care Durham	An online and in-person Durham wide physician group providing mental health supports.	<a href="https://www.urgentcaredurham.ca/">https://www.urgentcaredurham.ca/</a> 905-706-9798	Anyone
Rapid Access to Addiction Medicine (RAAM)	RAAM clinics offer fast access to quality care for people living with alcohol and opioid-related addictions. Services included medical treatment and counselling services without a doctor's referral.	<a href="https://www.lakeridgehealth.on.ca/en/ourservices/rapid-access-addiction-medicine--raam-.asp">https://www.lakeridgehealth.on.ca/en/ourservices/rapid-access-addiction-medicine--raam-.asp</a> 905-576-8711 Ext. 37226	Anyone
Prompt Care Clinic	The Prompt Care Clinic at Ontario Shores provides care for individuals who require	<a href="https://www.ontarioshores.ca/services/prompt-care-clinic">https://www.ontarioshores.ca/services/prompt-care-clinic</a>	Referrals are accepted

	timely access to psychiatric services, but do not require an emergency department visit. A psychiatrist and/or nurse practitioner provides a clinical assessment for the purpose of providing diagnostic, and treatment recommendations that is sent back to the referral source.	Phone: 905-432-4121  Online referral.	from, family physicians, walk-in clinic physicians, psychiatrists and nurse practitioners.
Durham Counselling Walk In Clinic (CAREA)	The Durham Counselling Walk-in Clinic (DCWIC) is a free, confidential counselling "walk-in" clinic that provides services for children and youth ages 3 - 19 years and their families. Currently being delivered virtually, the clinic is run by a community collaborative and is staffed by providers from: Catholic Family Services, Lakeridge Health (Pinewood Centre), Carea Community Health Centre, Frontenac Youth Services, Family Services Durham, and Lakeridge Health - Child, Youth and Family Program. The clinic provides same day counselling and runs on a first come first served basis. People come to us for many different reasons including family issues, strategies for positive change, stress management, relationship challenges, parenting support, youth development, substance use concerns, etc.	<a href="https://www.careachc.ca/Global-Assets/Programs/The-Durham-Counselling-Walk-in-Clinic">https://www.careachc.ca/Global-Assets/Programs/The-Durham-Counselling-Walk-in-Clinic</a>  <b>Clinic Coordinator</b> 289-509-0603 x 3203  <b>Hours of Operation:</b> Wednesdays from 11:00am-6:00pm (Last session will start 4:00pm) The service takes approximately 2 hours	Self-referral
Single Session Intake Process (Catholic Family Services of Durham)	The agency's intake process includes a screening and single session of therapy usually within a week of reaching out. Clients are screened for appropriateness for the service and are then booked for a single session of therapy (in person or	<a href="https://cfsdurham.com/english/get-help/">https://cfsdurham.com/english/get-help/</a>  If you are not able to book your screening online, please speak to our Client Care Navigator at 905-725-3513 ext. 110, and she will complete your booking with you.	Self-referral

	virtual). Clients for whom it is clinically indicated are placed on the waiting list for ongoing psychotherapy. Any client can return to receive another booked single session every four weeks, or until their name comes up on the wait list.		
Frontenac Youth Services Quick Access Clinic	Offering Single Session Counselling to Adolescents 12-18 Years Old and/or Caregivers (Family Accompaniment Welcomed).	<a href="https://frontenacyouthservices.org/quick-access-clinic/">https://frontenacyouthservices.org/quick-access-clinic/</a>  If a referral has been completed through the Central Intake phone line and our intake coordinator has invited, you to our Quick Access Clinic we are currently offering phone and virtual sessions. In-person support will be available on an appointment basis. Please contact (905) 579-1551 ext. 234. <b>*MUST HAVE COMPLETED INTAKE*</b> At Central Intake Services 1-888-454-6275	Self-referral
Crisis support for children, youth or parents.	Chimo Youth and Family Services, Kinark Child and Family Services and Frontenac Services have joined a new partnership with York Support Services Network (YSSN) to bring the community specialized crisis support for children, youth and families. Children, youth, or parents can access crisis support with mental health clinicians trained specifically in issues of child/youth mental health.	Toll-free number 1-855-310-COPE (2673) or (TTY) 1-866-323-7785.  Clients can speak with a crisis worker anytime the need arises.	Self-referral
Wellness Together Canada	Wellness Together Canada is designed to be used on demand: you get to choose what you need, when you need it. Services range from basic wellness information, to	<a href="https://www.wellnesstogether.ca/en-CA">https://www.wellnesstogether.ca/en-CA</a>	Self-referral

	one-on-one sessions with a counsellor, to participating in a community of support.		
“What’s Up” Walk-In Clinic	Operating virtually, serve individuals up to 30 years of age and their families who live in the GTA. Free virtual mental health counselling.	<a href="https://www.whatsupwalkin.ca/">https://www.whatsupwalkin.ca/</a>  To be connected to a counsellor for a telephone or video session 1-866-585-6486 (Monday to Friday 9am-7pm); Saturday 10am-4pm (last session at 3pm).	Self-referral

**This resource was prepared by the Mental Health and Addictions Planning Committee, with membership from:**

- Backdoor Mission for the Relief of Poverty
- Carea Community Health Centre
- CMHA Durham
- Community Care Durham
- Durham Children and Youth Planning Network
- Durham Region Welcome Centre
- Lakeridge Health
- Mississaugas of Scugog Island First Nations
- Ontario Shores Centre for Mental Health Sciences
- Ontario Tech University
- PFLAG Durham Region
- Region of Durham, Police Services, Social Services, Health Department and Paramedic Services
- Seniors Care Network
- Victim Services of Durham Region