

Counselling Resources

Family and Individual Counselling

Durham Counselling Walk-In-Clinic

The Youth Centre
360 Bayly St. W Unit #5 Ajax
905-428-1212 Ext 269
(Ask for Clinic Coordinator)

Catholic Family Services of Durham

115 Simcoe St S, 1st Floor Oshawa
905-725-3513

40 Hunt Street East Ajax
905-428-1984
www.cfsdurham.com

CONNECT Counselling: The Canadian Hearing Society

Mailing Address
Braemor Center Plaza
575 Thornton Road N, Unit 13 Oshawa
905-404-8490
1-888-697-3617
<http://www.chs.ca/services/connect-counselling-services>

Durham Region. Social Services Department- Family Services Durham

605 Rossland Rd E Whitby
Intake 905-666-6240
www.region.durham.on.ca

John Howard Society

75 Richmond Street West, Oshawa
905 579 8482
<http://www.jhsdurham.on.ca>

Credit/Financial Counselling

Collection Recovery Systems

286 King Street West, Oshawa

905-434-6186

<http://www.collectionrecovery.ca>

Credit Counselling Service of Durham Region

322 King St W, Lower Level Oshawa

905-579-1951

<https://creditcanada.com/locations/credit-canada-oshawa>

K3C Credit Counselling

The Oshawa Centre Executive Offices

419 King St W, Suite 203A Oshawa

905-665-6204

www.K3C.org

Ontario Credit Counsellors

1228 Olive Avenue Oshawa

905 433 1425

The Farm Line Support Service

Ontario

1-888-451-2903

www.thefarmline.ca

Mental Health Supports and Services

Canadian Mental Health Association – Durham

60 Bond St. W.

Oshawa

905-436-8760

www.durham.cmha.ca

COPE Mental Health Program

<http://www.communitycaredurham.on.ca/copeservices.html>

For location, meeting time and more information, please call:

Oshawa – 905-434-1693

Ajax/Pickering – 905-686-3248

Uxbridge - 905-852-9560

Clarington – 905-623-4123

Scugog – 905-985-8461

Brock – 705-432-3044

Depression and Anxiety Information, Resource and Education Centre (DIRECT)

Public Information Line: 1-888-557-5051, ext. 8000

Physician Line: 1-888-557-5050, ext. 500

Dr. Angela Fountain

105 Columbus Rd. W.

Oshawa

905-655-5813

www.drffountain.ca

Durham Mental Health Services

519 Brock Street South Whitby

905- 448-0453

200 Old Harwood Avenue Ajax

905- 683-9124

<http://www.dmhs.ca>

Central Intake: 1-888-454-6275

Frontenac Youth Services

1160 Simcoe St. S. Oshawa

1-877-455-5527

905-579-1551

<http://www.frontenacyouthservices.org>

Kinark Child & Family Services

20 Sunray Street, Whitby

Toll Free: 1-866-929-0061

905- 668-2411

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

Lakeridge Health Whitby- Interact Community Mental Health Program

The Whitby Mall, Lang Tower

1615 Dundas St E, 2nd Floor, Suite W214, Whitby

905-576-8711 ext. 6029

Mood Disorders Association of Ontario

1-888-866-MOOD (6663)

<http://www.mooddorders.ca>

Ontario Shores Centre for Mental Health Sciences

700 Gordon Street Whitby

For information regarding access to patient programs and services call

1-877-767-9642

905-668-5881

<http://www.ontarioshores.ca>

Rouge Valley Health System

Shoniker Clinic

416-284-8131 x7301

<http://www.rougevalley.ca/mental-health>

Crisis

Distress Centre Durham

905-430-2522

Or

1-800-452-0688

Durham Mental Health Mobile Crisis Intervention Team

905-666-0483

Or

1-800-742-1890

Kid's Help Phone

1-800-668-6868

www.kidshelpphone.ca

Lakeridge Health Crisis Intervention

905-433-4384

Lakeridge Health – Oshawa Crisis Unit

905-576-8711 ext 4384

McKay Mental Health Crisis Service Line

905-668-0483

Rape Crisis Centre

905-444-9672 Ext. 201

Other Resources

Rose of Durham – Young Parents Support Services

Oshawa - Main Branch

200 Bond St. W., Oshawa, ON, L1J 2L7

905-432-3622

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

Ajax - Pickering Outreach Branch

230 Westney Road South, Suite 303, Ajax, ON

289-385-1160

North Durham Outreach Branch

169 North St. Unit 2, Port Perry, ON

905-985-4221