

Mental Health Supports and Services

COPE Mental Health Program

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
www.fhs.mcmaster.ca/direct

Dr. Angela Fountain

105 Columbus Rd. W.
Oshawa
905-655-5813
www.drffountain.ca

CMHA-Durham

60 Bond St. W.
Oshawa
905-436-8760
www.durham.cmha.ca

Mood Disorders Association of Ontario

1-888-486-8046
www.moooddisorders.on.ca/regionalprograms.html

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This documentation is provided for information purposes only and does not imply that Resources for Exceptional Children and Youth – Durham Region recommends, condones or supports the implementation of this information.

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

www.ontarioshores.ca

Lakeridge Health Whitby

Interact Community Mental Health Program

The Whitby Mall, Lang Tower

1615 Dundas St E, 2nd Floor

905-576-8711 Ext 6029

Durham Mental Health Services

Durham Region Mental Health Mobile Crisis Services

519 Brock Street South Whitby

905- 448-0453

200 Old Harwood Avenue Ajax

905- 683-9124

www.dmhs.ca

Central Intake: 1-888-454-6275

Kinark Child & Family Services

20 Sunray Street, Whitby

Toll Free: 1-866-929-0061

905- 668-2411

www.kinark.on.ca

Frontenac Youth Services

1160 Simcoe St. S. Oshawa

1-877-455-5527

905-579-1551

www.frontenacyouthservices.org

Rouge Valley Health System

Shoniker Clinic

416-284-8131 Ext 7301

www.rougevalley.ca/aboutus_orig/mentalhealth