

CRISIS		
CRISIS		911
Distress Centre Durham		
24-hr telephone counselling, crisis and suicide intervention and referral	905-430-2522 or 1-800-452-0688	
Durham Mental Health Services		
Short term crisis beds/mobile crisis team & 24-hr crisis line	905-666-0483 1-800-742-1890	
Frontenac Youth Services		
	1-888-454-6275	
Kids Help Phone		
	1-800-668-6868	
Victim Services of Durham Region		
	1-888-579-1520 ext.3400	
ABUSE & DOMESTIC VIOLENCE		
Bethesda House - Bowmanville		
24-hr support line & shelter	905-623-6050 or 1-800-338-3397	
Durham Children`s Aid Society		
If you are being abused or fear for your safety (ages 0 to 16)	905-433-1551 or 1-800-461-8140	
Durham Rape Crisis Centre		
24-hr crisis line, counselling and support groups for recent or past abuse	905-668-9200	
Durham Region Domestic Violence/Sexual Assault Care Centre		
Medical	905-576-8711 ext. 3286	
emotional support for anyone who has experienced or who needs info about sexual violence, services & community referrals		
DRIVEN	1-877-723-3905	
Fem-aide (Francophone helpline)		
	1-877-336-2433	
Herizon House		
24-hr crisis line & shelter for women dealing with abuse	1-866-437-4066	
The Denise House		
24-hr crisis line & shelter for abused women, counselling & children's programs	905-728-7311 or 1-800-263-3725	
YWCA Durham		
24-hr crisis line & shelter for women dealing with abuse	905-576-2997 or 1-888-576-2997	
COUNSELLING & SUPPORT		
Bereaved Families of Ontario, Durham Region		
Support for families and individuals who have lost a significant person	1-800-387-4870	

COUNSELLING & SUPPORT (CONTINUED)		
Centralized Intake		
Intake and referral for all children’s mental health services in Durham Region	1-888-454-6275	
Catholic Family Services of Durham		
Ajax/Oshawa	905-428-1984	
Oshawa (intake)	905-725-3513 or	
Couple, ind, child & family counselling	1-877-282-8932	
Carea Community Health Centre		
Oshawa	905-723-0036	
Ajax	905-428-1212	
Whitby Children & Youth Team (up to age 24)	905-723-0036 ext. 3206	
COPE Mental Health (Serving adults 18+)		
Ajax/Pickering	905-837-0017	
Clarington	905-623-2261	
Oshawa	905-430-5613	
Whitby	905-430-5613	
Durham Counselling Walk-in Clinic		
Counselling for children & youth aged 3 to 19 and their families at Carea (Ajax Site)	905-428-1212	
Wednesdays from 1pm-8pm (Last Session 6:30pm)		
Family Services Durham		
Ajax	905-683-3451	
Whitby (intake)	905-666-6240	
Couple, ind, child & family counselling	1-866-840-6697	
Frontenac Youth Services		
Support for youth 12-18 with behavioural emotional, psychiatric & learning difficulty	905-579-1551 or 1-877-455-5527	
Hearth Place Cancer Support Centre		
	905-579-4833	
John Howard Society		
Clarington	905-623-6814	
Oshawa	905-579-8482	
Whitby	905-666-8847	
Kinark Child & Family Services		
Children's mental health organization; Individual, couple & family counselling	905-668-2411 or 1-888-454-6275	
Ontario Shores Centre for Mental Health Sciences		
Psychiatric/psychological assessment & counselling	905-430-4055	
Salvation Army - Family Services		
Oshawa	905-723-7422	
Whitby	905-430-3454	

DRUG & ALCOHOL & GAMBLING ISSUES		
Alcoholics Anonymous/Alateen/AI-anon		
Support for recovering alcoholics or young people affected by others drinking	1-877-404-5591 905-728-1020 or 1-888-425-2666	
Drug & Alcohol Helpline		
	1-800-565-8603	
Narcotics Anonymous		
	1-888-811-3887	
Support for recovering drug users		
Ontario Problem Gambling Helpline		
	1-888-230-3505	
Pinewood Centre		
Ajax	905-683-5950	
Bowmanville	905-697-2746	
Oshawa	905-571-3344	
Port Perry	905-985-4721	
24-hr crisis line	905-723-8195 or 1-888-881-8878	
Project X-change (John Howard Society)		
Needle exchange program; clean supplies & safer use info at office & mobile sites	905-440-5410 or 905-440-5387	
YMCA Youth Gambling Awareness Program		
Awareness & education programs	905-903-5995	
ALTERNATIVE EDUCATION		
Durham Alternative Secondary School		
DASS Oshawa	905-579-1990	
DASS Pickering	905-839-2913	
DASS Port Perry/Uxbridge	905-985-4947	
Teen Parent Programs	905-242-1753	
Durham Catholic District School Board - Alternative Ed.		
Ajax	905-428-7161	
Oshawa	905-438-0570	
Whitby	905-666-1146	
Learning Earning & Parenting (LEAP)		
High school for young parents on OW	905-432-2929	
PHYSICAL & SEXUAL HEALTH		
AIDS Committee Durham		
HIV/AIDS related services & supports	905-576-1445	
AIDS Hotline		
	1-800-668-2437	
Carea Community Health Centre (Ajax)		
A community health centre for youth aged 13-29 in Ajax/Pickering	905-428-1212	
Carea Community Health Centre (Oshawa)		
	905-723-0036	
Durham Health Connection Line		
Public health nurses provide information	1-800-841-2729	

PHYSICAL & SEXUAL HEALTH (CONTINUED)		
Durham Region Domestic Violence/Sexual Assault Care Centre		
	905-576-8711	
emotional support for anyone	ext. 2328	
needs info about medical & sexual violence.	ext. 3286 ext. 3286	
Durham Region Sexual Health Clinics		
Oshawa	1-800-314-8533 905-433-8901	
Pickering	905-420-8781	
Port Perry	905-985-4891	
Telehealth Ontario		
	1-866-797-0000	
WELFARE & FINANCIAL		
Durham Region Social Services Ontario Works		
General Intake	1-877-678-6333	
Ajax/Pickering Intake	905-428-8982	
YOUTH CENTRES		
Boys and Girls Club of Durham		
	905-728-5121	
CMHA - YASP Program		
Programs, meals, showers, OW trustee	905-436-8760	
Girl's Inc		
Girls programs on success, health & critical thinking	905-428-8111 or 1-877-447-5795	
Municipal Youth Programs		
Ajax	905-619-2529	
Oshawa	905-436-3311	
Pickering	905-420-4660	
Whitby	905-430-4300	
The Fire House (Bowmanville)		
	905-623-6814	
The Refuge (Oshawa)		
	905-404-2420	
HOUSING & SHELTER		
Bethesda House - Bowmanville		
24-hr crisis line & shelter	905-623-6050 or 1-800-338-3397	
Cornerstone Community Association		
Emergency hostel for males aged 16+	905-433-0254	
Durham Region Housing Services		
	905-666-6222 or 1-800-372-1102	
Durham Region Non-profit Housing Corporation		
	905-436-6610	
Housing Help Durham (CDCD)		
	1-866-746-3696	
Housing stability, lists & search support	905-686-2661	
Joanne's House		
Emergency hostel for youth aged 16-24	905-239-9477	

