

COMMUNITY COUNSELLING RESOURCES

DURHAM REGION



Canadian Mental Health Association	(905) 436-8760
Carea Community Health Centre	(905) 428-1212
Catholic Family Services of Durham	(905) 725-3513
COPE Mental Health Program	(905) 666-0689
Distress Centre Durham	(905) 430-2522
Family Meditation & Resource Centre	1-(877) 297-3312
Finding Solutions Together	(905) 571-7441
Kids Help Phone	1-(800) 668-6868
Durham Mental Health Services	(905) 666-0483
Salvation Army - Family & Community Services	(905) 723-7422
Connect Mental Health Support for Deaf and hard of hearing individuals.	1-(866) 519-0000 connectmentalhealth@chs.ca

*Note: Wait times, fees, and subsidies vary by service provider.