

Mental Health Resources

Here are some of the many resources available to Catholics with mental health concerns or mental health conditions, and a selection of resources for parish leadership. This is not an exhaustive list.

The Southdown Institute

Provides on-line Outpatient Wellness Services including spiritually integrated counselling and psychotherapy.

(905) 727 4214, or email: administration@southdown.on.ca

Catholic Family Services

Provide a wide-range of counselling and wellness services.

Catholic Family Services of Durham

<https://www.cfsdurham.com/>

Catholic Family Services of Peel-Dufferin

<https://www.cfspd.com/>

Catholic Family Services of Simcoe County

<https://www.cfssc.ca/>

Catholic Family Services of Toronto

<https://www.cfstoronto.com/>

Catholic Family Services of York Region

<https://www.ccsyr.org/>

Ontario 211

Ontario 211 quickly and confidentially connects people to adult and child mental health agencies, and other important information. A comprehensive list for each community can be found by calling 211, or 1-877-330-3213, or by visiting www.211ontario.ca.

ConnexOntario

<https://www.connexontario.ca/en-ca/>

Connects people to mental health, addiction and problem gambling services in Ontario.

Canadian Mental Health Association (CMHA)

Find your local CMHA Branch: <http://www.ontario.cmha.ca/>

416-977-5580, or 1-800-875-6213

A national community mental health organization offering supports and resources for all Canadians.

Mental Health Resources

Mental Health Commission of Canada (MHCC)

<https://www.mentalhealthcommission.ca/>

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.

Wellness Together Canada

<https://www.wellnesstogether.ca/en-CA> 1-866-585-0445 (24/7)

Provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

In Case of Emergency

Go to the nearest hospital, or call 911 if you are in immediate danger or need urgent medical support.

Resources for Parish Leadership:

Mental Health: A Guide for Faith Leaders (American Psychiatric Association Foundation)

<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/faith-mentalhealth-guide.pdf>

This guide provides information to help faith leaders work with members of their congregations and their families who are facing mental health challenges.

National Catholic Partnership on Disability

<https://www.ncpd.org/disability-ministry/mental-illness>

Based in Washington, D.C., the National Catholic Partnership on Disability works with dioceses, parishes, ministers, and laity to promote the full and meaningful participation of persons with disabilities in the life of the Church. This webpage has a wide variety of information and resources about mental health, mental illness, and mental health awareness.

The Association of Catholic Mental Health Ministers

<https://www.catholicmhm.org/>

Based in the United States, The Association of Catholic Mental Health Ministers (CMHM) supports Catholic parishes and dioceses in establishing mental health ministries. A wide variety of information and resources are available on their website

The Catholic University of America: Mental Health in Congregations Study

<https://sociology.catholic.edu/mental-health-congregations/index.html>

The Catholic University of America, Department of Sociology. This American-based study addresses the questions: How do faith leaders and communities respond to [people living with mental health concerns]? and, How has mental health in faith communities been impacted by the COVID-19 pandemic?