

Where to get the right
mental health support

Understanding your care options



What is the care system?

The “care system” includes all of the places and people that can support you or a loved one when seeking help related to mental health and addictions.

Who can I go to for support?¹

Family doctor – a great first step for support who can refer you to services that are more specialized

Psychiatrists – medical doctors who can diagnose an illness and prescribe medication; their services are covered by OHIP and require a referral from your doctor

Psychologists – can diagnose a mental illness and provide talk therapies but cannot prescribe medication

Registered social worker or counsellors – can provide therapy, teach skills and share resources but cannot diagnose or provide medication

In an emergency – visit your hospital’s emergency room, call 911 or a distress phone line

What are my rights?²

As a patient, you have the right to:

- confidentiality
- privacy
- access
- make a complaint

Where can I get help?



Resources and support for mental health and addictions are available in your community.

For more information, connect with any of the following organizations:

ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.
www.connexontario.ca
1-866-531-2600

Canadian Coalition for Seniors' Mental Health

www.ccsmh.ca **289-846-5383**

Canadian Mental Health Association
<https://ontario.cmha.ca/>
1-800-875-6213

Centre for Addiction and Mental Health
www.camh.ca **1-800-463-2338**

Community Information Centres
www.211Ontario.ca **Dial 211**

Mood Disorders Association of Ontario
www.mooddisorders.ca
1-888-486-8236

Senior Active Living Centres
<https://www.ontario.ca/page/find-seniors-active-living-centre-near-you>
1-888-910-1999

Resources

A practical guide to mental health and the law in Ontario, Ontario Hospital Association
[https://www.oha.com/Legislative%20and%20Legal%20Issues%20Documents1/OHA_Mental%20Health%20and%20the%20Law%20Toolkit%20-%20Revised%20\(2016\).pdf](https://www.oha.com/Legislative%20and%20Legal%20Issues%20Documents1/OHA_Mental%20Health%20and%20the%20Law%20Toolkit%20-%20Revised%20(2016).pdf)

References

1. Wilson, S. (2014). The right path for you. *Visions*, 10 (1), 8–11. Available: <http://www.heretohelp.bc.ca/visions/system-navigation-vol10/the-right-path-for-you>. Accessed February 7, 2020.
2. Community Resource Connections of Toronto. (2016). *Navigating mental health services in Toronto: A Guide For Newcomer Communities*. Available: https://yourlegalrights.on.ca/sites/all/files/resource_files/1182784590CRCT-NMHS-English.pdf. Accessed February 7, 2020.

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