

WoodGreen Community Services

# Mental Health, Addictions Services



**According to Health Canada,  
one in five Ontarians will experience  
mental illness in their lifetime.**

Our Mental Health and Addictions team is here to support adults, families and seniors to live independently and improve the quality of their daily lives.

**"I had an opportunity  
to be heard, and open  
up the discussion  
without judgement."**

-Walk-In Counselling Clinic Client

**Central Intake Line:  
416-572-3575**



Opportunity made here.

## Caregiver Support and Wellness

Registered Social Workers work with caregivers both individually and/or in groups to discuss ideas on how to enhance their everyday wellbeing as a caregiver. This can include exploring self-care strategies, engaging in creative activities, and connecting with other caregivers and community resources.

## Counselling and Support Services

Registered Social Workers provide individual and group counselling, psychotherapy, case management, and support services to individuals 16 years of age and older who are experiencing problems with mental health issues, substance use, and other difficulties in their lives.

Mental Health case management referrals can be made by calling Access Point at 416-640-1934.

## First Step to Home

First Step to Home is an up to 4 year transitional program for men 55 years and up who have been street involved, are experiencing mental health and/or addictions issues and are interested in wrap-around supports including housing.

## Social Work and Full Circle

Registered Social Workers work with older adults and seniors, their families and caregivers to develop the skills and abilities to function independently, through counselling and case management. Registered Social Workers also offer support groups for caregivers or bereaved persons.

## Streets to Homes

Registered Social Workers provide counselling, case management and programming for residents who have been street involved. Referrals for building vacancies are through City of Toronto Streets to Homes program.

## Toronto Seniors Helpline

Free, telephone-based (416-217-2077) help to find community based supports across Toronto for seniors and their caregivers. Toronto Seniors Helpline also provides non-medical crisis response to older adults, seniors, and/or their caregivers in distress. Services include emotional support, supportive counselling, crisis de-escalation, safety/risk assessments and connection to services.

## Oakridge Community Wellness Team

Registered Social Workers are part of an interdisciplinary team with physicians and nurses. Through this service, assessment, case management and counselling are provided to help adults, seniors and their families and caregivers in the Oakridge community.

## Crisis Outreach Services for Seniors (COSS)

An on-call mobile crisis intervention and outreach service for older adults (65+ years) with dementia, addictions or mental illness; not coping well with living independently in the community. Short-term crisis response is available 365 days a year from 9am to 5pm. Interventions include crisis counselling, short-term intensive case management, harm reduction and concurrent disorder services, mental health and addictions support, health assessment and care as needed by a Nurse Practitioner and referral to primary care. COSS is a partnership between WoodGreen Community Services, Reconnect Community Health Services, LOFT Community Services, Haven Toronto and South Riverdale Community Health Centre.

COSS services the City of Toronto. Referrals can be made by calling the COSS team at 416-217-2077.

## Walk-in Counselling

Free single session counselling on Tuesday and Wednesday evenings to address a wide range of concerns, such as anxiety, depression, trouble with anger, difficulties at work or school, relationship issues, parenting concerns and other issues.

**For more details, reach out to us today!**

**416-572-3575**

Monday to Friday, 9:00am - 5:00pm

**email:** [ccentralintake@woodgreen.org](mailto:ccentralintake@woodgreen.org)

### By Mail or In Person

WoodGreen Community Services

815 Danforth Avenue, Main Floor, Toronto, ON M4J 1L2

**woodgreen.org**



## Toronto Seniors Helpline

**416-217-2077**

**Monday to Friday:** 9:00am - 8:00pm

**Saturday, Sunday, Statutory Holidays:**  
10:00am - 6:00pm

