

*A  
Resource Guide  
for Physicians  
and  
Pharmacists*

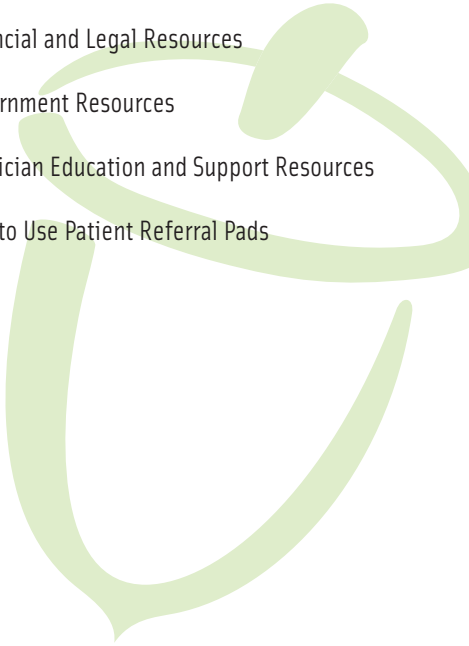


*CHECK UP  
from the  
NECK UP.ca*

*One in five people  
in Canada  
will struggle with a  
mood disorder in  
their lifetime*



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*Less than half  
of individuals  
with mood disorders  
seek treatment*



# Community Resources

## **Mood Disorders Association of Ontario (MDAO)**

MDAO is a self-help organization dedicated to helping people with mood disorders, their families and friends through peer support, information and referral, advocacy and public education.

Phone: 416-486-8046

Toll-free: 1-888-486-8236

Website: [www.mooddisorders.ca](http://www.mooddisorders.ca)

## **Canadian Mental Health Association (CMHA)**

The CMHA is a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

### **CMHA Ontario**

Phone: 416-977-5580

Website: [www.ontario.cmha.ca](http://www.ontario.cmha.ca)

### **CMHA Peel**

Phone: 905-451-2123

Website: [www.cmhapeel.ca](http://www.cmhapeel.ca)

### **CMHA York Region**

Phone: 905-853-8477

Website: [www.cmha-yr.on.ca](http://www.cmha-yr.on.ca)

### **CMHA Toronto Region**

Phone: 416-789-7957

Website: [www.toronto.cmha.ca](http://www.toronto.cmha.ca)

Depression  
affects more  
women than  
men



# *Crisis Services*

## **Distress Centre of Toronto**

Phone: 416-408-4357 or 905-459-7777

## **Gerstein Centre Crisis Line**

Phone: 416-929-5200

## **The Integrated Community Mental Health Crisis Response Program**

Phone: 416-498-0043

## **Scarborough Hospital Regional Mobile Crisis Team**

Phone: 416-289-2434

## **Assaulted Women's Helpline**

Phone: 416-863-0511

## **Kids Help Phone**

Phone: 1-800-668-6868

## **Teen Help Line**

Phone: 1-800-420-8336

*Bipolar disorder  
affects approximately  
3-5%  
of the population*





# Counselling and Support

## **College of Physicians and Surgeons of Ontario**

Phone: 1-800-238-7096 ext. 626

Website: [www.cpso.on.ca](http://www.cpso.on.ca)

## **General Practice Psychotherapists Association**

Phone: 416-410-6644

Website: [www.gppaonline.ca](http://www.gppaonline.ca)

## **Ontario Association of Social Workers**

Phone: 416-923-4848 ext. 227

Website: [www.findasocialworker.ca](http://www.findasocialworker.ca)

## **Ontario Psychological Association**

Phone: 1-800-268-0069

Website: [www.psych.on.ca](http://www.psych.on.ca)

## **The Medical Clinic for Person Centred Psychotherapy**

Phone: 416-229-2399

## **CAMH (Centre for Addiction and Mental Health)**

Main: 416-535-8501

Emerg: 416-979-6885

## **St. Joseph's Women's Health Centre and Postpartum Depression Program**

Phone: 416-530-6850

## **Women's College Hospital Reproductive Life Stages Program**

Phone: 416-323-6230

10% of  
all new mothers  
experience post partum  
depression



### **Mt. Sinai Perinatal Psychiatry Program**

Phone: 416-586-4800

### **Women's Counselling Referral and Education Centre (WCREC)**

Phone: 416-534-7501

### **Family Service Association of Toronto**

Phone: 416-595-9230

### **Catholic Family Services of Toronto**

Phone: 416-921-1163

### **Children's Mental Health Ontario**

Phone: 416-921-2109

### **Covenant House**

Toll-free: 1-800-HELP-308

Website: [www.covenanthouse.on.ca](http://www.covenanthouse.on.ca)

### **Youthdale Treatment Centres (ages 12-18)**

Phone: 416-368-4896

### **Employee Assistance Program**

Many patients may be employed by organizations that offer an Employee Assistance Program (EAP). If they have access to these services you can encourage them to contact their EAP for more information on receiving services.

### **Faith-based Counselling and Treatments**

Numerous faith groups have developed their own pastoral counseling services for members of their congregation. You may wish to encourage your patients to investigate and access services available through their faith groups.

Seasonal Affective  
Disorder (SAD)  
affects approximately  
3% of Canadians



# Listing of Psychologists in the GTA

Ontario psychologists are pleased to partner with family physicians and the Mood Disorders Association of Ontario in the 'Check Up From the Neck Up' initiative.

The following is a list of registered psychologists in the Greater Toronto Area who have agreed to provide follow-up assessment and treatment services as part of the campaign.

## South West

(West of Yonge/South of Eglinton)

### Dr. Ed Blackstock

129 Vaughan Road  
Toronto  
416-651-2577

### Dr. Olivera Bojic Ognjenovic

27 Graystone Gardens  
Toronto  
416-207-0310  
*Serbian*

### Dr. Michael Church

6111 Bloor Street West  
Toronto  
416.533.7050

### Dr. Alireza Ebrahimian

2461 Bloor Street West, Suite 3  
Toronto  
416-604-1420  
*Persian*

### Dr. Ellen Greenberg

170 St. George Street, Suite 627  
Toronto  
416-944-3799

### Dr. Linda Gruson

28 Vesta Drive  
Toronto  
416-967-0867

### Dr. Mavis Himes

554 Spadina Cres.  
Toronto  
416-969-8706  
*French*

### Dr. Ralph Lubbers

1200 Bay Street, Suite 300  
Toronto  
416-849-4776

30% of all  
workplace disability  
claims are due  
to depression



**Dr. Carolina McBride**

100 Adelaide Street West,  
Suite 401  
Toronto  
416-570-5050

**Dr. Rhonda Nemeth**

2461 Bloor Street West, Suite 3  
Toronto  
416-604-1420  
*Persian*

**Dr. Mike Oosterhoff**

123 Edward Street, Suite 912  
Toronto  
647-220-9460

**Dr. Vivienne Pasioka**

170 St. George Street, Suite 926  
Toronto  
416-229-2437

**Dr. Mel Perlmutter**

1100 Burloak Drive, Suite 300  
Burlington  
905-336-8971 ext. 2968

**Dr. Claire Pizer**

720 Spadina Avenue, Suite 404  
Toronto  
416-580-0201

**Dr. Douglas Saunders**

700 Bay Street, Suite 2200  
Toronto  
416-597-2614

**Dr. Ian Shulman**

466 Speers Road, 3rd Floor  
Oakville  
905-849-1288  
*Spanish*

**Dr. Jane Storrie**

672 Brant Street, Suite 305  
Burlington  
905-333-0072

**Dr. Judy Turner**

459 Eglinton Avenue West,  
Suite 2  
Toronto  
416-485-8889

**Dr. Irina Valentin**

129 Vaughan Road  
Toronto  
416-836-7050  
*Russian, Ukrainian*

**South East**

(East of Yonge/South of Eglinton)

**Dr. Philip Classen**

49 Shaftesbury Avenue  
Toronto  
416-964-9123

**Dr. David Direnfeld**

2 Carlton Street, Suite 1405  
Toronto  
416-305-5864

*Suicide is  
the second leading  
cause of death among  
young people  
in Canada*





**Dr. Jeffrey Goodman**

8 King Street East, Suite 105  
Toronto  
416-203-7313

**Dr. Elizabeth Hubbard**

142 King Street East  
Toronto  
416-366-9558 ext. 24

**Dr. Paul Kelly**

700 Bay Street, Suite 2200  
Toronto  
416-597-2614  
*Hindi, Urdu, Punjabi*

**Dr. Sam Klarreich**

110 Berkeley Street  
Toronto  
416-861-0716

**Dr. Linda Lempert**

47 Main Street, 2nd. Floor  
Toronto  
416-694-4380  
*French*

**Dr. Cathy Martin-Doto**

118 Maitland Street, Suite 306  
Toronto  
416-226-6780 ext.226

**Dr. Andrew Matthew**

700 Bay Street, Suite 2200  
Toronto  
416-597-2614

**Dr. John VanDeursen**

6 Main Street  
Toronto  
416-690-2229

**Dr. Molly Weaver**

67 Welland Avenue  
Toronto  
416-488-7197

**North West**

**(West of Yonge/North of Eglinton)**

**Dr. Michael Church**

1953 Weston Road  
Toronto  
416-533-7050

**Dr. Rose Grifone**

3080 Yonge Street, Suite 5016  
Toronto  
416-256-6055  
*Italian*

**Dr. Rose Grifone**

145 Queen Street East, Suite 302  
Brampton  
905-457-6525  
*Italian*

**Dr. Robert Heaman**

49 High Street, Suite 307  
Barrie  
705-739-0617

More people  
died of suicide than  
AIDS in  
Canada last year.



**Dr. Vincent Lo**

Glen Erin Medical Center  
Mississauga  
416-512-1230  
*Cantonese, Mandarin*

**Dr. Donald Rayko**

10815 Yonge Street, Suite 200  
Richmond Hill  
416-410-3517

**Dr. Carole Skinner**

27 Peter Street West  
Mississauga  
905-271-8669

**Dr. Teri Sota**

3335 Yonge Street, Suite 404  
Toronto  
416-657-4261

**Dr. Wanda Towers**

121 Wellington Street West,  
Suite 107  
Barrie  
705-719-1110

**Dr. Sharon Verniero**

30A Kennedy Road S., Suite 200  
Brampton  
905-796-4066 ext. 2708

**North East**

**(East of Yonge/North of Eglinton)**

**Dr. Madhu Bhardwaj**

38 David Dunlap Circle  
Don Mills  
416-220-6100  
*Punjabi, Hindi, Urdu, Sindhi*

**Dr. Ian Brown**

231 Wellington Street  
Whitby  
905-668-7278

**Dr. Susan Chiddix**

9275 Markham Road, Suite 201A  
Markham  
905-472-9658

**Dr. Judy Coldoff**

701 Sheppard Avenue East,  
Suite 211  
North York  
416-250-1670

**Dr. David Direnfeld**

95 Bayly Street West, Suite 503  
Ajax  
905-427-2007

**Dr. Jeremy Frank**

5799 Yonge Street, Suite 511  
Toronto  
416-819-6488

*Most  
mood disorders  
begin in  
late adolescence*



**Dr. Ed Glassman**

4001 Leslie Street, Suite 75  
Willowdale  
416-756-6317

**Dr. Linda Gruson**

1 Promenade Circle, Suite 301  
Thornhill  
416-967-0867

**Dr. Ester Krimer**

289 Newton Drive  
North York  
416-221-3458  
*Spanish*

**Dr. Kadri-Ann Laar**

99 Post Road  
Don Mills  
416-447-7739  
*Spanish, Estonian*

**Dr. Vincent Lo**

36 Denrock Drive  
North York  
416-512-1230  
*Cantonese, Mandarin*

**Dr. Edna Madger**

586 Eglinton Avenue East,  
Suite 505  
Toronto  
416-487-5644  
*Hebrew, German, Yiddish*

**Dr. Rickey Miller**

2900 Steeles Avenue East,  
Suite 213  
Thornhill  
905-882-4500

**Dr. Nina Mistry**

2900 Steeles Avenue East,  
Suite 213  
Thornhill  
905-882-4500

**Dr. Cheryl Noble**

6633 Hwy 7 E.  
Markham  
905-201-1859

**Dr. Anna Stuckler Gropper**

1 Promenade Circle  
Thornhill  
905-709-2343

**Dr. Howard Waiser**

332 Sheppard Avenue East,  
Suite 303  
Willowdale  
416-222-6040

*It is estimated  
that between  
20-25%  
of all older adults  
experience  
clinical depression*



# *Financial and Legal Resources*

## **Ontario Works (OW)**

Phone: 416-392-8623

## **Ontario Disability Support Program (ODSP)**

Toll-free: 1-888-789-4199

## **ARCH: A Legal Resource Centre for Persons with Disabilities**

Phone: 416-482-8255

Toll-free: 1-866-482-2724

## **Legal Aid Ontario**

Phone: 416-979-1446

## **Legal Justice for Children and Youth**

Phone: 416-920-1633

## **Ombudsman Ontario**

The Ombudsman's job is to investigate complaints about provincial government organizations. When they find something wrong they can make recommendations to resolve the problem.

English: 1-800-263-1830

French: 1-800-387-2620

TTY, hard of hearing and deaf: 1-866-411-4211

Women who have  
experienced post partum  
depression are at greater  
risk for depression or  
bipolar disorder in  
peri-menopause





# Government Resources

## **Connex Ontario**

### ***Mental Health Service Information Ontario –***

Available 24 hours a day, 7 days a week to connect people with mental health services in their community and across Ontario. A professional Information and Referral Specialist answers calls. Staff are able to provide service in French and English and have access to interpreters for over 140 other languages. The calls are free, confidential and anonymous.

Phone: 1-866-531-2600

### ***Drug and Alcohol Registry of Treatment (DART) –***

Provides information about drug and alcohol treatment available in Ontario

Phone: 1-800-565-8603 (24 hours)

People with  
untreated depression  
are at greater risk  
for heart disease



# Physician Education and Support Resources

## **Guideline Advisory Committee**

The Guidelines Advisory Committee (GAC) is empowered by the Ministry of Health and Long-Term Care and the Ontario Medical Association to promote evidence-based health care in Ontario, by encouraging physicians to use the best available clinical practice guidelines.

The GAC endorses each recommended guideline following an in-depth review. Summaries of the guidelines rated most highly and links to all available guidelines are provided at [www.gacguidelines.ca](http://www.gacguidelines.ca)

## **Ontario College of Family Physicians Collaborative Mental Health Care Network**

The Collaborative Mental Health Care Network connects family doctor mentees to psychiatrist and GP-Psychotherapist mentors through telephone, email and fax. Mentees may contact their mentors on an informal basis for guidance and support. Formal CME workshops, small group teleconferences and sessions take place regularly in order to foster group cohesion. These tools help to support and augment the case-by-case mentoring program. Advice in the areas of diagnosis, psychotherapy and pharmacology is provided to mentees. Mentees are matched with mentors based on clinical interests and/or geographic location.

If you would like additional information or would like to join the CMHCN, please contact Lena Salach, Director, Research and Professional Development, Ontario College of Family Physicians, 416-867-9646

*People with  
untreated depression  
are at greater risk for  
Alzheimer's Disease*



# How to Use Patient Referral Pads

These pads have been designed to allow you to make direct referrals for your patients to mental health professionals in your community, when you know of specific services or practitioners. In cases where you may not know a particular therapist you can use the pad to refer them directly to the appropriate college or association in order to find a therapist.

You can also use these pads to refer your patient to a specific community mental health agency for information or service, simply by checking off the agency to contact.

People with  
mood disorders are  
at greater risk for  
substance abuse

