

## Mental Health Community Support Services: Central Ontario

### Barrie: Canadian Mental Health Association – Barrie

15 Bradford Street  
Barrie, ON, L4N 1W2  
[info@cmha-mhassc.ca](mailto:info@cmha-mhassc.ca)  
705-726-5033  
Toll Free: 1-800-461-4319  
Website: [www.cmhastarttalking.ca](http://www.cmhastarttalking.ca)

### Cobourg: Northumberland Hills Hospital Community Mental Health Services

1000 DePalma Drive  
Cobourg, ON, K9A 5W6  
[info@nhh.ca](mailto:info@nhh.ca)  
905-372-6811  
Website: [www.nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth](http://www.nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth)

### Guelph: Canadian Mental Health Association – Guelph

485 Silvercreek Parkway North  
Guelph, ON, N1H 7K5  
519-836-7459  
Website: <http://cmhaww.ca>

### Lindsay: Canadian Mental Health Association – Lindsay

33 Lindsay Street South  
2<sup>nd</sup> Floor, Unit C Lindsay,  
ON, K8V 2L9  
[info@cmhahkpr.ca](mailto:info@cmhahkpr.ca)  
705-328-2704  
Website: <https://cmhahkpr.ca>

### Oakville: Canadian Mental Health Association – Oakville

1540 Cornwall Road, Suite 102  
Oakville, ON, L6J 7W5  
[info@cmhahrb.ca](mailto:info@cmhahrb.ca)  
905-693-4270  
Website: <http://halton.cmha.ca>

## Oshawa: Canadian Mental Health Association – Oshawa

60 Bond St W  
Oshawa, ON, L1G1A5  
905-436-8760  
Website: <https://cmhadurham.ca>

## Brampton: Canadian Mental Health Association – Peel Dufferin

314-77000 Hurontario Street  
Brampton, ON, L6Y4M3  
[info@cmhapeel.ca](mailto:info@cmhapeel.ca)  
905-451-2133  
Website: <https://cmhapeeldufferin.ca>

## Peterborough: Canadian Mental Health Association – Peterborough

415 Water Street  
Peterborough, ON, K9H 3L9  
[info@peterborough.cmha.on.ca](mailto:info@peterborough.cmha.on.ca)  
705-748-6687  
Website: <https://cmhahkpr.ca>

## Toronto: Canadian Mental Health Association – Toronto

700 Lawrence Ave. W, Suite 480  
Toronto, ON, M6A 3B4  
[cmha.toronto@sympatico.ca](mailto:cmha.toronto@sympatico.ca)  
416-789-7957

## Waterloo: Canadian Mental Health Association – Waterloo Wellington

67 King Street East  
Kitchener, ON, N2G 2K4  
1-844-264-2993  
Website: <http://cmhaww.ca>