

Mental Health Resources

Toronto Public Health Maintains a comprehensive list of mental health resources. Check here for more information:

[Toronto Services for Women with Postpartum Depression and Anxiety](#)

Quick links

Midwives are primary care providers that are committed to supporting client's mental health through the year of care. Visits are 30-45 minutes in length. Ideally this gives women and their midwife an opportunity to check in regularly about on-going and newly developing mental health concerns. The goal is to both recreate an environment of trust whereby clients can express any worries, or concerns, and link clients to a community resource that best meet their needs.

One of the unique aspects of our care, as it relates to mental health, is our accessibility. We are on call for you 24 hours a day, and a small team of 2 or 3 midwives can help create a safe space by which families can feel comfortable to reach out to midwives in an urgent or non-urgent capacity. Although not specialists in mental health, our commitment to understanding the wide range of hospital and community-based mental health supportive options allows for midwives to help link families to a resource that best supports their needs. Together with family doctors, midwives can help play a role in this circle of care. At TMC we often refer to the Toronto East General Hospital Mental Health Program.

Toronto East General Hospital

(TEGH)

825 Coxwell Ave.

Toronto, ON M4C 3E7

Major Intersection:

Coxwell Ave. / Mortimer Ave.

(416) 461-8272

(416) 469-6220 (Crisis Line 9am-5pm)

(416) 469-6310 (Intake)

www.tegh.on.ca

Mental health services include individual counselling/psychotherapy, medication monitoring, community linkage and discharge-planning. There is a crisis intervention unit in the ER from 9:00am to 11:00pm and a psychiatrist is on call 24 hours/day.

Perinatal Mood Disorders Services:

[East Toronto Postpartum Adjustment Program](#) (ETPAP)

955 Queen St. E., (416) 469-7608

ETPAP is a community-based collaboration involving South Riverdale Community Health Centre, Toronto East General Hospital, Toronto Public Health and Alternatives East York Mental Health Agency. The program is for women who are experiencing postpartum adjustment difficulties. There is a weekly support group operating at the South Riverdale Community Health Centre on Mondays from 9:30 – 11:30 as well as short term individual counselling and referrals from a Public Health Nurse or Social Worker. Childcare, TTC and snacks are provided to program participants.

Catchment: East of Yonge St. / South of Steeles Ave. / Scarborough East border / Lake Ontario

Mount Sinai Hospital

Mount Sinai Hospital (MSH)
600 University Ave.
Toronto ON M5G 1X5
Major Intersection:
University Ave. / College St.
(416) 586-4800
www.mountsinai.on.ca

Mental health services include clinical care, consultation, crisis and emergency services and treatment in inpatient, ambulatory and community settings.

Perinatal Mood Disorders Services:

[Perinatal Mental Health Program](#)

(416) 586-4800 ext. 8325

The Perinatal Mental Health Program sees women at risk of mental health problems or with active mental health concerns who are planning to get pregnant, are pregnant, or are within one year postpartum. Treatment includes medication, individual psychotherapy and group therapy.

Support Groups:

Antenatal Support Group:

Group for women who are currently pregnant and who are at risk for, or currently suffering from antenatal anxiety and/or depression.

Late Loss Bereavement Support Group:

Group for women who have experienced a recent spontaneous late pregnancy loss or neonatal death.

Prevention of Pre-term Birth Support Group:

Group for women who are 20+ week's gestation and who have a history of late pregnancy loss.

Postpartum Support Group:

Group for women who are at risk for or currently suffering from postpartum anxiety and/or depression, following delivery and up to one year postpartum.

Catchment: Priority to those who deliver at MSH but will take other clients

Cultural/Language Services: English

Sunnybrook

Sunnybrook Health Sciences Centre (SBHC)
2075 Bayview Ave
Toronto ON M4N 3M5
Major Intersection: Bayview Ave. / Eglinton Ave. E.
(416) 480-6100
www.sunnybrook.ca

Mental health services include inpatient care, drop-in programs and clinical counselling.

Perinatal Mood Disorders Services:

[Women's Mood and Anxiety Clinic: Reproductive Transitions](#)

416-480-5677

416-480-6878 (fax)

Catchment: Open

Who can make a referral?

- Physician
- Midwife

(A referral form can be downloaded from the [website](#))