



# SERVICES & SUPPORTS

## FOR YOUNG ADULTS WITH MENTAL HEALTH ISSUES AND THEIR FAMILIES

**Community Care Access Centres (CCAC):** CCACs are local agencies that provide information about home services and home care. This can include case management and help with services and supports in the mental health sector.

**Website:** <http://healthcareathome.ca/>

**Phone:** 310-CCAC (2222)

**ConnexOntario:** Information and Referral Specialists answer all calls, emails or webchat requests 24/7. Specialists provide information about counselling services and supports locally, offer support and provide strategies to help you meet your goals and provide basic education about mental illness. Services are free and confidential. ConnexOntario operates three helplines that provide health services information for people experiencing problems with gambling, drugs or alcohol and mental illness.

**Website:** <http://www.connexontario.ca/>

**Drug and Alcohol Helpline:** 1-800-565-8603

**Mental Health Helpline:** 1-866-531-2600

**Ontario Problem Gambling Helpline:** 1-888-230-3505

**Epilepsy Ontario:** Epilepsy Ontario and affiliated local chapters provide information, counselling, support, and advocacy services to assist people with epilepsy to live independently, with dignity, as full participants in the community.

**Website:** [www.epilepsyontario.org](http://www.epilepsyontario.org)

**Locate your regional office:** <http://epilepsyontario.org/agency/?region=ontario>

**Health Care Connect:** A program that can assist you in finding a family doctor. Family doctors can be a good first step in accessing mental health support in the community.

**Website:** <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

**Phone (toll free):** 1-800-445-1822 (Monday to Friday, 9am to 5pm.)

**Ontario Disability Support Program (ODSP):** For individuals who have a disability and are deemed eligible ODSP offers financial assistance with essential living expenses, benefits (including prescription drugs, dental services and vision care) and help finding and keeping a job.

**Website:** [www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp](http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp)

**Find your office:** <http://www.officelocator.mcsc.gov.on.ca>