

PSYCHOSIS

Where to go when you're looking for help

Updated: February 2024

Psychosis is a state of mind in which people have trouble knowing what is real and what is not. A first episode of psychosis is often very frightening, confusing and distressing, especially because it is unfamiliar. Psychosis usually first appears in a person's late teens or early twenties. Some mental illnesses can include psychosis as a symptom, including schizophrenia, bipolar disorder, schizoaffective disorder and drug-induced psychosis.

You can get a referral to many mental health services in Toronto, including those for psychosis, through The Access Point. It coordinates access to service providers through one application and assessment process. Call 1 888 640-1934 or apply at www.theaccesspoint.ca. The service responds within 48 hours to arrange an assessment.

Early Intervention Programs

Early intervention programs support people with early signs of psychosis. Psychiatrists help with medication, and a team helps with employment and education support, family support, social skills training and psychotherapy.

Many organizations listed here are part of a group of Toronto-based early intervention programs. They are generally for people ages 14–34 who are having a first episode of psychosis and have been in treatment for less than one year. The programs provide up to three years of service and then refer the person for other support.

Canadian Mental Health Association Toronto

Lawrence Square Mall, 700 Lawrence Avenue West, Suite 480, Toronto

<https://cmhato.org/programs/early-psychosis-mod>

Tel.: 416 789-7957 ext. 3631

Services: Early psychosis intervention program and transitional youth program, including assessment, treatment, education, case management, support and referrals to other services in the community

Eligibility: People ages 16–34 who are experiencing a first episode of psychosis

Languages: English, French

Referral: Apply through The Access Point: Call 1 888 640-1934 or apply at www.theaccesspoint.ca

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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Central Toronto Youth Services

65 Wellesley Street East, Suite 300, Toronto

<https://ctys.org/services-programs/transitional-aged-youth-16-24/early-intervention>

Tel.: 416 924-2100 ext. 256

Services: Community-based counselling and case management program that provides up to three years of service to youth and young adults experiencing psychosis or prodromal symptoms

Eligibility: People ages 14–24 living in Toronto who are experiencing psychosis or prodromal symptoms with less than one year of treatment

Referral: Apply through The Access Point: Call 1 888 640-1934 or apply at www.theaccesspoint.ca

Centre for Addiction and Mental Health – Clinical High Risk Service

1025 Queen Street West, Toronto

www.camh.ca/en/your-care/programs-and-services/focus-on-youth-psychosis-prevention-clinic-fypp

Tel.: 416 535-8501 ext. 34841 or 37702

Services: Assessment for people with early signs of psychosis; early intervention to prevent psychosis (e.g., psychosocial or pharmaceutical treatment); care planning that may include psychiatric monitoring, medication, psychosocial intervention

Eligibility: People ages 14–29 at risk of developing psychosis

Referral: Self-referral or referral by physician, hospital, community agency, school

Note: Up to three-week waiting period

Centre for Addiction and Mental Health – Early Psychosis Unit

1025 Queen Street West, 5th floor, Toronto

www.camh.ca/en/your-care/programs-and-services/crisis-and-critical-care-unit-5

Tel.: 416 535-8501 press 2

Services: Early assessment, monitoring and treatment; individual and family education; individual and group interventions; medication management

Eligibility: People ages 16–29 experiencing significant mental health issues with psychosis

Referral: Referrals from CAMH Emergency Department only

Centre for Addiction and Mental Health – Slight Centre Early Intervention Service

www.camh.ca/en/your-care/programs-and-services/slight-centre-early-intervention-service

Services: Outpatient service that includes initial consultation and assessment, medication, patient education, symptom management, support and counselling, case management, ongoing risk assessment, family education and support, peer support, recovery programming

Eligibility: People ages 12–29 experiencing psychosis who have never received early psychosis intervention care

Referral: Referral form on website, open to CAMH inpatients and outpatients, as well as family members, schools community agencies

Early Psychosis Intervention Ontario Network (EPION)

<https://help4psychosis.ca/find-help>

Services: Links to services for people with early psychosis, as well as for family and friends

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Fred Victor

2660 Eglinton Avenue East, Scarborough

www.fredvictor.org/what-we-do/health-services/mental-health

Tel.: 416 482-4103

Services: Early intervention program that provides culturally appropriate case management for people with psychosis and their families

Eligibility: People ages 14–35 who are experiencing a first episode of psychosis, as well as their families

Referral: Self-referral, family referral or referral from health care provider through The Access Point: Call 1 888 640-1934 or apply at www.theaccesspoint.ca

Humber River Hospital

1235 Wilson Avenue, 5th floor, Toronto

www.hrh.ca/clinic/early-intervention-in-psychosis-program

Tel.: 416 242-1000 ext. 43000

Services: Early intervention psychosis program that includes consultation, assessment, individual and group therapy for people with psychosis and their families

Eligibility: People ages 14–35 who are experiencing psychosis

Referral: Anyone can apply through The Access Point: Call 1 888 640-1934 or apply at www.theaccesspoint.ca. Physician referral required: fax to 416 242-1024

Institute for Advancements in Mental Health (formerly Schizophrenia Society of Ontario)

www.iamentalhealth.ca/Find-Support/Individuals

Tel.: 1 855-449-9949

support@iamentalhealth.ca

Services: Early intervention for people with psychosis; early intervention family support (counselling, system navigation and information)—both for up to two years

Referral: Apply directly

Mood Disorders Association of Ontario

2300 Yonge Street, Suite 1600, Unit 17, Toronto

www.mooddorders.ca

Tel.: 416 486-8046 ext. 237 or 1 888 486-8236

info@hopeandme.ca

nicoles@mdao.ca

Services: Early intervention in psychosis program, online support forums

Eligibility: People ages 14–35 with mood disorders, and their families and friends

Referral: Self-referrals accepted by calling main number at 416 486-8046

Rouge Valley Health System

2877 Ellesmere Road, Scarborough

www.shn.ca/areas-of-care/mental-health-care/first-intervention-treatment-team-fitt/

Tel.: 416 284-8131

Services: First episode treatment team that provides consultation (intake screening, psychiatric assessment, medical workup, biopsychosocial assessment, nursing assessment), virtual or in-person counselling, connection to

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community (referrals to housing supports or services, financial assistance, employment assistance, alternative schooling), and groups (therapeutic, recreational, psychoeducation for clients and family)

Eligibility: People under age 35 experiencing their first episode of psychosis and who live in Scarborough

Referral: Self-referral through website; fax referral form to 416 281-7465

Fee: Covered by OHIP

St. Michael's Hospital – STEPS for Youth

73 Regent Park Boulevard (Covenant House), 3rd floor, Toronto

www.connexontario.ca/Program-Details?ProgramId=18242

Tel.: 416 864-5120

Services: Assessment, treatment and outreach services focusing on early intervention for psychosis; includes help with school, work and social activities; family education and support; public education and advocacy; links to community services

Eligibility: People ages 16–34 who are experiencing a first episode of psychosis and who live within catchment area: Bloor Street East / Danforth Avenue to Lake Ontario and Yonge Street to Victoria Park Avenue)

Referral: Anyone can make referral (youth, family, shelter workers, school staff, health care workers); call 416 864-5120

Toronto Western Hospital – Asian Initiative in Mental Health Clinic

399 Bathurst Street, East Wing, 9th floor, Toronto

www.uhn.ca/MentalHealth/Clinics/Asian_Mental_Health

Tel.: 416 603 5349

Services: Assessment, education for patients and families, community support and outreach, crisis intervention and management, intervention to assist with basic needs; help navigating language and culture barriers, accessing work, recreation, educational activities

Eligibility: People ages 18–64 who are experiencing first episode of psychosis, are members of the Chinese community in Toronto and have received medical treatment for less than one year

Languages: English, Mandarin, Cantonese

Referral: Self-referral through UHN Centre Mental Health Central Intake Referral system. See referral forms on website; email referrals to cmhcentralintake@uhn.ca or fax to 416 603 5215

Family Support

Canadian Mental Health Association, Family Outreach and Response Program

700 Lawrence Avenue West, Suite 480, Toronto

1200 Markham Road, Suite 500, Scarborough

<https://cmhato.org/programs/family-outreach-and-response>

Tel.: 416 789 7957

info@cmhato.org

Services: Individual, family and group support; includes early intervention family support, dialectical behaviour therapy, informed family support, family navigation program

Eligibility: Family and friends of people aged 16+ who are experiencing first episode of psychosis, regardless of a diagnosis

Referral: Intake forms on website

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Family Association for Mental Health Everywhere (FAME)

Six locations in Mississauga, Brampton, Etobicoke, Toronto, North Toronto and Scarborough. See website for addresses

www.reconnect.on.ca/fame

Tel.: 416 248 2050 ext. 8038

Services: Support for caregivers of someone with mental health problems; includes peer support groups, one-on-one counselling, specialized programming for children and youth

Eligibility: Families and caregivers of someone experiencing mental health issues

Referral: Call or book intake appointment from link on website (red button)

Community Support

Across Boundaries: An Ethnoracial Mental Health Centre

51 Clarkson Avenue, Toronto

<https://acrossboundaries.ca/services>

Tel.: 416 787-3007 ext. 222

Services: Psychiatric consultation, drop-in, community outreach, family support, individual and group support, case management, support groups, art and music therapy, community kitchen

Eligibility: People age 16+ in the GTA from racialized communities who have severe mental health or substance use problems

Referral: Apply by calling directly or apply online through link on website

Languages: English, Caribbean dialects, African languages (Shona, Amharic, Harare, Xhosa, Tsonga, Afrikaans, Swahili, Somali, Twi), Central Asian languages (Dari, Pashto, Farsi), South Asian languages (Punjabi, Hindi, Urdu, Bengali), Mandarin

Cota

59 Adelaide Street East, 2nd floor, Toronto

www.cotainspires.ca

Tel.: 416 785-9230

info@cotainspires.ca

Services: Mental health and community support, including case management, supportive housing, short-term residential beds, day programs, court- and justice-related services, assertive community treatment team, services for people who are homeless

Eligibility: People ages 16–65 with serious mental illness, geriatric mental health conditions, acquired brain injury, developmental disabilities or dual diagnosis; people experiencing homelessness

Referral: Call 416 785 9230 ext. 8793 for referral information or apply through program links on website

Reconnect Community Health Services

1709 Bloor Street West, Toronto

www.reconnect.on.ca

Tel.: 416 248-2050

contact@reconnect.on.ca

Services: Case management, supportive housing, short-term crisis housing, crisis services, assertive community treatment team, justice prevention and diversion services, forensic case management, rehabilitation and support services

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Eligibility: People age 16+ with serious mental health problems and other challenges who need rehabilitation or support to live in the community

Referral: Apply through specific links on website for each program

Resources

Baker, S. & Martens, L. (2010). *Promoting Recovery from First Episode Psychosis: A Guide for Families*. Toronto: CAMH.

Blake, P., Collins, A.A. & Seeman, M.V. (2015). *Women and Psychosis: An Information Guide*. Toronto: CAMH.

Centre for Addiction and Mental Health. (2005). [When a Parent Has Experienced Psychosis: What Kids Want to Know](#). Toronto: Author.

Ernest, D., Vuksic, O., Shepard-Smith, A. & Webb, E. (2017). [Schizophrenia: An Information Guide](#). Toronto: CAMH.

Kidd, S., Velligan, D.I. & Maples, N.J. (2017). [Supporting a Family Member with Schizophrenia: Practical Strategies for Daily Living](#). Toronto: CAMH.

Mueser, K.T. & Gingerich, S. (2006). *The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life*. New York: Guilford Press.

Torrey, E.F. (2019). *Surviving Schizophrenia: A Family Manual* (7th ed.). New York: HarperCollins.

Tsuda, M., Jones, J., Bromley, S., Choi, M. & Herman, Y. (2022). [Early Psychosis: An Information Guide](#). Toronto: CAMH.

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