

Additional DBT Programs in Ontario (Covered by OHIP)

Area and Clinic	Contact Information	Additional Information
BRANT: Mental Health & Addiction, Brant Community Healthcare System	Phone: 519-751-5544, ext. 2657 Fax: 519-752-7146	
BURLINGTON: Community Mental Health Services, Joseph Brant Memorial Hospital	Phone: 905-631-1939 Fax: 905-631-0513	
CAMBRIDGE: See "WATERLOO AND WELLINGTON COUNTY"		
GRIMSBY: West Niagara Mental Health Program	Phone: 905-309-3336 Fax: 905-309-4446	
GUELPH: See "WATERLOO AND WELLINGTON COUNTY"		
HALDIMAND-NORFOLK: Community Addiction & Mental Health Services	Phone: 519-587-4658 Fax: 519-587-4118	
HAMILTON: Barrett Centre for Crisis Support	Phone: 905-529-4343 Fax: 905-529-3993 Website: www.goodshepherdcentres.ca/barrett-centre-for-crisis-support	
HAMILTON: Canadian Mental Health Association (CMHA)	Phone: 905-521-0090, ext. 240 Fax: 905-521-0211 Website: www.cmhahamilton.ca	
KITCHENER: See "WATERLOO AND WELLINGTON COUNTY"		
NIAGARA: Community Addiction Services of Niagara (CASON)	#401-60 James St., St. Catharines, ON L2R 7E7 Phone: 905-684-1183 Fax: 905-684-1551	<ul style="list-style-type: none"> This DBT program is for clients who have substantial addiction concerns
NIAGARA FALLS: Canadian Mental Health Association Niagara	15 Wellington St., St. Catharines, ON L2R 5P7 Phone: 905-641-5222 Fax: 905-684-8314 Email: info@cmhaniagara.ca	
ST. CATHARINES: Niagara Region Mental Health Program	#2-3550 Schmon Pkwy, Thorold, ON L2V 4T7 Phone: 905-688-2854 Fax: 905-905-684-9798	
TORONTO: Centre for Addiction and Mental Health (CAMH)	Phone: 416-535-8501, ext. 32437	<ul style="list-style-type: none"> Self-referral only

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<p>WATERLOO AND WELLINGTON COUNTY: Canadian Mental Health Association (CMHA)</p>	<p>Locations in Cambridge, Kitchener, and Guelph Phone: 1-844-437-3247 <i>(to complete a referral)</i> Phone: 519-744-7645, ext. 4097 <i>(for questions)</i> Website: www.cmhawwd.ca/DBT</p>	<ul style="list-style-type: none"> • In addition to DBT, they offer a 6-mo. program “Skills for Safer Living Group,” and access to psychiatry and individual counselling • A family doctor can refer to the Grand River Hospital, Mount Hope Day Hospital for an 8-week Distress Tolerance group (fastest access to treatment) <ul style="list-style-type: none"> ○ University of Waterloo students are able to access DBT-based groups here
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