

## Additional DBT Programs in Ontario (Covered by OHIP)

Area and Clinic	Contact Information	Additional Information
<b>BRANT:</b> Mental Health & Addiction, Brant Community Healthcare System	Phone: 519-751-5544, ext. 2657 Fax: 519-752-7146	
<b>BURLINGTON:</b> Community Mental Health Services, Joseph Brant Memorial Hospital	Phone: 905-631-1939 Fax: 905-631-0513	
<b>CAMBRIDGE:</b> See "WATERLOO AND WELLINGTON COUNTY"		
<b>GRIMSBY:</b> West Niagara Mental Health Program	Phone: 905-309-3336 Fax: 905-309-4446	
<b>GUELPH:</b> See "WATERLOO AND WELLINGTON COUNTY"		
<b>HALDIMAND-NORFOLK:</b> Community Addiction & Mental Health Services	Phone: 519-587-4658 Fax: 519-587-4118	
<b>HAMILTON:</b> Barrett Centre for Crisis Support	Phone: 905-529-4343 Fax: 905-529-3993 Website: <a href="http://www.goodshepherdcentres.ca/barrett-centre-for-crisis-support">www.goodshepherdcentres.ca/barrett-centre-for-crisis-support</a>	
<b>HAMILTON:</b> Canadian Mental Health Association (CMHA)	Phone: 905-521-0090, ext. 240 Fax: 905-521-0211 Website: <a href="http://www.cmhahamilton.ca">www.cmhahamilton.ca</a>	
<b>KITCHENER:</b> See "WATERLOO AND WELLINGTON COUNTY"		
<b>LONDON &amp; MIDDLESEX COUNTY:</b> Adult Outpatient Mental Health Services, London Health Sciences Centre	Phone: 519-667-6551 Fax: 519-667-6836	<ul style="list-style-type: none"> <li>• Age 18-64</li> </ul>
<b>NIAGARA:</b> 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"> <li>• This DBT program is for clients who have substantial addiction concerns</li> </ul>
<b>NIAGARA FALLS:</b> Canadian Mental Health Association Niagara	15 Wellington St., St. Catharines, ON L2R 5P7 Phone: 905-641-5222 Fax: 905-684-8314 Email: <a href="mailto:info@cmhaniagara.ca">info@cmhaniagara.ca</a>	

*Continued...*

<b>ST. CATHARINES:</b> Niagara Region Mental Health Program	#2-3550 Schmon Pkwy, Thorold, ON L2V 4T7 Phone: 905-688-2854 Fax: 905-905-684-9798	
<b>TORONTO:</b> Centre for Addiction and Mental Health (CAMH)	Phone: 416-535-8501, ext. 32437	<ul style="list-style-type: none"> <li>• Self-referral only</li> </ul>
<b>WATERLOO AND WELLINGTON COUNTY:</b> Canadian Mental Health Association (CMHA)	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: <a href="http://www.cmhawwd.ca/DBT">www.cmhawwd.ca/DBT</a>	<ul style="list-style-type: none"> <li>• In addition to DBT, they offer a 6-mo. program “Skills for Safer Living Group,” and access to psychiatry and individual counselling</li> <li>• 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"> <li>○ University of Waterloo students are able to access DBT-based groups here</li> </ul> </li> </ul>