

Clarington

Frontenac Youth Services

1160 Simcoe St. S, Oshawa

Phone: 905-579-1551

Toll Free: 1-877-455-5527

Fax: 905-723-7059

Website:

<https://frontenacyouthservices.org>

Frontenac Youth Services is a non-profit Children's Mental Health Centre which has been providing assistance to adolescents struggling emotionally and behaviourally (12-18 years) and their families within the Durham Region since 1972. Frontenac Youth Services is accredited by the Canadian Centre for Accreditation.

Lakeridge Health Child and Youth Family Program

1 Hospital Crt, Oshawa

Phone: 905-576-8711 ext. 4345

Website: www.lakeridgehealth.on.ca

Provides services for children and adolescents, aged 5 to 18, who are struggling with serious mental health issues. They offer crisis intervention, an inpatient unit and outpatient services.

Lakeridge Health Eating Disorders Program

850 King St. W, Oshawa

Phone: 905-576-8711 ext. 4622

Fax: 905-721-4843

Website: www.lakeridgehealth.on.ca

The Lakeridge Health Eating Disorders program is a hospital based outpatient program. They specialize in the assessment and treatment of eating disorders for youth and adults. They offer individual, family and group therapy, caregiver support and nutritional counselling, based on best practice and approaches for the treatment of eating disorders.

Durham Counselling Walk-In Clinic

1615 Dundas St. E., Lang Tower, Suite 211, Whitby

Phone: 905-723-0036 ext. 3203

Website: <http://careachc.ca/>

Hours: Wednesdays 1 pm-8 pm

Free, confidential, counselling walk-in clinic, providing service for children and youth, 3-19 years (up until 20th birthday) and their families.

Mental Health & Pinewood Centre

1 Hospital Crt, Oshawa

Phone: 905-576-8711 ext. 4345

Website: www.lakeridgehealth.on.ca

Pinewood Centre's Youth Services are designed to support youth ages 12 to 18 who question or identify concerns related to alcohol, substance use, concurrent mental health concerns and/or gambling. There are also services specific to youth who are impacted by a caregiver's substance use. Through group and individual support, youth are invited to reflect upon their present situation. This may include exploring substance use, risks, patterns of use, consequences and concerns of use and mental health symptoms (e.g. depression and anxiety) as well as exploring the possibility of making changes.

Kinark Child and Family Services-Durham Region

20 Sunray St, Unit 1, Whitby

Phone: 905-668-2411

Toll Free: 1-866-929-0061

Central Intake: 1-888-454-6275

Fax: 905-665-9292

Website: www.kinark.on.ca

Mental health treatment services for children, youth and families living in Durham Region. Individual, family and group counselling for children/youth and their families.

Ages: 12 year(s) and under

Children and youth experiencing mental illness and who are at risk of mental illness, experiencing social, emotional, and/or behavioural difficulties.