

MENTAL HEALTH T.O.

access for infants, children, youth & families

Connecting Infants, Children,
Youth and Families to Community
Mental Health Services in Toronto

1-866-585-MHTO

(1-866-585-6486)

Monday to Friday: 9am – 5pm

ARE YOU...

WORRIED? | LOST?

STRUGGLING IN SCHOOL?

BULLIED? | SAD?

ANGRY? | SCARED?

**CONCERNED ABOUT
YOUR INFANT?**

MENTAL HEALTH T.O. (MHTO) is a free phone service to help connect infants, children, youth up to 18 years old and their families to mental health and addiction services in their community. Our goal is to help those in need find and get mental health help as efficiently and quickly as possible.

The service is free and all calls are confidential.

Note: We are a referral service. We do not provide immediate crisis support.

www.mentalhealthTO.ca

