

Resource Sheet for Mental Illness:

Resources for Patients and Families

Accessing Counseling Services:

Organization	What They Do	Contact
Mercy Mission	<p>Private in-person counselling services with a trained counsellor to sisters and their families needing serious support due to life changes, relationship problems, depression, grief and bereavement, abuse, and guilt or helplessness.</p> <p>There is also a help line for sisters through which referrals and contact information about health related resources and shelters can be provided. The helpline operates 7 to 9 p.m. Monday to Wednesday and 10 a.m. to 2 p.m. Thursday and Friday. The hotline number is 888-315-6472 (NISA).</p>	<p>http://www.mercymissionworld.org/canada/our-programs/women-resource-centre/; 1 (855) MADINAH 623-4624</p>
ICNA Relief Canada	<p>Provide a non-clinical aspect of counselling to our clients who are in need. Herein we deliver psychosocial therapy without any medical intervention. Our techniques and strategies are systems-based which emphasizes on cognitive-behavioural and relationship-based intervention approaches.</p>	<p>http://www.icnareliefcanada.ca/domestic/mfs/ 905-997-8777</p>
The Muslim Chaplaincy at University of Toronto	<p>To book a private counselling session with the Chaplain, please submit your request below. You will receive a response within 24 hours to confirm your appointment Each session varies in length and approach depending on the individual. All sessions are kept confidential.</p>	<p>http://mcuoft.com/services/counselling-sessions/ 416-813-4099</p>

	<p>Everyone is welcome at the MC, and we will do our best to be of service to you. If a matter is beyond the scope of faith-based counseling, we will be happy to refer you to the best and most appropriate avenues for help and assistance.</p>	
<p>Ontario Psychotherapist Referrals for Psychotherapy and Counseling</p>	<p>The OPC Psychotherapist Referral Service can help you find a Counselor or Psychotherapist in Ontario to help with short or long-term life challenges, such as: depression, anxiety, anger management, obsessive compulsive disorder, gender identity issues, relationship problems, struggles with addictions, and other struggles and challenges that are unique to you.</p>	<p>http://referrals.psychotherapistandcounseling.ca/</p>
<p>The Mindfulness Clinic</p>	<p>The psychotherapist: Nazihah Niazi (she provides counseling in Urdu and Punjabi as well using CBT)</p>	<p>http://www.themindfulnessclinic.ca/meet-our-team/meet-our-therapists/ 416-847-7118</p>