



THE ONTARIO

**caregiver**  
ORGANIZATION

RESOURCES AND  
EDUCATION

# Find a Navigator in Your Region!

Navigating the mental health and addiction system can be challenging, especially when other health and social systems intertwine. A Navigator can help you and your family understand the system and find appropriate support in your community. System navigation may also be a core part of other programs and services such as case management or Family Health Teams. Check-out the different navigation programs or services across Ontario:

## Northwestern Ontario

- [CMHA Thunder Bay- Getting Appropriate Personal and Professional Support \(case management services for individuals over the age of 16\)](#)
- [Fort Frances Family Health Team- Mental Health Program \(case management services for children and youth-specific\)](#)
- [Paawidigong First Nations Forum- Mental Health and Addictions \(case management services for First Nations communities within the Dryden Tribal Area\)](#)

## Northeastern Ontario

- [North Bay Indigenous Friendship Centre- Addictions and Mental Health Systems Navigator \(Indigenous specific service\)](#)
- [Wawa Family Health Team- Mental Health and Social Work Services \(system navigation services for persons over the age of 18 years old\)](#)
- [Health Sciences North- Mental Health and Addiction Central Intake and Referral Coordination](#)
- [Noojmowin Teg Health Centre- Mental Health and Addiction Counselling Services \(system navigation support\)](#)
- [Mnaamodzawin Health Services- Community Mental Health \(individual and family system navigation support\)](#)

## Southwestern Ontario

- [ACCESS OPEN MINDS Chatham-Kent \(youth-specific service, ages 11-25\)](#)
- [Grand River Hospital- Family Navigator \(care recipient must be a patient\)](#)
- [St. Joseph's Health Care London- System Navigator](#)
- [Addiction Services of Thames Valley- French Mental Health and Addiction System Navigation Program \(Francophone-specific service\)](#)

## Eastern Ontario

- [Parents Lifeline of Eastern Ontario- Parents Helpline \(youth-specific service, any parent or caregiver of a child up to age 25 can call\)](#)
- [Centre for Inuit Youth, Children and Families- Youth Mental Health Systems Navigation \(Indigenous- specific service\)](#)
- [Access Mental Health and Addictions- Regional Coordinated Access \(ages 16+\)](#)
- [Addictions and Mental Health Services Hastings Prince Edward- Family and Caregiver Navigation](#)
- [1call1click.ca \(youth-specific service; up to 21 years of age\)](#)

## City of Toronto

- [Family Navigation Project \(Youth-specific service; ages 13-26\)](#)
- [St. Josephs Health Centre- Family Navigator Support Program](#)

## Greater Toronto Area

- [Family Navigation Project \(Youth-specific service; ages 13-26\)](#)
- [Krassman Center- North York General and South Lake Hospital Peer Navigator Program \(care recipient must be accessing their emergency department\)](#)
- [CMHA Durham- Client and Family Centered Care](#)
- [York Support Services Network- Streamlined Access \(ages 16+\)](#)

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