

HEALTH SERVICES

Where to go when you're looking for help

Last updated: February 2024

In Ontario, health care services are managed, integrated and funded by 14 local health integration networks (LHINs) across the province. These LHINs help you find and access health care resources in your region. To find out which region you are a part of, visit www.lhins.on.ca and enter your postal code.

In an emergency, always call 911.

Public Health

Health Care Connect

www.ontario.ca/page/find-family-doctor-or-nurse-practitioner
1 800 445-1822

Services: Refers people in Ontario to a nurse practitioner or family doctor in their area who may be accepting new patients

Eligibility: People who do not have a family doctor; must have a valid OHIP card and an up-to-date address associated with that card

Referral: Register by phone or online; 811 phone line operates Monday to Friday, 9 am–5 pm

Telehealth Ontario

www.ontario.ca/page/get-medical-advice-telehealth-ontario
Tel.: 811 (for health advice)
Toll-free tel.: 1 866 797-0000 (for general information)
TTY: 1 866 797-0007

Services: Confidential 24/7 phone line providing free health advice or information from a registered nurse

Eligibility: Anyone with health-related questions

Note: Services only available via phone (email advice not available)

Toronto Public Health

277 Victoria Street, Toronto, ON
www.toronto.ca/community-people/health-wellness-care
Tel.: 416 338-7600
TTY: 416 392-0658
publichealth@toronto.ca

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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Services: Information and access to Toronto Public Health’s programs and agencies with a focus on public health concerns and healthy living (e.g., breastfeeding clinics; vaccination clinics; speech, language and hearing clinics; dental clinics; medical advice and information)

Note: See clinics and programs listed on the website for eligibility criteria and referral processes

Low-Cost Dental Clinics

Canadian Centre for Refugee and Immigrant Health Care – Urban Dental Clinic

4158 Sheppard Avenue East, Scarborough, ON

www.healthequity.ca/urban-dental-clinic

Tel.: 416 289-4349

Services: Emergency care, prescriptions, x-rays and fillings

Eligibility: Working adults ages 18–64 with no employer or government dental benefits (a financial screen will be conducted over the phone)

Fee: Free for people who meet eligibility criteria

Note: Call to book an appointment

Evangel Hall Mission Dental Clinic

www.evangelhall.ca/services/health-dental-clinic

416 504-3563, ext. 290

Services: Free dental care

Eligibility: People in Toronto who are experiencing poverty, homelessness and physical and mental illness; individual eligibility based on the person’s Revenue Canada Notice of Assessment for the previous year and a copy of their most recent pay stub or more recent Ontario Works cheque

Referral: Submit the documents above by fax to 416 504-8056 or to arsema.okbat@evangelhall.ca

Fee: Free to eligible participants

Note: Refer to the website for other referral and eligibility criteria

Evergreen Health Centre (Yonge Street Mission)

365 Spadina Avenue, Toronto, ON

www.ysm.ca/get-help/health-care

Tel.: 416 929-9614, ext. 2238

Services: Dental and hygiene services, including exams, cleaning, x-rays, fillings, root canals, extraction, night guards, crowns, surgical removal of wisdom teeth and partial dentures; other health care services

Eligibility: Homeless and street-involved youth ages 16–24 and their children up to age 4

Fee: All services are free and confidential; no OHIP card required

Note: Dental services are first come first serve, lineup starts at 9 am

Healthy Smiles Ontario

www.ontario.ca/page/get-dental-care

1 844 296-6306

Services: Free preventive, routine and emergency dental services, including check-ups, cleaning, fillings, x-rays, scaling and tooth extraction

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Eligibility: Youth under age 17 from low-income households: children are automatically enrolled in the program if their family receives assistance/income support, all others need to enrol online or by mail; see website for information on the application process and what qualifies as low income

Fee: Free

Note: Cosmetic dentistry, including teeth whitening and braces, are not covered by this program

George Brown College – WAVE Clinic

51 Dockside Drive, 3rd floor, Toronto, ON

www.georgebrown.ca/wave/dentalclinic

Tel.: 416 415-4547

chsclientservices@georgebrown.ca

Services: School of Dental Health students work with faculty to provide low-cost dental care, including dental hygiene, dentures, restorative services and x-rays from September to April and varied hours in May and June

Fee: Cost based on age and service, see website for details

Note: You must book an appointment; check website to find out if the clinic is accepting new patients

Parkdale Queen West Community Health Centre – Reduced Fee Dental Services

168 Bathurst St., Toronto, 416 703-8482

1229 Queen Street West, Toronto, 416 537-2455

27 Roncesvalles Avenue, Toronto, 416 537-8222

750 Dundas Street West, Toronto, 416 703-8482

pqwchc.org/programs-services/dental-services/reduced-fee-dental-services

Services: Basic dental services for a reduced fee, including dental exams, x-rays, cleaning, fillings, extractions and some root canals

Eligibility: Youth and adults living in Toronto

Fee: Contact the service for fee information

Note: Contact the service to see if it is accepting new patients. Service runs Monday to Friday, 8:30 am–3:30 pm. Call 416 703-8482 ext. 2203 to book an appointment.

Parkdale Queen West Community Health Centre – West End Oral Health Clinic

1229 Queen Street West, Toronto, ON

168 Bathurst Street, Toronto, ON

pqwchc.org/programs-services/dental-services/west-end-oral-health-clinic

Tel.: 416 537-2455 ext.1415

weohc@pqwchc.ca

Services: Free check-ups, cleaning, fillings, extraction, x-rays, oral self-care instruction and referrals provided by volunteer dentists and students from George Brown School of Dental Health

Eligibility: People ages 18–64 with low income who have no coverage for dental care; ODSP recipients eligible for cleaning only (if the cleaning is required and above the person's allowed coverage); Ontario Works recipients only eligible for cleaning with a dental hygienist

Fee: Free

Health Care for People Who Are Under-housed or Underserved

Imagine Clinic

*Clinic temporarily closed, check website for updates

168 Bathurst Street, Toronto, ON

www.imagineclinic.ca

Services: Drop-in service offering holistic care and referrals from students and their instructors in medicine, nursing, pharmacy, physiotherapy and social work

Eligibility: People who are underserved and homeless in downtown Toronto; no ID or OHIP card required

Fee: Free

Note: Clinic only open on Saturdays, 10 am–2 pm

Inner City Family Health Team

69 Queen Street East, 4th floor, Toronto

<http://innercityfht.ca>

Tel.: 416 368-5666

info@innercityfht.ca

Services: Multidisciplinary health care; mental health services (e.g., counselling, harm reduction, education, psychosocial assessment, intake); community resources listings on website

Eligibility: Men who use the Seaton House shelter or have stayed there; people who are homeless, have a recent history of homelessness or are precariously housed; people who do not have a family doctor

Referral: No referral required. Call to book an appointment, or drop in during clinic hours. If you arrive near the end of the day and the clinic is full until closing, an appointment will be made for you for the next day.

Note: Drop-in Monday and Thursday, 5 pm–7 pm. Check website for other hours for scheduled appointments.

Non-Insured Walk-in Clinic (Access Alliance)

761 Jane Street, 2nd floor, Toronto, ON

<https://accessalliance.ca/programs-services/primary-health-care-services/non-insured-walk-in-clinic>

Tel.: 416 760-8677

Services: Confidential health care on a first-come, first-serve basis, including episodic care (attention to a specific medical problem), telephone interpretations and referrals to other health care providers; midwives available to see pregnant patients on Thursdays

Eligibility: People living in Toronto who do not have a family doctor or health insurance (not eligible if they have OHIP private health insurance, are a visitor or student, or are covered by the Interim Federal Health Program or Ontario Temporary Health Program)

Fee: Free

Note: Clinic operates Mondays and Thursdays, 12:30 pm–7 pm

Sherbourne Health – Acute Respite Care Program

333 Sherbourne Street, Toronto, ON

sherbourne.on.ca/acute-respite-care

Tel.: 416 324-4108

info@sherbourne.on.ca

Services: Short-term health care unit offering 24/7 care for people expected to recover from a medical condition in a short period time and who do not need hospital care

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Eligibility: People ages 16+ who are homeless, under-housed or socially isolated and need a safe place to recuperate from an acute medical condition, illness, injury or surgery; no OHIP card required

Referral: Self-referral and referrals from community health and social service programs, hospitals, drop-ins, outreach programs, shelters (complete referral form on website and fax it to 416 324-4258)

Note: Program does not offer emergency or urgent assessments, or crisis, mental health or addiction services

Street Health

338 Dundas Street East, Toronto, ON

www.streethhealth.ca

Tel.: 416-921-8668

Services: Nursing clinics, community health programs, harm reduction programs, health card access and other ID support, overdose prevention sites

Eligibility: People who are homeless or under-housed living around Dundas Street East and Sherbourne Street

Note: Nursing clinic and ID clinic are at different locations and open at different times; see website for details

ID Clinics

Partners for Access and Identification

<https://tngcommunityto.org/Programs-Services/Programs/Drop-in-and-Harm-Reduction-Services/Partners-for-Access-and-Identification-PAID-Proj>

Services: 40 clinics around the GTA that help people access health care and sources of income such as pensions and other services

Eligibility: People who need help getting the following documents: birth registration, Canadian birth certificate, Verification of Status replacement (formerly Record of Landing) and Ontario health care (if the person does not have an address and ID)

Note: See website for information on clinics, hours, locations and closures

Street Health

338 Dundas Street East, Toronto, ON

<https://streethhealth.ca/services/identification-id>

Tel.: 416 921-8668 ext. 227

Services: Identification clinics for clients looking to replace or obtain legal ID

Eligibility: Anyone who needs help replacing or obtaining legal ID

Note: Only 30 people can be seen at each clinic, so arrive early to sign up; see website for hours and locations (schedule changes often)