

### DIALECTICAL BEHAVIOUR THERAPY (DBT)

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#### **CAMH's Borderline Personality Disorder (BPD)**

##### **Clinic** (Toronto)

Provides psychoeducation for individuals and families and runs a 24-week DBT group

**Contact: 416-535-8501**

[www.camh.ca](http://www.camh.ca)

##### **Ontario Shores** (Wellington)

Provides individual and group DBT for individuals 25+ who have been diagnosed with BPD, with or without co-occurring anxiety disorders, Major Depressive Disorder, eating disorders and/or addictions.

**Contact: 905-430-4055**

**Fax: 905-430-4000**

[www.ontarioshores.ca](http://www.ontarioshores.ca)

##### **Trillium CAMH Credit Valley**

12 week DBT group for youth

\*Must be Trillium CAMH client\*

**Contact: 416-535-8501 ext 32437**

##### **McMaster Children's Hospital** (Hamilton)

Provides voluntary day treatment program for youth who could benefit from intensive treatment and programming such as CBT, DBT, Social skills  
**Contact: 905 521-2100 ext. 74382**

**Referral: Family physician** supported by a recent psychiatric assessment via fax 905 521-7978

<https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/>

##### **ROCK** (Halton)

Provides child and family outreach support, programs servicing different mental illness

**Contact: 905-634-2347**

<https://rockonline.ca/>

##### **Associated Services for Youth - AYSP** (Peel)

6 month DBT treatment including, weekly, individual therapy sessions for the youth, 24 week skills training group for youth and their caregivers, and 24-hour phone coaching for youth and their caregivers (15-17 years)

**Contact: 905-890-5222 ext. 2254**

[www.AYSP.ca](http://www.AYSP.ca)

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#### FEE-BASED SERVICES

##### **Broadview DBT** (Toronto)

Offers individual and group CBT and DBT for individuals (9+). Fees are partially covered by most insurance plans, and in many cases, are tax deductible.

Individuals - \$220.00 – 230.00/session.

Group DBT \$95.00/week

**Contact: 647-348-5140**

[www.broadviewpsychology.com](http://www.broadviewpsychology.com)

##### **New Leaf Psychology** (Milton)

**Contact: 905-878-5050**

**Email: info@newleafpsychology.ca**

[www.newleafpsychology.ca](http://www.newleafpsychology.ca)

##### **Center for Mind Body Health** (Toronto)

**Contact: 416-855-2624 (CMHB)**

<https://cmbh.space/>

#### SELF HELP RESOURCES

**The dialectical behavior therapy skills workbook: practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation & distress tolerance**

By: McKay, Mathew; Wood, Jeffrey C; Brantley, Jeffrey

*Important Note:* The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.