

PERSONALITY FEATURES
DIALECTICAL BEHAVIOUR THERAPY (DBT)

COMMUNITY MENTAL HEALTH PROGRAMS

Associated Youth Service of Peel- AYSP (P)

Family Programs, Youth Programs, Youth Justice Programs, Groups.
24/7 Crisis Response Service
Contact: 416-410-8615
www.aysp.ca

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. Individual- \$220-\$230/ session. Group DBT \$95/week
Contact: 647-348-5140
<http://broadviewpsychology.com/treatments/dbt-dialectical-behaviour-therapy>

CAMH- BPD Clinic (Toronto)

Provides psychoeducation for individuals and families and runs a 24 week DBT group.
Contact: 416-535-8501 Press 2
www.camh.ca

Centre for Mindbody Health

Standard DBT program for adults. also treats anxiety, depression, mindfulness etc.
<http://cmbh.space/>

DBT Hamilton

Standard DBT for adults
Contact: 905 -526-2100
www.dbthamilton.com

Ontario Shores- Centre for Mental Health Sciences

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 disorder and or addictions.
Contact: 1-800-341-6323 or 905-430-4055
www.ontarioshores.ca

St. Joseph's Healthcare Hamilton

Assists individuals with borderline personality disorder.
Contact: 905- 522-1155
<https://www.stjoes.ca/>

Tracy Miles, DBT- Trained Therapist

Contact: 289 237-9029

Trillium CAMH Credit Valley

Provides 12 week DBT group for youth * must be Trillium CAMH client*
Contact: 416-535-8501

SELF HELP RESOURCES

Calming the Emotional Storm By: Sheri Van Dijk

Here to Help (BC)

Topics: Personality Disorder and more. Self-help Information, toolkits, workbooks and personal stories to help manage anxiety, substance use and depression. There are also links to many other books websites and resources.

I Hate You- Don't Leave Me: Understanding the Borderline Personality By: Jerold J. Kreisman

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder By: Paul Mason

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.