

NEURODIVERSITY RESOURCES

Where to go when you're looking for help

Updated: February 2026

Neurodiversity reflects the natural variations in how people's brains work, think and experience the world. Examples within this spectrum include autism, attention-deficit/hyperactivity disorder (ADHD), dyslexia, dyspraxia, Tourette syndrome (TS), Down syndrome, dyscalculia and many more—showcasing the rich diversity of human neurotypes. There's no single "right" way to be, just different ways of being. Everyone's experience is unique. You might not connect with all of the language used here, but the resources included may still be useful. Some are specific to the Toronto area, while others are available online or created internationally. No matter where you're located, we hope you find something meaningful and supportive.

General Information

AASPIRE Healthcare Toolkit

www.researchautism.org/healthcaretoolkit

info@researchautism.org

Resource: A comprehensive resource for autistic adults, offering practical tools, worksheets and customizable healthcare accommodation reports to support smoother visits with primary care providers

Fees: Free

Notes: This resource is from the United States and some content may be specific to that country

AIDE Canada

<https://aidecanada.ca>

info@aidecanada.ca

Services: Offers evidence-informed articles, videos, toolkits, courses and resources on topics like emotional regulation, healthcare navigation, LGBTQ2S+ and neurodiversity, free access to books, audiobooks and ebooks through the AIDE Canada Library

Fees: Free

If any of this information is incorrect or outdated, please email the information to us at access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health info and help finding services at <https://camh.ca/pfls>

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

Autism Ontario

www.autismontario.com/programs-services

Tel.: 416 246-9592

Resource Offers a range of resources on mental health, transitioning to adulthood, career support and more provides local programs and services to support autistic individuals and their families in reaching their full potential

Fees: Free

Autistica

www.autistica.org.uk/get-involved/join-an-expert-webinar

info@autistica.org.uk

Services: Offers webinars on a wide range of topics related to neurodiversity and autism

Fees: Free

Notes: This resource is from the UK and some content may be specific to that country

Depression and Autism: A Youth-to-Youth Guide to Coping and Getting Help

Centre for Addiction and Mental Health (CAMH), Cundill Centre for Child and Youth Depression

www.camh.ca/media/files/cundillcentre/depressionandautismfull-pdf.pdf

Resource A manual that covers what depression can look like, signs to watch for, tips for seeking help, coping strategies and supportive resources

Mental Health Literacy Guide for Autism

York University, Developmental Disabilities and Mental Health Lab

www.yorku.ca/health/lab/ddmh/atmelp

Resource A guide co-created with autistic adults to raise awareness and share knowledge on mental health in the context of autism, it includes strategies for well-being, navigating crises and more

Notes: Downloadable PDF available in an English and Portuguese version

Thinking Person's Guide to Autism

<https://thinkingautismguide.com>

ThinkingAutism@gmail.com

Resource A curated collection of reliable, centralized and accessible resources, including books, websites, movies, suggested organizations and neurodiversity FAQ

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Disability Databases

ConnectABILITY.ca

www.connectability.ca/directory
support@connectability.ca

Services: A searchable fee-for-service program directory that contains community participation supports, caregiver respite and person-directed planning supports for transitioned youth and adults that may be purchased using Ministry of Children, Community and Social Services passport funding or personal funds; provides an extensive list and online registration space for activities, classes, programs, workshops, respite and camps offered by developmental service agencies across Ontario.

Fees: Fee-for-service or free basis only, costs vary based on an individual's support needs and program activities

Notes: Registration required, the directory does not include programs funded through the Ministry of Children, Community and Social Services

MyCommunityHub

www.mycommunityhub.ca
support@mycommunityhub.ca

Services: A registration service created to help people with developmental disabilities, their families and caregivers discover and register for programs and services in their community

Fees: Costs vary by service

Notes: Registration required

DisabilitySupports

www.disability-supports.ca
Tel.: 902 2951645
supportnavigator@specialneedsproject.ca

Services: A directory where individuals and families can find online information about disability supports and services ranging from counselling and therapy to employment and education

Notes: Contact a support worker Monday, Wednesday and Friday from 9:00 a.m. to 5:00 p.m. AT; services are available in English and French

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Public and Private Practice Counselling and Support

Adult Neurodevelopmental Services (ANS), Centre for Addiction and Mental Health (CAMH)

www.camh.ca/en/patients-and-families/programs-and-services/adult-neurodevelopmental-services

1025 Queen Street West, 3rd Floor, Toronto

Tel.: 416 535-8501 ext. 37800

ANSinfo@camh.ca

Services: Short-term interprofessional outpatient assessment and treatment for adults with intellectual disabilities and/or autism and associated mental health concerns. Services include psychiatric consultation, interprofessional care and autism diagnostic assessments

Eligibility: Adults 16+ with intellectual disability and/or autism and mental health concerns or behaviours that challenge such as severe aggression, self-harm, injurious behaviours (SIB) or severe persistent repetitive behaviours; adults 16+ with a diagnosis of an intellectual disability seeking diagnostic clarification for autism; adults 18+ seeking diagnostic clarification for autism (no co-occurring diagnosis required)

Referral: Physician or nurse practitioner referral required, referrals submitted via Access CAMH

Fees: Covered by OHIP

Notes: Time-limited outpatient services (up to 6 months), wait times vary and may be between 31 years

Blue Sky Learning

www.blueskylearning.ca

Tel.: 437 2948807

hello@blueskylearning.ca

Services: Provides virtual individualized coaching and counselling for individuals, couples and families, supporting diverse neurotypes such as autism, ADHD, anxiety and depression. Workshops on neurodiversity, inclusion and accessibility

Referral: No referral required

Fees: Costs vary by service

Notes: Free consultations available

Dori Zener & Associates (DZ&A)

692 Euclid Avenue Toronto

www.dorizener.com/about

Tel.: 647 5603300

info@DorienZener.com

Services: This practice brings together mental health clinicians and neurodivergent peers to support autistic individuals and their families through respectful, client-centred care. Services include counselling, group programs, job coaching, peer support and expressive arts

Referral: No referral required

Fees: Costs vary by service

Notes: Both in-person and virtual services available

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Northern Elm

17345 Leslie Street, Unit 204, Newmarket

<https://northernelm.ca>

Tel.: 289 763-6135

info@northernelm.ca

Services: Specializes in supporting neurodivergent learning styles, including ADHD, autism, learning disabilities and intellectual disabilities, as well as identity exploration, anxiety, depression and related disorders; offers both comprehensive psychological assessments and individualized therapy services

Referral: No referral required

Fees: Costs vary by service

Notes: Free 15 minute consultation required prior to assessment

Scattergram Counselling & Consulting

<https://scattergramcc.com>

Tel.: 647 691-0408

care@scattergramcc.com

Services: Specializes in online neurodiversity affirming counselling (individual, family, couples, groups and organizations), peer support, occupational therapy and therapeutic programs; offers therapy options, support groups and consultation and supervision, as well as a resource library for both clients and therapists alike

Eligibility: Individuals age 12+

Referral: No referral required

Fees: Costs vary by program

Notes: Free consultations available; therapy available in English, French, Spanish, Urdu and Hindi

The Redpath Centre

40 Holly Street, Suite 201, Toronto

<https://redpathcentre.ca>

Tel.: 416 920-4999

Services: A private mental health organization that provides clinical services, conducts research, educates stakeholders and advocates for systems change; offers diagnostic and therapeutic support, counselling and coaching services across the neurodiversity spectrum, with a focus on autism

Referral: No referral required

Fees: Some services may be partially covered by extended health benefit plans, but they are not covered by OHIP; check with your provider or plan booklet for details on eligible services and professionals

Notes: Both in-person and virtual services available

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Free and Low-Cost Single-Session Counselling

**General mental health services; not tailored to neurodivergent needs*

Family Service Toronto

355 Church Street, 3rd floor, Toronto

<https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic>

Tel.: 416 595-9618

Services: Offers individual, family and couple counselling for adults age 16+, single-session walk-in counselling; trauma-specific counselling services and workshops, and David Kelley services (a counselling program for the LGBTQ+ community that includes HIV/AIDS counselling)

Eligibility: Programs have specific eligibility criteria, walk-in available for individuals age 18+, who live and work in the GTA

Referral: No referral required

Fees: Fees are on a sliding scale based on income; walk-in sessions are free

Notes: Virtual (11:00 p.m. to 5:00 p.m. Mondays, Wednesdays and Fridays) in-person available (2:30 p.m. to 7:00 p.m. weekly on Thursdays), check the website for other service locations. Counselling offered at various locations and available in multiple languages including English, French, Farsi, Hindi, Portuguese, Spanish and Urdu

The What's Up Walk-In Clinic

www.whatsupwalkin.ca

Services: Provides walk-in, single, solution-focused sessions in-person, over the phone or through video help with issues such as depression, anxiety, self-harm, suicidal ideation, sexual identity matters, bullying, behavioural concerns, addictions and anything else that might be on one's mind

Eligibility: Individuals age 29 or younger

Referral: No referral required

Fees: Free

Notes: Provided by six agencies across seven Toronto sites, each with their own location and hours of service (visit the website for details)

WoodGreen's Walk-In Counselling (WIC)

815 Danforth Avenue Toronto

www.woodgreen.org/programs/walk-counsellingwic

Tel.: 416 6456000 ext. 1990

wic@woodgreen.org

Services: Provides single-session one-hour counselling to address a wide range of concerns, such as anxiety, depression, anger management and difficulties with work, school or relationships. Individual, couple and family sessions available

Eligibility: All ages welcome (parent/guardian consent required for anyone 12 years of age and younger) OHIP required

Referral: No referral required

Fees: Free

Notes: In-person on Tuesdays and virtually by phone or video on Wednesdays. Same-day sessions available on a first-come first-served basis (new clients are prioritized)

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Peer Support Groups

Autism Ontario, Living Life to the Full

1179 King Street West, Suite 004, Toronto

www.autismontario.com/LivingLife

Tel.: 416 246-9592

info@autismontario.com

Services: An online 12-hour, eight-week mental health promotion program offering free opportunities for Ontario adults on the spectrum to learn wellness and coping skills using the tenets of cognitive behavioural therapy (CBT); participants are taught how to deal with their feelings when fed up, worried or hopeless, and learn skills that help them tackle life's problems

Eligibility: Individuals aged 18+

Fees: Free

Centre for Independent Living in Toronto (CILT)

365 Bloor Street East, Suite 902, Toronto

<https://cilt.ca/programs-and-services/peer-support>

Tel.: 416 599-2458

cilt@cilt.ca

Services: A community-based organization led by people with disabilities helps people with disabilities learn independent living skills and integrate into the community. It offers various programs, workshops and supports, including attendant service application, independent living skills training, direct funding, parenting with disability network, peer support and service navigation

Eligibility: Persons with disabilities

The Learning Disabilities Association of Toronto District (LDATD)

121 Willowdale Avenue, Toronto

www.ldatd.on.ca/programs/adults/adult-support-group

Tel.: 416 229-1680

admin@ldatd.on.ca

Services: Provides support to adults through open discussions on topics such as employment issues, social skills and life skills

Eligibility: Adults who have or think they have a learning disability or ADHD in the GTA

Referral: Intake meeting with the program facilitator required before attending

Fees: Free

Notes: Call or email to book an intake

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Self-Advocacy

Autistics for Autistics (A4A)

<https://a4aontario.com>

Services: An autistic-led organization engaged in community education, events, activism and advocating reform to Canadian autism policy in the areas of school inclusion, employment, housing and access to health care

Fees: Free

Autistic Self-Advocacy Network (ASAN)

<https://autisticadvocacy.org>

info@autisticadvocacy.org

Services: A non-profit organization run by and for autistic people works to make sure autistic people are included in policymaking through policy and legal advocacy, making educational resources, creating advocacy tools and leadership training for autistic self-advocates, provides a resource library of tool kits, books, reports, webinar and community programs

Fees: Free

Notes: US-based organization; some content and resources may be region-specific

Autistic Women & Nonbinary Network (AWN)

<https://awnnetwork.org>

Services: Provides resources, peer support and community for autistic women, girls, transfeminine and transmasculine nonbinary people, trans people of all genders, Two Spirit people and all people of marginalized genders or of no gender, offers webinars and a resource library, including welcome packets in English, Spanish and plain language

Fees: Free

Notes: US-based organization; some content and resources may be region-specific

Inside the Spectrum

<https://mailchi.mp/camh/insidethespectrum>

Services: A newsletter all about autism and mental health, created together with autistic people, the goal is to highlight real life experiences by sharing personal stories, practical tips and strategies, informative resources and more

Fees: Free

Notes: Sign up via the website to receive new issues by email

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Social Groups and Supports

AsperDames

<https://sites.google.com/view/asperdames/home>
www.facebook.com/groups/2045807795659419

Services: A peer-led support group for autistic women and nonbinary individuals born before 1975, including those with formal or self-diagnosis, offers a supportive space to discuss topics like housing, employment, relationships, aging, sensory challenges, retirement planning, disability in society and in law, mental and/or physical well-being with a focus on shared lived experience

Notes: Informal online meetings every two weeks for group members

Collaborative Learning College (CLC)

<https://clc.camh.ca>
clc@camh.ca

Services: Offers free non-clinical-based education and training programs created and led by people with lived experience of mental health, addiction, social service use. Programs include peer support groups and are open to individuals with lived experience, their families, friends and, when appropriate, health care providers

Eligibility: Individuals age 16+ who self-identify as having lived experience with mental health and/or substance use challenges

Referral: No referral required

Fees: Free

Notes: No diagnosis required to participate in programming

Geneva Centre for Autism

112 & 164 Merton Street, Toronto
3036 Danforth Avenue, Toronto

www.genevacentre.ca

Tel.: 416 3227877

info@autism.net

Services: Offers client-led and evidence-backed clinical and recreational programs for children, teens and adults that enable individuals with autism to live, work and engage within their communities and respite programs that provide opportunities for autistic children, youth and adults to engage in structured activities, socialize with peers and explore new experiences in a safe, supported environment

Fees: Fees may apply

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Meetup-Full Spectrum Social

www.fullspectrumsocial.org

www.meetup.com/toronto-autism-and-aspergers-social-club

fullspectrumsocialorg@gmail.com

Services: Hosts a series of events for autistic adults in groups ranging in size from two to 60 people, all of which can be found on meetup.com. Events include board game nights, restaurant outings, nature walks, adult colouring book events and more, which are structured to encourage organic interactions and foster genuine friendships

Fees: Membership is \$1.00 for a six-month period

Notes: Search the events page on the [meetup](http://meetup.com) website to see what is happening in your area

Socialiiiasd

Bateman Community Centre/TechPlace

5151 New Street, Burlington

<https://socialiiiasd.ca/socialiiiasd>

Services: A social group for autistic adults based in Burlington, Ontario, that hosts online and in-person events such as game nights, provide a safe and fun environment where people on the autism spectrum can connect and build relationships

Eligibility: Individuals aged 18+ years who identify as being on the autism spectrum

Fees: Fees may apply

Notes: Search the calendar on the events page to see upcoming social events

Wrong Planet

<https://wrongplanet.net/forums>

alex@wrongplanet.net

Services: A web community designed for autistic individuals (and parents/professionals of those) with autism, Asperger's syndrome, ADHD, PDDs and other neurological differences. Offers a discussion forum, exclusive articles and how-to guides, a blogging feature and more

Housing

Affordable Housing Program, Toronto Community Housing (TCHC)

<https://torontohousing.ca/prospective-tenants/affordable-rent>

Tel: 416981-4771

RentalOpportunities@torontohousing.ca

Services: Offers information about affordable housing rentals, eligibility and vacancies in Toronto

Eligibility: Specific eligibility requirements (refer to website)

Fees: Free

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Federation of Metro Tenants' Association

www.facebook.com/torontotenants

Tel: 416 921-9494

fmnta@torontotenants.org

Services: Advocates for and provides information about tenant rights, eviction and vital services

Fees: Free

Notes: This is not a distress or crisis line; calls and questions are taken in the order they are received

Housing Resources for People with Disabilities and Their Families

www.zolo.ca/blog/disabilities-housing-resources

Services: A blog article on housing resources that can help people with disabilities, as well as their families, find affordable and accessible housing throughout Canada (details are sorted by province)

Fees: Free

Landlord and Tenant Board (LTB)

<https://tribunalsontario.ca/ltb>

Tel: 416 645-8080

Services: Offers information about the rights of tenants and landlords and how to settle disputes, including application and hearing processes, your rights and responsibilities under the Residential Tenancies Act and the rules and processes for non-profit co-op evictions at the LTB

Eligibility : People living in or renting residential properties in Ontario

Fees: Free for general information services; some applications to the board may require a fee

Rent-Geared-to-Income-Housing (RGI)

www.toronto.ca/community-people/employment-social-support/housing-support/rent-geared-to-income-subsidy

Tel: 416 338-8888

Services: Housing assistance for low-income households in Toronto where renters pay on average 30 per cent of their income on rent; provides information about eligibility, access and how to apply

Eligibility: To qualify, your household must meet all the basic eligibility rules (some households may also qualify for a Priority Status); refer to website for further details

Fees: Free

Notes: This service is for the city of Toronto only; the number of people in need of subsidized housing exceeds the number of units available and average wait times are long; you are encouraged to consider RGI housing as a long-term housing plan, not a solution to immediate housing needs or emergency situations

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Legal Rights and Support

ARCH Disability Law Centre

55 University Avenue, Toronto
<https://archdisabilitylaw.ca>
Tel.: 416 482-8255 | Toll-free: 1 866-482-2724
general@arch.clcj.ca

Services: A specialty legal clinic that practices exclusively in disability rights law in Ontario, provides a range of legal services directly to persons with disabilities, including the Summary Advice and Referral Service (i.e., basic legal information and summary legal advice on certain disability-related areas of law to persons with disabilities from across Ontario)

Eligibility: All persons with disabilities who reside in Ontario

Notes: For any additional legal services beyond ARCH's Summary Advice and Referral service, Legal Aid Ontario's financial eligibility criteria applies

Community Legal Education Ontario (CLEO)

180 Dundas Street West, Suite 506, Toronto
www.cleo.on.ca/en
Tel.: 416408-4420
info@cleo.on.ca

Services: A community legal clinic that has developed clear, accurate and practical legal rights education and information to help people understand and exercise their legal rights; its work focuses on providing information to people who face barriers to accessing the justice system, including income, disability, literacy and language

Notes: The site contains general legal information for people in Ontario and is not intended to be used as legal advice for a specific legal problem

Legal Aid Ontario (LAO)

www.legalaid.on.ca
Tel.: 416 979-1446 | Toll Free: 1800-668-8258
info@lao.on.ca

Services: Provides legal help in English and French for financially eligible low-income Ontarians (if income is required) offers a toll-free telephone line that offers 20 minutes of free legal advice for family law matters, same-day courthouse services, staff lawyers who represent clients, representation by a private lawyer through certificate program and web-based information and referrals

Notes: Legal aid help is available Monday to Friday from 8 a.m. to 5 p.m. in over 300 languages; live chat also available for all client web pages

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Addictions/Substance Use

**General services; not tailored to neurodivergent needs*

211 Ontario

<https://211ontario.ca>

Tel.: 2-1-1

Services: A free and confidential helpline that connects people to the critical social and community supports they need including mental health, community support, crisis lines, support groups and more available by phone for those looking to speak to a friendly voice or by text, online search, email or chat for those looking for convenience or who feel the stigma of asking for help

Notes: Offered in English and French and available 24/7

Centre for Addiction and Mental Health (CAMH), Concurrent Outpatient Medical and Psychological Addiction Support Services (COMPASS)

100 Stokes Street 8rd floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/compass

Tel.: 416 5358501 (press 2 for Access CAMH)

Services: Offers comprehensive initial assessment of medical and psychosocial needs for individuals with substance use concerns, with active use in the past 3 months. Provides barrier-free, walk-in access (without appointment or physician referral) for individuals with urgent addiction concerns. Treatments include withdrawal management, pharmacotherapy, urine drug testing, group-based treatment and limited short-term individual psychosocial psychotherapy

Eligibility: Intended for people with addiction/concurrent disorders seeking assessment and/or outpatient treatment involving medical and/or psychosocial interventions

Referral: No referral required; self-referrals accepted via Access CAMH

Fees: Services are covered by OHIP

ConnexOntario

<https://connexontario.ca>

Tel.: 1 866-531-2600

connexontario@connexontario.ca

Services: A 24/7 free and confidential phone, chat, texting and email service that helps people in Ontario who need support and information about mental health, gambling and addiction services available in their community

Fees: Free

Notes: Service is available in more than 130 languages using translation services

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Research

Centre for Addiction and Mental Health (CAMH), Azrieli Adult Neurodevelopmental Centre

www.camh.ca/en/science-and-research/institutes-and-centres/azrieli-adult-neurodevelopmental-centre

Services: Research and education centre in Canada dedicated to improving care for adults with neurodevelopmental disabilities and mental health challenges. It provides a collection of tools and resources for individuals, caregivers, health care professionals, researchers and policymakers seeking information and support related to the health and health care of individuals with developmental disabilities in Canada

Intimacy and Relationships

Ambitious about Autism, Relationships and Intimacy

www.ambitiousaboutautism.org.uk/understanding-autism/preparing-for-adulthood/relationships-and-intimacy

Resource: A collection of websites, blogs and audio recordings about relationships from an autistic perspective co-created with autistic young people from the Ambitious Youth Network and Sex Ed Matters

An Autistic Guide to Healthy Relationships

[www.durham.ac.uk/media/durhamuniversity/research/researchcentres/neurodiversity/development-centre-for-SANS-Healthy-Relationships\(1080x-1350px\)-1.pdf](http://www.durham.ac.uk/media/durhamuniversity/research/researchcentres/neurodiversity/development-centre-for-SANS-Healthy-Relationships(1080x-1350px)-1.pdf)

Resource: A short guide on some warning signs that autistic people who have been in abusive relationships have shared to help people recognize them too and to help people also recognize what good relationships look (and feel) like. Examples are divided into three types: red flags = warning signs for an abusive relationship, orange flags = things that might help us to recognize relationships that are not necessarily abusive but are not good for us) and green flags = signs that someone is treating you well and that a relationship is safe

Notes: This resource is UK-based and some content may be specific to that country

Exploring the Spectrum (ETS), Autism Nova Scotia: Healthy Relationships & Sexuality Resources

201-2737 Joseph Howe Drive, Halifax, Nova Scotia

www.exploringthespectrum.ca/resources

Tel: 902 4464995

autismnovascotia.ca

Resource: A collection of resources for autistic people, caregivers, professionals and anyone who may need accessible information on topics of sexuality and healthy relationships created by sexuality educators, a counselling therapist and autistic advocates and are based on comprehensive, sex positive, sexuality education information

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Sex Information and Education Council of Canada (SIECCAN), Sexual Health Information Sheets and Educational Videos

235 Danforth Avenue, Suite 400, Toronto
www.sieccan.org/ady-autistic-youth-infosheets
Tel: 416 466-5304
info@sieccan.org

Resource: A collection of information sheets and educational videos about sexual health suggested for autistic youth, however, the information shared might be helpful for people at any age

Notes: Resources are available in English and French

Employment

EmploymentWorks

<https://employmentworks.ca>
Tel.: 1 888-733-7976
info@employmentworks.ca

Services: Offers employment preparedness for autistic people and persons with disabilities including training and support, job sampling and hands-on or simulated work experiences

Fees: Free

Notes: Offered in two formats—EmploymentWorks In-Person in a classroom training with job sampling in real workplace settings (see website for locations to find an in-person program near you) and EmploymentWorks Online, which is ideal for people who prefer the flexibility of self-paced learning

JVS Toronto

www.jvstoronto.org/find-a-job/disability-employment-services
Tel: 416 787-1151
services@jvstoronto.org

Services: Offers specialized disability employment programs for Toronto and York regions, including specialized coaching for job seekers with autism; several programs available, including the Autism Spectrum Disorder (ASD) Job Readiness Project, RiseAbility Pre-Employment & Skills Development Program and Get Ready to Work; the AI Green Resource Centre offers additional programs for individuals with learning or developmental disabilities but requires a referral from Developmental Services Ontario

Eligibility : People who identify as having a disability, not in school and not working full-time, Ontario resident, eligible to work in Canada and actively looking for work

Fees: Free

Notes: Nine offices across the GTA; registration is required

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Learning Disabilities Association of Toronto District (LDATD), EmployABILITY Programs

2 Lansing Square, Unit 506, North York
www.ldatd.on.ca/programs/adults/employability
Tel.:416 224-5150
employability@ldatd.on.ca

Services: Provides inclusive training, coaching and support to help individuals of all abilities succeed in employment, self-employment and career development. Programs focus on building skills, confidence and professional growth

Eligibility: Adults who have or think they have a learning disability or ADHD and any person legally entitled to work in Canada who is out of work, out of school, underemployed and not receiving EI

Notes: Online and in-person services available

Ready, Willing & Able

<https://readywillingable.ca/jobseekers>
<https://readywillingable.ca/employmentagencypartners>

Services: Partners with employment agencies across Canada to connect adults with and/or intellectual disabilities with job opportunities

Eligibility: People who are autistic (individual employment agency partners may have specific eligibility requirements)

Fees: Free

Specialisterne Canada

<https://ca.specialisterne.com>
contact.ca@specialisterne.com

Services: Works with businesses in Canada and the United States to hire neurodivergent employees connect qualified neurodivergent candidates to employment opportunities in numerous industries and sectors

Eligibility: People who are neurodivergent (e.g., autism, ADHD, learning disabilities) and seeking employment

Fees: Free

Spectrum Works

www.spectrumworks.ca
info@spectrumworks.ca

Services: Offers an annual career fair, available online or in-person, designed to connect inclusive employers, job seekers on the autism spectrum and service providers. Provides an avenue to explore new opportunities, build relationships and support inclusive employment

Fees: Free

Notes: In-person events are hosted in Ottawa or Toronto and offer face-to-face conversations and onsite support

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TNG Community Services

1415 Bathurst Street, Toronto (Central) | 3036 Danforth Avenue, Toronto (East)

www.tngcommunityto.org/Programs-Services/Employment

Tel.: 416 925-2103 ext. 4000 (Central) | 416 925-2103 ext. 5400 (East)

Central: infoETC@tngcs.org | East: infoES@tngcs.org

Services: Offers free programs, workshops, online job board and resource centres for job seekers, one-on-one help with job searches with personalized support that is tailored to your specific needs and helps you come up with a strategy to achieve your goals

Eligibility: People who are of legal working age, resident of Ontario and eligible to work in Canada

Fees: Free

Woodgreen

815 Danforth Avenue, Toronto

www.woodgreen.org/services/employment

Tel.: 416 405-5254

findajob@woodgreen.org

Services: Works with job seekers to explore their career goals and achieve meaningful, long employment opportunities. Offers one-on-one career counselling, interview preparation and building workshops like résumé writing, along with specialized training, placements and tailored employment services for youth, newcomers, people with disabilities and mature workers

Fees: Free

Worktopia

<https://worktopia.ca>

info@worktopia.ca

Services: A network with a shared goal to increase employment success for neurodivergent people. Provides access to resources, help with job matching and job search for neurodivergent people, providing practical information, insights, guides and toolkits for creating inclusive workplaces

Fees: Free

YMCA Employment service GTA

www.ymcagta.org/employment-services

Services: Offers one-to-one support, workshops, résumé and job search tips, coaching and employer connections, collaborate with employers across Toronto, Peel, York and Durham regions

Eligibility: People who are eligible to work in Canada (specific criteria may vary by location)

Fees: Free

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Financial

Autism Central

www.autismcentral.org.uk/guidance/managing-money

Resource Provides information on managing money, banking and insurance

Eligibility: People who are autistic or support someone who is

Fees: Free

Notes: UK-based but has general financial literacy guidance

Canada Pension Plan (CPP) Disability Benefits

www.canada.ca/en/services/benefits/publicpensions/cpp/disability-benefit/apply.html

Resource A federal monthly payment for people unable to work due to a disability

Eligibility: People who have contributed to CPP and are unable to work due to a disability

Referral: Hospital/physician referral required (eligibility must be confirmed by a healthcare professional)

Fees: Free

Community Volunteer Income Tax Program (CVITP)

www.canada.ca/en/revenueagency/services/tax/individuals/communityvolunteerincometaxprogram.html

Services: Free tax clinics hosted by community organizations

Eligibility: People with modest income and simple tax situations

Fees: Free

Notes: Available seasonally; check local listings for availability

Disability Awards

<https://disabilityawards.ca>

Resource A searchable database of scholarships for post-secondary students with disabilities

Eligibility: People who are post-secondary students with a disability

Fees: Free

Notes: Can search by province, school or disability type

Disability Tax Credit (DTC)

www.canada.ca/en/revenueagency/services/tax/individuals/segments/creditsdeductions/personsdisabilities/disabilitytax-credit.html

Resource A non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay

Eligibility: People with a prolonged or severe physical or mental impairment (must be certified by a healthcare professional)

Referral: Hospital/physician referral required (a healthcare provider must complete eligibility paperwork)

Fees: Free

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Ontario Disability Support Program (ODSP)

www.ontario.ca/page/ontario-disability-support-program

Resource: Monthly income for people with disabilities provides money to help with living expenses (including food and rent), health benefits (including prescription drugs and vision care), employment support to help people with disabilities find and keep a job or advance their career

Eligibility: People in Ontario who have a disability and need financial support (eligibility includes financial and medical criteria)

Referral: Hospital/physician referral required (part of the application must be completed by a health professional)

Fees: Free

Registered Disability Savings Plan (RDSP)

www.canada.ca/en/revenueagency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html

Resource: A long-term savings plan for individuals approved for the disability tax credit

Eligibility: People approved for the disability tax credit (DTC)

Fees: Free

Notes: Includes government grants and bonds

Crisis Supports

**If your safety is at risk, call 9-1-1 right away. For more information and additional crisis support, please visit www.camh.ca/en/health-info/crisis-resources*

9-8-8

<https://988.ca>

Tel.: 9-8-8

Services: A suicide crisis helpline for people across Canada; provides a safe space to talk, 24 hours a day, every day of the year

Notes: Text or call the number for support; offers bilingual support in English and French

Distress Centres of Greater Toronto

www.dcogt.com/get-help

Tel.: 416 408-4357 (GTA) | 905 459-7777 (Peel)

Services: Provides support for those in crisis, at risk for suicide and those experiencing emotional distress through 24/7 multilingual inbound, outbound and in-person programs; offers three programs: multilingual helplines, 408-HELP and 9-8-8

Notes: Support is available in English 24/7 and in Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu, Monday–Friday from 10:00 a.m. to 10:00 p.m.

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