

CRISIS RESOURCES

In case of an EMERGENCY call 911. For additional resources dial 211 or go to www.211toronto.ca

Crisis/Support Lines

Assaulted Women's Helpline		1-866-863-0511
Distress Centres (Online chat or Text 741741 2pm-2am) www.torontodistresscentre.com	Toronto Durham North Halton Oakville Mississauga Caledon Brampton	416-408-HELP (4357) 905-430-2522 905-877-1211 905-849-4541 905-278-7208 905-584-7770 905-459-7777
Gerstein Centre		416-929-5200
Fem' aide (French speaking women)		1-877-336-2433
Telecare peel (Punjabi, Hindi, Urdu, Spanish, Portuguese)		905-459-7777
HEYY (Hearing Every Youth Through Youth)(M-F 6-9pm)		416-423-4399
Kids Help Phone		1-800-668-6868
Good2Talk 24/7 crisis line (17-25 Post Secondary Students)		1-866-925-5454
Lesbian Gay Bi Trans Youth Line (Sun-Fri 4-9:30 pm)		1-800-268-9688
Anishnawabe Health (Aboriginal clients)		416-891-8606
Telehealth Ontario		1-866-797-0000
Toronto Rape Crisis Centre		416-597-8808
Victim Services Program of Toronto		416-808-7066
Warm Line (peer support 8-midnight)		416-960-WARM (9276)
Durham Crisis Access Line		1-800-742-1890
Scarborough/East York Crisis Line (24/7)		416-495-2891
York Crisis Line		1-855-310-COPE (2673)
Krasman Centre Warm Line		1-888-777-0979

Mobile Crisis Services

Durham Region	905-666-0483
Gerstein Centre (Toronto)	416-929-5200
Scarborough Hospital (Scarborough & East York)	416-495-2031
Peel Region	905-278-9036
York Region	905-310-2673
Halton Crisis Outreach and Support	1-877-825-9011
Hamilton (St Joseph's Hospital Crisis Outreach)	905-972-8338

*These programs & services are provided for information only and are not endorsed by CAMH. Updated Aug 2017