



## Toronto Service Helplines



# you are **not** alone

*\* In cases of emergencies, please dial 911*

## CRISIS SERVICES

### **Toronto Distress Center**

416 408 4357

### **Gerstein Centre (24/7)**

416 929 5200

### **Telecare (Mandarin & Cantonese)**

416 920 0497

### **Contact Centre Telecare Peel (24/7)**

English, Punjabi, Hindi, Urdu, Spanish, Portuguese  
905 459 7777

### **Assaulted Women's Helpline (24/7)**

Interpreters available  
416 863 0511 1 866 863 0511

### **Toronto Rape Crisis Centre**

416 597 8808

### **Sexual Assault & Domestic Violence Care Centre (24/7)**

Interpreters available  
416 323 6040

### **Ontario Suicide Prevention Network**

416 670 4689

### **Mental Health Crisis Response**

416 498 0043

### **Aboriginal Crisis Centre**

416 531 0330

### **Anishnawbe Mental Health Crisis Management Service (24/7)**

416 891 8606

### **Seniors Safety Line**

1 888 299 1011

### **Senior Crisis Access Line**

416 619 5001

### **Kid's Help phone**

1 800 668 6888  
Text CONNECT to 686868

### **PFLAG Crisis Line (24/7)**

LGBTIQ2S people, their families/friends  
1 888 530 6777 ext 226

### **Transgender Crisis Line**

1 877 330 6366

## KIDS & TEENS

### **Youthline**

For LGBTQ2S+ Youth  
1 800 268 9688  
Text chat 647 694 4275

### **Sick Kids Hospital**

416 813 6275

### **SCAN (24/7)**

To be contacted if a child or teenager has been sexually assaulted/maltreated  
416 813 7500

### **The SickKids Centre for Community Mental Health**

For children and youth (birth to 17 yrs), individual, family, and group counseling  
416 924 1164

### **CDI (Child Development Institute)**

416 603 1827

### **KITE Program (Kids in Tough Environments)**

416 515 1100

### **BOOST Child & Youth Advocacy Center**

1 855 424 1100

## EMERGENCY SHELTER SERVICES

**Central Intake (24/7)**  
416 338 4766  
1 877 338 3398

**Streets to Homes Assessment & Referral Centre**  
129 Peter Street (Walk in)  
416 392 0090

## SEXUAL ASSAULT & DOMESTIC VIOLENCE (NON EMERGENCY)

**Barbra Schlifer Commemorative Clinic**  
Individual & group counselling for women who are survivors of violence  
416 323 9149

**METRAC (Metropolitan Action Committee on Violence Against Women and Children)**  
Counselling, group work and education workshops  
416 392 3135

**DVERS (Domestic Violence Emergency Response System)**  
Home alarm systems in coordination with police, for individuals who are at high risk of violence  
416 808 7077

**John Howard Society of Toronto**  
Counselling services and treatment programs for men charged with domestic assault  
416 925 4386

**Family Service Association of Toronto**  
Counselling, support groups and workshops for women who are or have been in situations of partner abuse and group counselling program for men who have engaged in domestic abuse  
416 595 9618

## MENTAL HEALTH & ADDICTIONS

**Ontario Mental Health Helpline**  
1 866 531 2600

**Schizophrenia Society of Ontario**  
416 449 6830

**Mood Disorders of Ontario**  
416 486 8046

**CMHA (Canadian Mental Health Association)**  
1 866 531 2600

**BounceBack**  
Free CBT program for 15+ y/o using workbooks, online videos, phone coaching  
1 866 345 0224

**Hope for Wellness**  
Immediate mental health counselling and crisis intervention for indigenous people. Live web chat also available  
1 855 242 3310

**Connex Ontario**  
Addiction, Mental Health, and Problem Gambling Treatment Services  
1 866 531 2600

**CAMH (Centre for Addiction & Mental Health) (24/7)**  
416 535 8501  
1 800 463 2338

**Toronto Withdrawal Management System (24/7)**  
Central access into referral system operated by St. Michael's Hospital  
1 866 366 9513

**Alcoholics Anonymous**  
Peer and group support. Note: historically religiously based. May have secular chapters.  
416 487 5591

**Narcotics Anonymous**  
416 236 8956

## BEREAVEMENTS

**Bereaved Families of Ontario**  
416 440 0290  
1 800 236 6364

**Perinatal Bereavement Services ON**  
905 472 1807  
1 888 301 7276

**Survivor Support Programme**  
Support groups for family and friends who have experienced a death by suicide or homicide  
416 595 1716  
Crisis: 416 408 4357

## FAMILY SERVICES (FOR IMMIGRANT & RACIALIZED INDIVIDUALS)

**Across Boundaries**  
Mental health & addiction services for racialized communities / Mandarin, English, Somali, Tamil, Urdu, Dari, Twi, Sinhalese, Gujarati, Tagalog, Arabi, Pashto, Hindi, Farsi  
416 787 3007

**Jamaican Canadian Association**  
Includes program for abused and assaulted Black & Caribbean women 16+ yrs (including seniors and sexual abuse survivors)  
416 746 5772

**Jewish Family and Child Service**  
416 638 7800

**Elsbeth Heyworth Centre for Women**  
Services for immigrant women with focus on domestic violence  
416 663 2978

**Anduhyan Emergency Shelter**  
Cree, Mohawk, Ojibway, French  
416 531 7127

**Interval House**  
Centre and shelter for abused women & kids  
Cantonese, French, Hungarian, Polish, Somali.  
416 924 1491