

Pause. Breathe. Reach Out.

Crisis Resources



Immediate Crisis Support • Support Services • Online
Resources

Immediate Crisis Support

Available 24/7

General

IMMEDIATE EMERGENCIES - CALL 911

Ontario Crisis Line: 1-866-531-2600

Contact a nurse at Telehealth Ontario - 1-866-797-0000

Kids Help Phone: 1-800-668-6868

Toronto Community Crisis Service (TCCS) - Call 211

- A new non-police, community-led service which provides mental health support.

Suicide Crisis Helpline - Call or text 9-8-8.

Telecare (Mandarin & Cantonese): 416-920-0497

Regional Crisis Lines:

Toronto:

Distress Centres Of Greater Toronto - Call 416-408-4357

Scarborough:

Scarborough Health Network: Community Crisis Program
- Call 416-495-2891

- Eligibility: Age's 16+ with serious mental illness experiencing an emotional or psychiatric crisis

Durham:

Durham Mental Health Services - Call 905-666-0483

- 24/7 crisis hotline & short-term crisis beds available

Richmond Hill:

COPE Community Crisis Response - Call 1-855-310-COPE (2673)

Peel:

CMHA Peel Dufferin - 905-278-9036 or 1-888-811-2222

Specialized Support

Domestic Violence

The Assaulted Women's Helpline - Call 1-866-863-0511

Ontario Male Survivors Line - Call 1-866-887-0015

Senior Safety Line (SSL) - Call 1-866-299-1011

Toronto Rape Crisis Centre (TRCC) - Call 416-597-8808

LGBTQ2S-Specific Services

Sherbourne Health - Call 416-324-4100

- Free counselling services that empower LGBTQ (lesbian, gay, bisexual, trans* and queer/questioning, 2 spirit) for individuals ages 18+, couples, families and parents
- <https://sherbourne.on.ca/mental-health-harm-reduction/mental-health-services/>

YouthLine - Text 647-694-4275

- Hours: Sunday-Friday 4:00 pm - 9:30 pm EST

Toronto PFlag: 24-hour Crisis Support Line - Call 416-406-6378

Trans LifeLine - Call or Text 877-330-6366

- Hours: Monday - Friday
 - 10 AM – 6 PM Pacific
 - 12 PM – 8 PM Central
 - 1 PM – 9 PM Eastern

Addiction

Canadian Mental Health Association (CMHA) - Call 1-800-565-8603

Ontario's Drug and Alcohol Helpline - Call 1-800-565-8603

Good2Talk: Helpline for post-secondary students -
Call 1-866-925-5454 or Text 686-868

ConnexOntario: Mental Health, Drug, Alcohol & Gambling
- Call 1-866-531-2600 or Text CONNEX to 247-247 (Std msg
& data rates may apply)

Seniors

Toronto Seniors helpline - Call 416-217-2077 or 1-877-621-2077

Seniors Safety Line - Call 1-866-299-1011, 24 hrs/7 day

Advocacy Centre for the Elderly - Call 416-598-2656 or 1-855-598-2656

Crisis Outreach Services for Seniors - Call 416-645-6000

- Hours: 9am-5pm, everyday (including holidays)

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ATRIA PSYCHOTHERAPY

Pause. Breathe. Reach Out: Crisis Resources