

In Crisis – Who Can I Call

Other options in Toronto/Ontario include:

Assaulted Women's Helpline: **416-863-0511; Toll Free 1-866-863-0511;**

French Line: 1-677-336-2433

<http://www.awhl.org/>

Anishnawbe 24/7 Mental Health Crisis Management Service **416-891-8606**

(Aboriginal Clients)

Canadian Mental Health Association, Toronto Branch

(crisis resources, phone numbers for local mobile crisis units, peer support programs)

<http://toronto.cmha.ca/mental-health/find-help/>

<https://toronto.cmha.ca/youth-zone/> - all services related to youth listing

ConnexOntario offers province-wide information and referral services for those experiencing mental health issues, drug or alcohol addiction, or problem gambling.

24/7 you can call: **1-866-531-2600**

<https://www.connexontario.ca>

Fem'Aide: 1-877-FEMAIDE, **1-877-336-2433; TTY: 1-866-860-7082**

(provincial crisis line for the francophone women who have experienced violence in their lives);

<http://femaide.ca/>

Gerstein Centre: **416-929-5200**

(mobile crisis visits, 24/7 crisis line, short term residence, services for individuals experiencing mental health crisis and complex needs including mental health and justice, concurrent and serious substance abuse, homelessness and serious diagnosis)

<http://gersteincentre.org/>

Integrated Community Health Crisis Response Program **416-498-0043**

(Etobicoke and North York, 24 hour crisis services)

LGBT Youth Line **1-800-668-6868**

(peer support line for lesbian, gay, bisexual, transgender, transsexual, 2-spirited, queer and questioning youth)

Kids Help Phone/Jeunesse J'écoute: **1-800-668-6868**

(phone and online professional counselling for youth)

<https://kidshelpphone.ca/> - connect by live chat

Krasman Centre Warm Line and Crisis Line: **1-888-777-0979**

(non-crisis and crisis support from a recovery and peer informed perspective)

<http://krasmancentre.com/programs/warm-line/>

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Progress Place Warm Line - for adults 8pm-midnight EST in Ontario
(non-crisis peer support)

Text: 647-557-5882 Call: 416-960-WARM (9276)

Scarborough Hospital Mobile Crisis Program: **416-495-2891**

(telephone crisis response, 24/7 crisis worker staffing Scarborough Hospital Emergency Dept.)

<https://www.tsh.to/areas-of-care/mental-health/regional-crisis-programs/>

Seniors 24/7 Safety Line **1-866-299-1011**

(referral to local emergency and support services, safety planning and supportive counselling)

Elder Abuse Networks in Ontario

<http://www.elderabuseontario.com/>

Toronto Rape Crisis Centre: **416-597-8808 or TTY 416-597-1214**

(24/7 crisis, free, confidential, anonymous, no police/medical intervention unless requested)

<https://trccmwar.ca/our-services/24-hour-crisis-line/>

Woodgreen Crisis Outreach for Seniors (COSS): **416-217-2077 or 1-877-621-2077**

(on-call mobile crisis intervention and outreach service for seniors who have suspected or diagnosed mental health and/or addictions, 365 days/year, 9am to 5pm)

<https://woodgreen.org/ServiceDetail.aspx?id=192>

York Support Services Network: **1-855-310-COPE (2673) 1-866-323-7785 (TTY)**

(mobile crisis unit, crisis line, mental health support team, short term crisis beds, crisis peer support)

<http://www.yssn.ca/Crisis-Response-Services>

Yorktown Family Services – Yorktown Shelter for Women **416-394-2999**

(24/7 crisis support for women who are being abused or who fear that they are at risk of being abused)

<http://www.yorktownfamilyservices.com/shelter-for-women/emergency-services/>

Youthdale's Crisis Support Team: **416-363-9990**

(telephone and mobile crisis response, 24/7 crisis support to parent/guardian concerned about a child's mental health status, assessment and response for low and medium risk, for high risk - 10 bed Secure Treatment Unit)

http://youthdale.ca/en/crisis_services/crisis_line.php