

Crisis Lines and Resources

CANADA – All Regions

Crisis Service Canada

Crisis Services Canada (CSC) is a national network of existing distress, crisis, and suicide prevention line services.

Toll Free: 1.833.456.4566 (24/7)

Text: 45645 (4pm – 12am ET)

<https://www.crisisservicescanada.ca/en/>

Crisis Line

Mental Health Crisis Line for individuals who are experiencing a mental health crisis or who know someone who is experiencing a mental health crisis.

Toll Free: 1.866.996.0991

Open Counselling

Directory of free telephone counselling hotlines in Canada.

<https://www.opencounseling.com/hotlines.ca>

ONTARIO – All Regions

Assaulted Women's Helpline

24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse.

Tel.: 416.863.0511

TTY: 416.364.8762

Toll Free: 1.866.863.0511

Toll Free TTY: 1.866.863.7868

#SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile phone

Seniors Safety Line: 1.866.299.1011

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

Ontario Victim Services

Victims of crime and their families have access to a wide range of services, including counselling, financial assistance, and other supports.

Tel.: 416.314.2447

Toll Free: 1.888.579.2888

<https://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php>
<https://ovss.findhelp.ca/>

Ontario Network of Sexual Assault/Domestic Violence Treatment Centres

Provides victims/survivors of sexual violence and domestic violence with comprehensive, quality care and support

Tel.: 416.323.7327

Fax: 416.323.7518

Email: info@sadvtreatmentcentres.ca

<https://www.sadvtreatmentcentres.ca/>

Fem'aide

24/7 anonymous crisis counselling and referral services for Francophone and French speaking women.

Toll free: 1.877.336.2433 (1.877.FEMAIDE)

Support services for male survivors of sexual abuse

24/7 multilingual support service for male survivors of sexual abuse, both recent and historical.

Toll free: 1.866.887.0015

Emergency shelters and women's shelters

Tel.: 211

Toll Free: 1.877.330.3213

TTY: 1.888.340.1001

<https://www.211ontario.ca/>

TORONTO

Toronto Distress Centre

Emotional support, Crisis Intervention and Suicide Prevention, Intervention & Postvention

Tel.: 416.408.4357 (416.408.HELP)

<https://www.dcoqt.com/>

Gerstein Centre

24/7 telephone support, in-person mobile crisis team, community support referrals, substance use crisis management, follow-up, and access to short-term crisis beds.

Tel.: 416.929.5200

<https://www.gersteincentre.org/>

Victim Services Toronto

Provides immediate on-scene crisis response, intervention, and prevention services to victims, survivors, family members and witnesses of crime and sudden tragedies 24 hours a day, 7 days a week.

Tel.: 416.808.7066

<https://www.victimservicestoronto.com/>

Toronto Rape Crisis Centre

24-hour crisis phone line for survivors of rape and sexual assault. Provides court support, accompaniment, and advocacy. Face-to-face counselling is free and confidential. Lesbian support, abuse and relationship counselling available.

Tel.: 416.597.8808

TTY: 416.597.1214

Administration: 416.597.1171

Fax: 416.597.9648

Email: info@trccmwar.ca or crisis@trccmwar.ca

<http://www.trccmwar.ca/>

Toronto Rape Crisis Centre/Multicultural Women Against Rape

Provides private and confidential crisis intervention and support services 24 hours a day, 7 days a week to: anyone who has been raped, sexually assaulted or experienced physical, sexual, emotional, psychological, ritual, or financial abuse; anyone who has had unwanted sexual touching; incest survivors; survivors of childhood and adult sexual assault and family and/or friends. Referrals can be made to other services.

Tel.: 416.597.8808

<https://trccmwar.ca/>

DURHAM REGION**Durham Crisis and Mental Health Line**

Telephone support is available toll free, 24 hours per day, to support the individual in crisis and/or their supports.

Tel.: 905.666.0483

Toll Free: 1.800.742.1890

Email: dmhscentralintake@lh.ca

<http://www.dmhs.ca/>

Distress Centre Durham

24-hour telephone counselling, crisis and suicide intervention and referral.

Tel.: 905.430.2522

Toll Free: 1.800.452.0688

<https://distresscentredurham.com/>

Durham Region Domestic Violence / Sexual Assault Care Centre (Lakeridge Health)

24-hour crisis line. Counselling and referrals for male/female sexual assault victims, all ages.

Tel.: 905.576.8711

Durham Rape Crisis Centre

24-hour counselling and support groups for recent or past abuse.

Tel.: 905.668.9200

<https://www.drcc.ca>

HALTON REGION

Distress Centre Halton

Telephone and online support 24/7, 365 days of the year. Provides support for people in crisis, and those struggling with loneliness and emotional stress.

Oakville: 905.849.4541

Burlington: 905.681.1488

Milton/Halton Hills: 905.877.1211

<https://www.dchalton.ca/>

Halton Canadian Mental Health Association: Crisis Outreach and Support Team (COAST).

Short-term crisis support related to mental health, coping, finding other supports, keeping housing. There are no fees for these services.

Toll Free: 877.825.9011.

TTY: 1.844.646.1700.

<https://www.halton.cmha.ca/our.services/in.a.crisis/>

Sexual Assault & Violence Intervention Services of Halton (SAVIS)

Provides emotional support to survivors of sexual violence. Serve women and men (16+) who are survivors of sexual assault, including childhood sexual abuse. Services are free and confidential.

Tel.: 905.875.1555

Toll Free: 1.877.268.8416

TTY: 905.825.3743

www.savisofhalton.org

PEEL REGION

24/7 Crisis Support Peel Dufferin

Provides a timely and high-quality response to de-escalate, stabilize and support those in mental health and addiction crisis. The service is delivered in partnership with Peel Regional Police and the Ontario Provincial Police.

Tel.:905.278.9036

Victim Services Peel Region

Crisis Line is available 24 hours a day, 365 days a year. Services are available in English and French.

Tel.: 905.568.1068

<https://www.vspeel.org/>

YORK REGION

York Region Crisis Response Team

*For individuals who are experiencing a mental health crisis, and their family or friends.
Available 24 hours a day, 7 days a week and serving residents of York Region and South Simcoe.*

Toll Free: 1.855.310.2673 (1.855.310.COPE)

TTY: 1.866.323.7785)

Text: 1.855.310.2673

<https://www.yssn.ca/crisis.response.services/>

Seniors

Toronto Seniors Helpline

Provides information about home care and community care, and offers over-the-phone supportive counselling, de-escalation, and safety planning to seniors in emotional distress or crisis.

Monday-Friday: 9am-8pm

Saturday-Sunday-Statutory Holidays: 10am-6pm

Tel.: 416.217.2077

Toll Free: 1.877.621.2077

<https://www.torontoseniorshelpline.ca/>

Woodgreen Crisis Outreach Services for Seniors

Crisis intervention and outreach service for adults 65+ with dementia, addictions or mental illness who need temporary, short-term support. The mobile service is staffed by crisis workers who can provide in-person assessment, crisis counselling, short-term intensive case management, harm reduction and concurrent disorder services, mental health and addictions support and referrals to other services.

365 days a year from 9:00am-5:00pm.

Tel.:416.645.6000

<https://www.woodgreen.org/services/programs/mobile.crisis.services/>

Referrals can be made by calling the Toronto Seniors Helpline at 416.217.2077.

Senior Safety Line

24-hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect. Can also provide information to relatives, friends, neighbours, caregivers, and other service professionals who may have questions or concerns about an elderly person in their life.

7 days a week, 365 days a year.

Toll Free: 1.866.299.1011

www.awhl.org/what.is.the.seniors.safety.line

Indigenous and Inuit

TALK 4 HEALING (Women Only)

Culturally grounded helpline for Indigenous women. Services are grounded in Indigenous culture, wisdom and tradition and are available in Oji-Cree, Ojibway, Cree, Algonquin, Inuktitut, Mohawk, Oneida, Odawa, Potawatomi, Micmac, Black Foot, Anishinaabe, Moose Cree, Swampy Cree and English and French

Toll Free: 1.888.200.9997

www.talk4healing.com

National Indian Residential Schools Crisis Line

Provides support to former Residential School students in crisis 24 hours a day, 7 days a week. Support is provided by trained crisis counsellors, many of whom are Indigenous.

Toll Free: 1.866.925.4419

<https://www.irsss.ca/faqs/how.do.i.reach.the.24.hour.crisis.line>

Hope for Wellness Help Line

Offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer:

- *counselling*
- *crisis intervention*

Toll Free: 1.855.242.3310

<https://www.hopeforwellness.ca/>

Ontario Indigenous Organizations

<https://indigenoustudies.utoronto.ca/resources/ontario.indigenous.organizations/>

Programs and funding for Indigenous people

<https://www.ontario.ca/page/programs.and.funding.indigenous.people>

LGBTQ

Community Resources for LGBTQ Youth and Families – ONTARIO

List of community resources for LGBTQ youth and families in Ontario

<https://rootsinwellness.ca/wp.content/uploads/2018/04/lgbtq.ontario.youth.resources.june2017.pdf>

Trans Lifeline

Provides trans peer support. Run by and for trans people.

Toll Free: 877.330.6366

<https://translifeline.org/>

LGBT National Help Center

Provides peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

<https://www.glbthotline.org/>

Mental Health & Addiction Resources

Ontario directory to find mental health and addiction services. Free, confidential support for depression, anxiety, addiction, gambling, and other problems.

<https://www.ontario.ca/page/mental.health.services>

Veterans

Veterans Affairs Canada Assistance Service:

Psychological support for veterans, former RCMP members, their families, and caregivers

Toll Free: 1.800.268.7708

TTY: 1.800.567.5803

VETS (Veterans Emergency Transition Services) Canada:

For Canadian veterans who are in crisis, at risk of becoming homeless or are homeless and their family members

Toll Free: 1.888.228.3871

First Responders

Boots on the Ground:

Anonymous peer support for First Responders, by First Responders. In-person peer support 24/7 in the GTA

Toll Free: 1.833.677.2668

<https://www.bootsontheground.ca/>

Non-Crisis Support

Progress Place Warm Line

Confidential & anonymous service for adults (18+) who may be feeling lonely, isolated, anxious, depressed or in need of a friendly ear. Chat online, text or call a Warm Line peer support worker.

416.960.WARM (9276) (Noon-Midnight)

Toll Free: 1.888.768.2488 (3pm-7pm)

Text 647.557.5882

<https://www.warmline.ca/>

Mood Disorder Association of Ontario

Free support programs to people across Ontario, and their families, who are living with depression, anxiety, or bipolar disorder. Monday to Friday, 9:30 a.m.-5:00 p.m.

Toll Free: 1.888.486.8236.

<https://mooddisorders.ca/>

Family Services Toronto

Tel.: 416.595.9618

<https://familyservicetoronto.org/>

Family Services Durham Region

Tel. 905.666.6240 ext. 1

Toll Free: 1.866.840.6697 ext. 1

<https://www.durham.ca/en/living.here/counselling.aspx?mid=24458>

Family and Community Behaviour Services Halton Region

Works with families to address concerns related to children's challenging behaviours.

Tel.: 905.825.6000

Toll Free: 1.866.442.5866

TTY: 905.827.9833

<https://www.halton.ca/For.Residents/Children.and.Parenting/Children.with.Special.Needs/Family.and.Community.Behaviour.Services>

Thrive Counselling Services (Halton Region)

Oakville 905.845.3811

Burlington 905.637.5256.

Toll Free: 1.866 .457. 0234.

<https://www.thrivecounselling.org/>

Family Services York Region

Tel.: 905.895.2371

Toll Free: 1.888.223.3999

Fax: 905.895.2389

<https://www.fsyr.ca/>

York Region Support Services Network

Community-based agency that offers a range of case management and community crisis services throughout York Region, to support individuals with a developmental disability and/or a serious mental illness.

Tel.: 905.898.3721

Toll Free: 1.888.695.0070, ext. 2574

eMentalHealth.ca

Directory to find mental health help anywhere in Canada.

<https://www.ementalhealth.ca/>