

If you are experiencing a mental health crisis and require immediate emergency assistance visit your local emergency department, call 911, or if in Toronto, CALL 211 to be connected to the Toronto Community Crisis Service who will send mental health crisis workers

Below are more resources you can access in crisis...

CRISIS PHONE AND TEXT LINES			
Name	Phone Number	Hours	Description
Suicide Crisis Helpline	9-8-8, Call or text	24/7	Canada-wide for suicide crisis help – for yourself or if you are concerned about someone
Anishnawbe 24/7 Mental Health Crisis Line	416-891-8606	24/7	Crisis line for Indigenous peoples
Assaulted Women’s Helpline	416-863-0511; 1-866-863-0511	24/7	Ontario-wide, for all women who have experienced any form of abuse
Gerstein Centre Crisis Team	(416) 929-5200	24/7	Toronto-wide telephone support in 180+ languages; can send in-person mobile crisis team
Distress Centres of Greater Toronto	416-408-4537	24/7	GTA-wide, offers emotional support, crisis intervention, suicide prevention and linkage to emergency help when necessary
Kids Help Phone	Call 1-800-668-6868 Text CONNECT to 686868	24/7	Canada wide text or phone service for youth
Toronto Seniors Helpline	416-217-2077 1-877-621-2077	M-F: 9am-8pm SS: 10am-6pm	Toronto-wide; for seniors; provides risk and safety assessments, immediate referrals to community mobile crisis units, and support for families and caregivers in 100+ languages
Toronto Rape Crisis Centre	416-597-8808	24/7	Supports survivors of sexual assault, abuse, rape
Youthdale Crisis Support Team	416-363-9990	M-F: 8am-8pm SS: 10am-6pm Holidays: 9am-5pm	Helping young people and families navigate mental health crises; can include referrals and follow-up

Trans Lifeline	1-877-330-6366	M-F: 1PM-9PM Closed on holidays	Telephone line staffed by transgender people for transgender people
LGBT YouthLine	647-694-4275	Sunday-Friday: 4PM-9:30PM	Peer support text line or online chat for youth under 29 years.
Indian Residential Schools Crisis Line	1-866-925-4419	24/7	Support for survivors of the impacts of the residential school system
Oakville Distress Centre	905-849-4541	24/7	Crisis support line for Oakville
Central Access for Addiction Services Toronto	1-866-366-9513	Daily: 8AM-11:30PM	Entry point into addiction services in Toronto
Progress Place Warm Line	416-960-9276	Mon-Sun: 3PM-12AM	For non-emergency but need to talk
Your Services Support Network	1-855-310-2673; Toll-free: 1-866-257-9776	24/7	24/7 Crisis Support
Crisis Support of Peel	905-278-9036	24/7	Crisis response for the Peel Region (Mississauga, Brampton, Caledon)

COMMUNITY CRISIS SERVICES AND CRISIS RESPONSE TEAMS

These are non-police led interventions for mental health crisis supports.

- **Toronto Community Crisis Service:** Dial 211. The Toronto Community Crisis Service sends out mobile crisis teams to provide a community-based support for people who are in crisis or who need a wellbeing check
- **Hamilton:** St. Joseph’s Hospital Crisis Outreach and Support Team (COAST), 905-972-8338 24-7 service
- **Durham:** Durham Crisis Services – Mobile Team 905-666-0483, 24 hrs/ 7 days; Crisis beds available.
- **Halton:** Crisis Outreach and Support Team (COAST) 1-877-825-9011 FOR Oakville, Milton, Georgetown, Acton and Burlington
- **Niagara:** Crisis Outreach and Support Team (COAST) 1-866-550-5205

EMERGENCY ROOM ADDRESSES

Name	Main Intersection; Address	Phone Number
Centre for Addiction and Mental Health (CAMH)	Queen/Ossington; 1051 Queen Street West	416-979-6885
Mount Sinai Hospital	College/University; 600 University Ave.	416-586-5054
St. Michael’s Hospital	Queen/Yonge; 30 Bond Street	416-360-4000
St. Joseph’s Health Centre	Parkside/The Queensway; 30 The Queensway	416-530-6003
North York General Hospital	Sheppard/Leslie; 4001 Leslie St.	416-756-6001
Humber River Hospital	Keele/Wilson; 1235 Wilson Ave	416-242-1000
Scarborough General Hospital	McCowan/Lawrence; 3050 Lawrence Ave. E	416-438-2911
Scarborough - Birchmount Hospital	Birchmount/Finch; 3030 Birchmount Rd.	416-495-2400
Scarborough - Centenary Hospital	Morningside/Ellesmere; 3867 Ellesmere Rd.	416-284-8131
William Osler Health System – Etobicoke	Hwy 27/Finch; 101 Humber College Blvd	416-747-3400
Sunnybrook Health Sciences Centre	Bayview/Eglinton; 55 Life Saving Dr.	416-480-6100
Michael Garron Hospital (Toronto East)	Danforth/Coxwell; 825 Coxwell Ave	416-469-6435
Toronto Western Hospital	Dundas/Bathurst; 399 Bathurst St.	416-603-5757
Toronto General Hospital	College/University; 200 Elizabeth St.	416-340-4800