

This resource list includes information about resources, services and organizations that may help support those looking in crisis. While the Mental Health Team is committed to regularly updating this resource list, there is no guarantee that it is free from errors and/or that services listed may have changed since the latest update. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team or call 416-260-1315 ext. 0 to book a Single Session Clinic appointment with a Social Worker. We are here for you.

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

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

CRISIS PHONE AND TEXT LINES			
Name/Website	Phone Number	Hours	Description
<a href="#">Suicide Crisis Helpline</a>	9-8-8, Call or text	24/7	Canada-wide for suicide crisis help – for yourself or if you are concerned about someone
<a href="#">Anishnawbe Health Toronto 24/7 Mental Health Crisis Management Service</a>	1-855-242-3310	24/7	Crisis line for Indigenous peoples
<a href="#">Assaulted Women’s Helpline</a>	1-888-948-5199	24/7	Ontario-wide, for all women who have experienced any form of abuse
<a href="#">Gerstein Centre Crisis Team</a>	(416) 929-5200	24/7	Toronto-wide telephone support in 180+ languages; can send in-person mobile crisis team
<a href="#">Distress Centres of Greater Toronto</a>	416-408-4537	24/7	GTA-wide, offers emotional support, crisis intervention, suicide prevention and linkage to emergency help when necessary
<a href="#">Kids Help Phone</a>	Call 1-800-668-6868; Text 686868; <a href="#">Online Chat</a>	24/7	Canada wide text, phone or online messaging service for youth
<a href="#">Toronto Seniors Helpline</a>	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

<a href="#">Toronto Rape Crisis Centre</a>	416-597-8808	24/7	Supports survivors of sexual assault, abuse, rape
<a href="#">Youthdale Crisis Support Team</a>	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
<a href="#">Trans Lifeline</a>	1-877-330-6366	M-F: 1PM-9PM Closed on holidays	Telephone line staffed by transgender people for transgender people
<a href="#">LGBT YouthLine</a>	Text 647-694-4275 or <a href="#">Online Chat</a>	Sunday-Friday: 4PM-9:30PM	Peer support text line or online chat for youth under 29 years.
<a href="#">Indian Residential Schools Crisis Line</a>	1-800-721-0066	24/7	Support line for survivors of the impacts of the residential school system
<a href="#">Oakville Distress Centre</a>	905-849-4541	24/7	Crisis support line for Oakville
<a href="#">Progress Place Warm Line</a>	Call 416-960-9276; text 647-557-5882; <a href="#">Online Chat</a>	Daily 6PM-12AM	For those in need of support, but are in a non-emergency situation
<a href="#">Your Services Support Network</a>	Call or text 1-855-310-2673	24/7	24/7 Crisis Support
<a href="#">Crisis Support of Peel</a>	905-278-9036 or 1-888-811-2222	24/7	Crisis response for the Peel Region (Mississauga, Brampton, Caledon)

**COMMUNITY CRISIS SERVICES AND NON-POLICE LED 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 adults ages 16+ who are in crisis or who need a wellbeing check
- [Hamilton Crisis Outreach and Support Team \(COAST\)](#): 905-972-8338, mobile interdisciplinary support teams, 24/7
- [Durham Mental Health Services Crisis Access Linkage Line \(C.A.L.L.\)](#): 905-666-0483, 24/7, mobile support teams, crisis beds available.
- [Halton Crisis Outreach and Support Team \(COAST\)](#): 1-877-825-9011, 24/7 mobile crisis response for Oakville, Milton, Georgetown, Acton and Burlington

- [Niagara Crisis Outreach and Support Team \(COAST\)](#): 1-866-550-5205, 24/7 mobile outreach

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

**EMERGENCY ROOM ADDRESSES**