

Mental Health Support in Toronto

Support and Help is Available When You Need to Talk. We hope you find these resources useful.

If you are experiencing a mental health or physical health emergency, please call 911 or head to your nearest hospital emergency room.

Crisis Services

Mobile Crisis Intervention Teams – Toronto Police Services	911 - Emergency
Toronto Police have partnered with hospitals to send a mental health nurse and a specially trained police officer to respond to emergency and police dispatch calls involving individuals experiencing a mental health crisis. You can ask for the Mobile Crisis Team in emergencies if you call 911.	
Scarborough Hospital Mobile Crisis Program (Scarborough & East York region)	416-495-2891
Saint Elizabeth Health Care (Etobicoke & North York region)	416-498-0043
Anishnawbe Mental Health Crisis Management Service (Aboriginal clients)	416-891-8606
CAMH Emergency Department	416- 979-6885
<i>Provides 24/7 emergency assessment and treatment for adults with mental health and substance use issues. They do not provide crisis counselling over the phone, but you can contact them for information.</i>	
College Street site, 250 College Street	www.camh.ca
Sexual Assault/Domestic Violence Care Centre – Women’s College Hospital	416- 323-6040
<i>Provides 24/7 services to women, men, transgender, transsexual and intersex people who are victims/ survivors of sexual assault and domestic/ intimate partner violence. Services include: acute and follow-up medical care, collection of forensic evidence, safety planning, and short-term counselling.</i>	
76 Grenville Street, Toronto - in the Acute Ambulatory Care Unit (AACU) on the ground floor in Room 1305	
Distress Lines - 24 hours a day, 7 days a week	
Distress Centre (ph -24/7, chat/text 2pm-2am)	416-408-HELP (4357) or torontodistresscentre.com or text 741741
Gerstein Centre (crisis support by phone or call to meet Gerstein staff in the community)	416- 929-5200
Good2Talk (for post-secondary students)	1-866-925-5454
Kids Help Phone (20yr and under) (IM also available Wed-Sun 6pm-2am)	1-800-668-6868 or kidshelpphone.ca
Assaulted Women’s Helpline (phone support, safety planning and referrals)	416- 863-0511 or 1-866-863-0511
Toronto Rape Crisis Centre (crisis support available by phone or email at crisis@trccmwar.ca)	416- 597-8808
Trans Lifeline (for any trans person in need, including people struggling with gender identity)	1-877-330-6366
YouthInBC (online crisis chat service – open 3pm to 4am daily)	youthinbc.com
Your Life Counts (online crisis service)	www.yourlifecounts.org
Warm Line (call/txt/chat Peer support resource)	ph: 416-960-9276 text: 647-557-5882 www.warmline.ca
Information and Support Lines	
Emergency Shelter Central Intake	416-338-4766 or 1-877-338-3398 or 311
Streets to Homes Assessment and Referral Centre - 24/7 support in person at 129 Peter St	416-392-0090
Sheltersafe – 24/7 support for women and children seeking shelter	sheltersafe.ca
Daily Bread Food Bank - referrals to the food bank in your area	416-203-0050 or 211 or email info@dailybread.ca
Lesbian Gay Bi Trans Youth Line – by Phone/text/IM/email: Sun-Fri 4-9:30pm	1-800-268-9688 Text: 647-694-4275
Teen Health Source (Sexual Health) – Mon-Thu 4-9, Sat 12-5	Ph: 416-961-3200 Txt: 647-933-5399 Chat teenhealthsource.com
TeleHealth	1-866-797-0000 TTY: 1-866-797-0007
Drug and Alcohol Services Information Helpline - call/chat/email	1-800-565-8603 or drugandalcoholhelpline.ca
Mental Health Services Information Helpline - call/chat/email	1-866-531-2600 or mentalhealthhelpline.ca
Tenant Hotline – hotline offering counselling on tenant rights/ obligations Mon-Fri 8:30 am-6 pm	416-921-9494
Walk-In Counselling Centres	
Skylark (formerly Oolagen) (Downtown)	416-395-0660
<i>For youth 13-18, and their families (and ages 0-18yrs on Mon and Fri)</i>	
65 Wellesley Street East, Suite 500	
Walk-In Hours (last appt 1.5hr before closing): Mon,Thu: 2-6pm, Tue:10am-2pm, Wed: 12-8pm, Fri: 9am-2pm	www.oolagen.org
Skylark - YouthCan Impact Walk-in Counselling (formerly Delisle) (North End)	416-482-0081
<i>For youth 13-21, and their families</i>	
Northern District Library, 40 Orchard View Blvd Ste 102, Toronto	
Walk-In Hours: (register 1 hr before closing) Tue: 2-5pm, Wed: 4-7pm, Thu:2-6pm, Sat: 10am-2pm	www.delisleyouth.org
Stella’s Place (Downtown)	416-461-2345
<i>For youth 16-29</i>	
18 Camden St, Toronto	Walk-In Hours: Mon-Thu: 1-5 pm www.stellasplace.ca
Anishnawbe Health Youth Walk-In Counselling (Downtown)	416-920-2605 ext. 333/293
<i>For Aboriginal youth age 14-21</i>	
225 Queen St. East, Toronto	Walk-In Hours: Wed. 4-7 pm www.aht.ca
Family Service Toronto (West End) (18 years and above)	416-595-9618
128A Sterling Road	Walk-In Hours: Wed 3:30-7:30pm (Last appt 6:45pm) www.familyserVICEToronto.org
LAMP Community Health Centre (West End)	416-252-6471 ext. 235
<i>For people living in the area of: The Queensway - the Lake, and Mississauga border - the Humber River</i>	
185 Fifth Street, Etobicoke	Walk-In Hours: Mon 1-4pm and Thu 4-7pm www.lampchc.org
Yorktown Child and Family Centre (West End)	416-394-2424
<i>For children and youth up to age 18, and their families</i>	
2010 Eglinton Ave West, Suite 300	
Walk-In Hours (last appt 1hr before closing): Mon, Thu: 2-6pm /Tue, Fri: 10am-2pm/Wed: 4-8 pm	www.yorktownfamilyservices.com
Woodgreen Community Services (East End)	416-645-6000 ext. 2512, 1367
815 Danforth Ave, 2 nd Floor, Suite 202	Walk-In Hours: Tue and Wed 4-8pm (Last appt 6:45) www.woodgreen.org
East Metro Youth Services (East End)	416-438-3697 ext. 1
<i>For children and youth, aged 0-24+, and their families (no age limit for what defines ‘youth’)</i>	
1200 Markham Road, Suite 200, Scarborough	
Walk-In Hours (last appt 1hr before closing): Mon,Wed,Thu: 2-8pm/Tues:10am-8pm/Fri:10am-5pm	www.emys.on.ca
Youthlink (East End)	416-967-1773
<i>For youth aged 12-21, and their families</i>	
747 Warden Ave, Scarborough	Walk-In Hours: Wed 12-8pm (Last appt 6:45) www.youthlink.ca

Contact information and hours may change - please contact each agency for the most up-to-date info

Note: PPT does not endorse these services

Mental Health Support Handout (revised Nov 17, 2016)