



NORTH
YORK
FAMILY
HEALTH
TEAM

CRISIS SUPPORT/HELPLINES

Hope for Wellness Helpline (mental health counselling and crisis intervention to all Indigenous peoples across Canada)	1-855-242-3310
Talk4Healing Helpline Ontario (Indigenous Women)	1 855 554 4325(HEAL)
Assaulted Women's Helpline	416-863-0511
Distress Line (crisis and suicidal text support are available from 4:00 pm to 12 midnight each day at 45645)	416-408-4357 (408-HELP)
Gerstein Crisis Centre (Downtown)	416-929-5200
Crisis Text Line (Free 24/7 US and Canada)	text 741741
Lesbian Gay Bi Trans Youth Line (Phone and online peer support for LGBTQ youth (26 and under); inc. text, chat, and email support)	416-962-9688; 1-800-268-9688
Trans Lifeline	1-877-330-6366
Good2Talk (post-secondary student mental health help line)	1-866-925-5454
Kids Help Phone (Text support 686868)	1-800-668-6868
Scarborough Hospital (Scarborough, East York)	416-495-2891
Senior Crisis Access Line	416-217-2077
Toronto Rape Crisis Centre	416-597-8808
York Crisis Support Services (North York & York Region)	1-855-310-2673
Youthdale's Psychiatric Crisis Services	416-363-9990
C.A.L.L. (Crisis Access Linkage Line) Durham	1-800-742-1890; 905-666-0483
Blackline (24/7) (Black, Indigenous and People of Color)	1-800-604-5841 (call or text)
Naseeha (7days 12-9pm) (Mental Health helpline for young Muslims)	1-866-Naseeha (627-3342) (Text: M-F 12PM – 9PM EST)
Emergency Shelter Central Intake	Central Intake: 416-338-4766 Toll Free 1-877-338-3398