

Crisis Resources

If you are in an emergency or a crisis, visit your local emergency department or call 911, contact a distress centre in Ontario near you

Mobile Crisis Response Teams (24 hrs/ 7 days)

Toronto

Call 911 Police Department to access:

- St. Joseph's Hospital Mobile Crisis Team
- St. Michael's Hospital Mobile Crisis Team

Gerstein Crisis Line: 416-929-5200

- *Service Borders – south to the lake, north to Eglinton, and then north to Hwy 401 (between Bathurst and Bayview), east to Bayview to Danforth and then to Victoria Park, west to Islington Ave.*

Scarborough/East York

Call 911 Police Department to access:

- Scarborough Hospital Regional Mobile Crisis Team

York Region

Community Crisis Response Service: 1-855-310-COPE (2673)

Peel Region

Mobile Crisis of Peel: 905-278-9036

- *Mississauga, Brampton, Caledon*

Hamilton

St. Joseph's Hospital Crisis Outreach and Support Team (COAST): 905-927-8338

Halton

Crisis Outreach and Support Team (COAST): 1-877-825-9011

- *Oakville, Milton, Georgetown, Acton, Burlington*

Crisis Addiction Services

Central Access for Withdrawal Management
1-866-366-9513

Emergency Shelter Services

Central Intake:
416-388-4766
1-877-366-3398 (Toll-Free)

Emergency Shelters: 311

Crisis Planning

BeSafe App
www.besafeapp.ca



This Ontario wide app allows users to create a personalized digital safety plan and informs users about mental health and addiction resources in their local community



Crisis Lines

Assaulted Women's Helpline

1-866-863-0511

www.awhl.org

Crisis Services Canada

1-833-456-4566

Text: 45645 (4pm-12am)

www.crisisservicescanada.ca

Distress Centre

416-408-4357

Text: 45645

www.dcoqt.com

Gerstein Crisis Centre

416-929-5200

<https://gersteincentre.org/>

Good2Talk Confidential Post-Secondary Student Helpline

1-866-925-5454

Human Trafficking Helpline

1-833-999-9211

1-888-340-1001 (TTY)

Kids Help Phone

1-800-668-6868

<https://kidshelpphone.ca/>

LGBTQQ2S+ Peer Support Line

1-800-268-9688 (Sun-Fri: 4-9:30pm)

Text: 647-694-4275

Chat: www.youthline.ca

Seniors Safety Line

1-866-299-0511

www.eapon.ca

Toronto Rape Crisis Centre

416-597-8088

Trans Lifeline

1-877-330-6366 (10am-4am)

Warm Line

416-960-9276

Text: 647-557-5882

www.progressplace.org/warm-line-online.html