

Help Lines

RESOURCE	PHONE	HOURS
1 in 6 Men's Helpline Chat	https://1in6.org/helpline/	24/7 online chat
211 Central	211 1-888-340-1001 Text: 21166	24/7
Across Boundaries for Black and Indigenous People/Persons of Colour	416-787-3007	24/7
Assaulted Women's Helpline	416-863-0511 Text #SAFE (#7233)	24/7
Auntie Hotline (Indigenous COVID Pathways Hotline)	437-703-8703	Mon-Sun: 4pm-9pm (GTA Only)
Caribbean African Canadian Social Services	416-740-1056	24/7
COAST (Crisis Outreach and Support Team)	1-877-825-9011	24/7
Crisis Services Canada	1-833-456-4566 Text: 45645	24/7
Distress Center	416-408-4357 Text: 45645	24/7 4pm-12am
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310 1-310-855-HOPE (4673)	24/7
Gerstein Center	416-929-5200	24/7
Immigrants, Refugees and Citizenship Canada Client Support Centre Services	1-888-242-2100 1-888-576-8502	Mon-Fri: 8am-4pm
Kids Help Phone (ages 5-20)	1-800-668-6868	24/7
LGBT Youth Line (ages 29 and under)	1-800-268-9688 Text: 647-694-4275	24/7
Mental Health Help Line	1-866-531-2600	24/7
Native Child and Family Services of Toronto	416-969-5200	24/7
Non-Crisis Peer Support Line	647-875-8967	Mon-Fri: 12pm-8pm (Ages 13-29)
Ontario Drug & Alcohol Help Line	1-800-565-8603	24/7
Ontario Legal Line	416-929-8400	24/7
Ontario Mental Health Helpline	1-866-531-2600	24/7
Progress Place Warm Line	416-323-3721 416-960-9276 Text: 647-557-5882	Mon-Sun: 12-8pm Mon-Sun: 8pm-midnight 24/7
Teen Line	1-800-852-8336 or text TEEN to 839863	24/7
Toronto Rape Crisis Centre	416-597-8808	24/7
Toronto Seniors Helpline	416-217-2077	Mon-Sun: 9am-5pm
The Redwood Abuse Crisis Line	416-533-8538	24/7
Yellow Brick House (for abused women and children)	1-800-263-3247	24/7
YMCA Newcomer Information Centre	416-968-9622 immigrantservices@ymcagta.org	24/7