

Community Resource List

Crisis Resources		
Assaulted Women's Help Line	www.awhl.org	416-863-0511
Gerstein Centre Crisis Line	www.gersteincentre.org	416-929-5200
Toronto Distress Centre	www.torontodistresscentre.com	416-408-COPE (4357)
Durham Crisis Line	www.distresscentredurham.com	800-452-0688
Oakville Distress Centre	www.distresscentreoakville.com	905-849-4541
Distress Centres and Crisis Lines in Ontario	www.chs.ca/distress-centres-and-crisis-lines-ontario	See website for numbers based on location
York Support Services Network	www.yssn.ca/	905-310-COPE (2673)
Senior Crisis Access	www.csmhas.com/Scal.html	416-619-5001
Distress Centre Oakville Crisis Chat	www.distresscentreoakville.com/crisis-chat.php	Online Chat or Text 647-557-6250
Ontario's Online and Text Crisis and Distress Centre	www.torontodistresscentre.com/ontx	TEXT 741741 2pm to 2am
Warm Line, Progress Place	www.warmline.ca	416-960-WARM (9276) daily 8pm to 12am Chat Online or Text 647-557-5882 Friday, Saturday, Sunday, 8pm to 12am
Toronto Rape Crisis Centre	www.trccmwar.ca	416-597-8808
TAGL (Toronto area Gay and Lesbian phonenumber)		416-964-6600
ConnexOntario	www.connexontario.ca	
Mental Health Helpline	www.mentalhealthhelpline.ca	1-866-531-2600
Drug and Alcohol Helpline	www.drugandalcoholhelpline.ca	1-800-565-8603
Ontario Problem Gambling Helpline	www.problemgamblinghelpline.ca	1-888-230-3505
Telehealth Ontario	www.ontario.ca/page/get-medical-advice-telehealth-ontario	1-866-797-0000
Canadian Mental Health Association	www.toronto.cmha.ca	
Mobile Crisis Teams		
Gerstein Centre Crisis Line	www.gersteincentre.org	416-929-5200
Durham Crisis Services	www.dmhs.ca/cause/crisis-response	905-666-0483
Mobile Crisis of Peel	http://www.peelpolice.on.ca/en/aboutus/24-7crisissupportpeel.asp	905-278-9036
Credit Valley Hospital		905-813-4141
St. Elizabeth Health Care		416-498-0043
Scarborough Crisis Team		416-495-2891
York Region Community Crisis Response Service	www.yssn.ca/Crisis-Response-Services	1-855-310-COPE (2673)
St. Mike's and St. Joseph's Hospital Mobile Crisis Team		Via Police Department please call 911

Counselling/Therapy Services Covered by OHIP, MOHLTC or alternate funding		
Centre for Addiction and Mental Health	www.camh.ca	416-595-6111
College of Physicians and Surgeons of Ontario	www.cpso.on.ca	416-961-1171
The Medical Clinic for Person Centred Psychotherapy	www.medicalpsychclinic.org	416-229-2399
Toronto General Hospital – Women’s Mental Health Clinic	www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Women_Mental_Health	416 340 4462
519 Community Centre for lesbian, bisexual, transgendered, gay	www.519.org	416-392-6872
Jean Tweed Centre for Women and Families	www.jeantweed.com	416-255-7359
Walk-in Counselling Family Services - Wednesdays from 3:30-7:30pm; Registration begins at 3pm and last appointment starts 6:15pm	www.familyserVICEToronto.org/walkincounselling.html	416-595-9618
Sexual Assault/Domestic Violence Care Centre (SA/DVCC) at Women's College Hospital;	www.womenscolleGehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre/	416-323-6040
Ontario Network of Sexual Assault/ Domestic Violence Treatment Centres	www.satcontario.com	
West End Sexual Abuse Treatment (WESAT) Program	www.211toronto.ca/detail/en/79821	416-240-1111 ext 2274
Women's Health in Women's Hands	www.whiwh.com	416-593-7655
Sheena's Place	www.sheenasplace.org/	416-927-8900
The Barbra Schlifer Clinic	www.schliferclinic.com	416-323-9149
Divine Divas at Toronto Western Hospital		416-603-5800 ext 5325
YWCA - Healing from Trauma and Violence	www.ywcatoronto.org/page.asp?pid=65	416-487-7151 ext 266
YWCA - Mental Health Support	www.ywcatoronto.org/page.asp?l1=51&pid=66	416-961-5446 ext 261
North York Women's Centre	www.nywc.org	416-781-0479
Queen West Community Health Centre	www.ctchc.org	416-703-8482
Parkdale Community Health Centre	www.pchc.on.ca	416-537-8222
Blackcreek Community Health Centre	www.bcchc.com/	416-249-8000
Sherbourne Health Centre	www.sherbourne.on.ca/counselling-services	416-324-4109

Mental Health Services		
Flemingdon Health Centre	www.fhc-chc.com	416-429-4991
Hassle Free Clinic	www.hasslefreeclinic.org	416-922-0566
Counselling/Therapy Services (*Reduced fees based on income available)		
*Family Services Toronto	www.familyserVICESToronto.org	416-922-3126
* Catholic Family Services	www.crsofto.org	416-921-1163
*Jewish Family and Child Services	www.jfandcs.com	416-638-7800
*Ontario Institute for Studies in Education (OISE)	www.clinic.osie.utoronto.ca	416-978-0626
York University Psychology Clinic	www.yorku.ca/yupc	416-650-8488
Bereaved Families of Ontario	www.bereavedfamilies.net	416-440-0290
Ontario Association of Social Workers	www.findasocialworker.ca	416-923-4848
College of Registered Psychotherapists of Ontario	www.crpo.ca	416-862-4801
Ontario Psychological Association	www.psych.on.ca	800-268-0069
Ontario Association of Marriage and Family Therapy	www.oamft.on.ca	416-364.2627
Ontario Society of Psychotherapists	www.psychotherapyontario.org	416-923-4050
National Eating Disorders Information Centre	www.nedic.ca	416-340-4156
General Resources		
211Ontario	www.211.ontario.ca	
The Toronto Mental Health and Addictions Access Point	www.theaccesspoint.ca	
Canadian Mental Health Association	www.ontario.cmha.ca	
Mood Disorders Society of Canada	www.mooddisorderscanada.ca	
Self-Help Resource Centre	www.selfhelp.on.ca/find-a-group-in-toronto	
The Mindfulness Clinic	www.themindfulnessclinic.ca	
Caversham Booksellers	www.cavershambooksellers.com	