



TORONTO MINDING  
YOURSELF- WHERE CAN I GO  
FOR HELP?

[May 2019]

<b>Canadian Association for Suicide Prevention (CASP)</b>	Centralized national suicide hotline	(613)702-4446
<b>Assaulted Women's Helpline</b>	24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse.	1-866-863-0511 416-863-08511 TTY 1-866-863-7868 TTY 416-364-8762 Mobile #SAFE
<b>Drug and Alcohol Helpline</b>	Information on drug and alcohol supports in Ontario.	1-800-565-8603
<b>Mental Health Helpline</b>	Information on mental health supports in Ontario.	1-866-531-2600
<b>Ontario Problem Gambling Helpline</b>	Information on problem gambling supports in Ontario.	1-888-230-3505
<b>Distress Centres</b>	24-hour telephone support for crisis intervention.	416-408-4357 <a href="http://www.dcontario.org/centres.html">http://www.dcontario.org/centres.html</a>
<b>Gerstein Centre</b>	24 hour crisis line for adults. Mobile outreach can be provided.	416-929-5200
<b>Kids Help Phone</b>	24 hour support for children aged 5-20.	1-800-668-6868
<b>Toronto Rape Crisis Line</b>	24 hour rape crisis support, a counselor is paged via answering service, and contact is made within a timely fashion.	416-597-8808
<b>Canadian Mental Health Association (CMHA)</b>		416-789-7959 (ext. 282)
<b>Centre for Addiction and Mental Health (CAMH)</b>		416-595-6111
<b>Mental Health Service information</b>		1-866-531-2600
<b>211 Toronto</b>	Helpline and online database of Ontario's community and social services.	Dial 211 from your home phone or 416-397-4636 from a pay phone  www.211toronto.ca