



IN A CRISIS: PATHWAYS TO CARE

“It’s a big move to
make and a busy
country to live in
and it’s easy to
get left behind . . .
People won’t always
reach out for help
without being
prompted first”

FURTHER EMERGENCY HELPLINES:

Provincial Health Information Line

Telehealth Ontario:

Call 1-866-797-0000 (toll-free 24/7) or visit
www.health.gov.on.ca/en/public/programs/telehealth

Assaulted Women’s Helpline

1-866-863-0511 (toll-free 24/7) or visit www.awhl.org

Distress Centres Ontario

Visit www.dcontario.org/help.html to find the phone
number for a crisis line in your calling area

Ontario Problem Gambling Helpline

1-888-230-3505 (toll-free 24/7)

<http://www.problemgamblinghelpline.ca/Home/Call>

Drug and Alcohol Helpline

1-800-565-8603 (toll-free 24/7)

www.drugandalcoholhelpline.ca

Alcoholics Anonymous

www.aa.org

Mental Health Helpline

1-866-531-2600 (toll-free 24/7)

www.mentalhealthhelpline.ca

Kids and teens can call Kids Help Phone

1-800-668-6868 (toll-free 24/7)

<http://org.kidshelpphone.ca/en/>

Ontario
Trillium
Foundation



Fondation
Trillium
de l’Ontario

An agency of the Government of Ontario.
Un organisme du gouvernement de l’Ontario.

Are you feeling sad, anxious, depressed, helpless, isolated? Sometimes? Often?
THERE IS HELP.

“Most important is for people to have someone to talk to and ask advice of and not feel silly for asking.”

Is alcohol & drug misuse causing harmful consequences & loss of control? Feeling guilty or ashamed about your drinking/drug taking? Need to drink in order to relax/feel better?
THERE IS HELP.

1 IN AN EMERGENCY

2 IF YOU ARE IN EMOTIONAL DISTRESS CONTACT: DISTRESS LINE 416-408-HELP (4357)

24/7. Calls will be placed in a queue. You will then speak with a trained volunteer who can provide you with support in response to your crisis or distress.

3 WALK-IN CLINIC

If you are experiencing feelings of sadness, isolation, and/or depression but this is not an emergency.

4 CAMH—CENTRE FOR ADDICTION AND MENTAL HEALTH EMERGENCY DEPARTMENT

Address: 250 College Street, Toronto, ON.
Contact: 416-979-6885
http://www.camh.ca/en/hospital/visiting_camh/Pages/visiting_camh.aspx

Please see back of pamphlet for more help lines & emergency numbers

1 IN AN EMERGENCY—DIAL 911

To find your nearest Emergency Room:
<http://www.health.gov.on.ca/en/public/programs/hco/options/emerg.aspx>

3 WALK-IN CLINIC

The two clinics recommended below will offer referrals to doctors who can help with your care. The doctor to whom you are referred will meet with you to discuss the best pathway to health for your situation. He or she may recommend one on one therapy, group meetings, or medication. Walk-in Clinics with a track-record of referring people experiencing sadness or depression:

595 Bay St. Lower Concourse M5G 2C2
Intersection: Bay St. and Dundas St.
416-598-1703
www.mcithedoctorsoffice.com

455 Queen Street West M5V 2A9
Intersection: Queen and Spadina
416-869-3627
www.qsmc.ca/en/

To find your closest walk-in clinic, please see this link:
<http://www.health.gov.on.ca/en/public/programs/hco/options/walkin.aspx>

1 IN AN EMERGENCY

2 DRUG & ALCOHOL HELPLINE 1-800-565-8603

3 WALK-IN CLINIC

If you wish to seek help, but it is not an emergency.

4 CAMH—CENTRE FOR ADDICTION AND MENTAL HEALTH EMERGENCY DEPARTMENT

Address: 250 College Street, Toronto, ON.
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