

Mental Health Support in Toronto

Support and Help is Available When You Need to Talk. We hope you find these resources useful.

If you are experiencing a mental health or physical health emergency, please call 911 or head to your nearest hospital emergency room.

Crisis Services

Mobile Crisis Intervention Teams – Toronto Police Services	911 - Emergency
Toronto Police partnered with hospitals to send a mental health nurse and a specially trained officer to respond to emergency & police dispatch calls involving individuals experiencing a mental health crisis. You can ask for the Mobile Crisis Team if you call.	
Scarborough Hospital Mobile Crisis Program (Scarborough & East York region)	416-495-2891
Saint Elizabeth Health Care (Etobicoke & North York region)	416-498-0043
Anishnawbe Mental Health Crisis Management Service (Aboriginal clients)	416-891-8606
CAMH Emergency Department	416- 979-6885
<i>Provides 24/7 emergency assessment and treatment for adults with mental health and substance use concerns. They do not provide crisis counselling over the phone, but you can contact them for information.</i>	
College Street site, 250 College Street	www.camh.ca
Sexual Assault/Domestic Violence Care Centre – Women’s College Hospital	416- 323-6040
<i>Provides 24/7 services to women, men, trans and intersex people who are victims/ survivors of sexual assault and domestic/ intimate partner violence. Services include: acute and follow-up medical care, collection of forensic evidence, safety planning, and short-term counselling.</i>	
76 Grenville Street, Toronto - in the Acute Ambulatory Care Unit (AACU) on the ground floor in Room 1305	
Distress Lines - 24 hours a day, 7 days a week	
Distress Centre (ph -24/7, chat/text 2pm-2am)	416-408-HELP (4357) or torontodistresscentre.com or text 741741
Gerstein Centre (crisis support by phone or call to meet Gerstein staff in the community)	416- 929-5200
Good2Talk (for post-secondary students)	1-866-925-5454
Kids Help Phone (<21yr)	1-800-668-6868/ Text: 686868/ Online Chat: www.kidshelpphone.ca
Assaulted Women’s Helpline (phone support, safety planning and referrals)	416- 863-0511 or 1-866-863-0511
Toronto Rape Crisis Centre (crisis support available by phone or email at crisis@trccmwar.ca)	416- 597-8808
Hope For Wellness (counselling support for Indigenous people)	1-855-242-3310/ Online Chat: www.hopeforwellness.ca
Information and Support	
Emergency Shelter Central Intake	416-338-4766 or 1-877-338-3398 or 311
Streets to Homes Assessment and Referral Centre - 24/7 support in person at 129 Peter St	416-392-0090
Sheltersafe – 24/7 support for women and children seeking shelter	www.sheltersafe.ca
Daily Bread Food Bank - referrals to the food bank in your area	416-203-0050 or 211 or email info@dailybread.ca
Lesbian Gay Bi Trans Youth Line – by Phone/text/IM/email: Sun-Fri 4-9:30pm	1-800-268-9688 Text: 647-694-4275
Trans Lifeline (for any trans person in need, including people struggling with gender identity, 11am-5 am daily)	1-877-330-6366
Teen Health Source (Sexual Health) –Mon-Thurs 4-9, Sat 12-5 Ph 416-961-3200 Txt 647-933-5399 Cht teenhealthsource.com	
Warm Line (call/txt/chat Peer support resource, 8pm-12am daily) Ph: 416-960-9276 text: 647-557-5882 www.warmline.ca	
Connect & Breathe – Phone support for folks re: abortion Tues-Thurs 6-9pm/ Sat 10am-2pm	1-866-647-1764
Sexual Health Info Line- Mon-Fri 10am-10:30pm/ Sat-Sun 11am-3pm	1-800-668-2437
TeleHealth	1-866-797-0000 TTY: 1-866-797-0007
Toronto Withdrawal Management Services – Central access to drug/alcohol detox/treatment programs	1-866-366-9513
Drug and Alcohol Services Information Helpline - call/chat/email	1-800-565-8603 or drugandalcoholhelpline.ca
Mental Health Services Information Helpline - call/chat/email	1-866-531-2600 or mentalhealthhelpline.ca
Smoker’s Helpline – phone/text/chat support	1-877-513-5333 or smokershelpline.ca
Bounce Back – online and phone program/support for folks with concerns depression/anxiety	www.bouncebackontario.ca
7 Cups of Tea – online peer support chat services – note: no peer training process	www.7cups.com
Sheena’s Place – support groups for low self-esteem, body image concerns, and disordered eating	www.sheenaspace.org
Youth Space – online chat (9pm-3am) or email support for youth.	www.youthspace.ca
Tenant Hotline – hotline offering counselling on tenant rights/ obligations Mon-Fri 8:30 am-6 pm	416-921-9494
Drop-In Counselling Services	
Stella’s Place (Downtown)	416-461-2345
<i>Mental health services for youth 16-29 that include 1-1 counselling, clinic, groups, programs and drop-in.</i>	
18 Camden St Toronto	www.stellaspace.ca
Drop-In Counselling: Tues/Thurs: 3-5 pm LGBTQ Drop-In: Bi-weekly on Tues: 5:30-7:30pm	
Egale Youth Services (EYS) (Downtown)	416-964-7887 ext. 9
<i>For LGBTQ2S youth (under 29) who have concerns with their mental health and/or are homeless or under housed.</i>	
489 Queen St East	www.egale.ca/youthservices/
Drop-In Hours: Mon-Thurs: 2-8pm, Fri: 2-6pm	
Skylark – What’s Up Walk-in Counselling (Downtown)	416-395-0660
<i>For youth (25 and under) and their families</i>	
65 Wellesley Street East, Suite 500	www.skylarkyouth.org
Drop-in counselling Mon-Fri. See website for current hours:	
Anishnawbe Health Drop-in Counselling (Downtown)	416-920-2605 ext. 333/293
<i>For folks who identify as Aboriginal</i>	
225 Queen St. East, Toronto	www.aht.ca
Drop-In Hours: Wed. 9:30am-1pm/2pm-5pm	
Sherbourne Health Centre Walk-In Counselling (Downtown)	416-324-4100 x 5310
333 Sherbourne St.	www.sherbourne.on.ca
Drop-In Hours: Tues starting at 1pm (limited spots available)	
Family Service Toronto (Downtown) (18 years and above)	416-595-9618
355 Church Street	www.familyserVICEToronto.org
Drop-In Hours: Wed 3:30-7:30pm (Last registration 6:15pm)	
Edge West (West End)	416-652-4363
<i>For youth aged 13-29 living within Eglinton, Bloor, Bathurst, and Islington.</i>	
1900 Davenport Road	www.edgewest.ca
Drop-In Hours: Mon, Wed 4-8 pm, Sat 10am-2pm	
LOFT Community Services (West End)	416-452-3034 / 416-434-9172
TAY HUB, 721 Bloor St. West, Suite 301	www.loftcs.org
Drop-in group: Tuesdays 6:00 – 7:30 pm	
Woodgreen Community Services (East End)	416-645-6000 ext. 2512, 1367
815 Danforth Ave, 2 nd Floor, Suite 202	www.woodgreen.org
Drop-In Hours: Tues and Wed 4:30-8pm (Last appt 6:45)	
East Metro Youth Services (East End)	416-438-3697 ext. 1
<i>For children and youth, aged 0-29, and their families</i>	
1200 Markham Road, Suite 200, Scarborough	www.emys.on.ca
Drop-in counselling Mon-Sat. See website for current hours:	
Youthlink (East End)	416-967-1773
<i>For youth aged 24 and under, and their families</i>	
636 Kennedy Rd, Scarborough	www.youthlink.ca
Drop-in counselling Mon-Fri. See website for current hours:	
Skylark - YouthCan Impact Walk-in Counselling (North End)	416-482-0081
<i>For youth 12-25, and their families</i>	
Northern District Library, 40 Orchard View Blvd Ste 102, Toronto	www.skylarkyouth.org
Drop-in counselling Mon-Sat. See website for current hours:	

Contact information and hours may change - please contact each agency for the most up-to-date info

Note: PPT does not endorse these services

Mental Health Support Handout (revised June 5, 2019)