

Distress and Crisis Supports

Complete National, Provincial and Regional Listing of Distress and Crisis Support

**PAIL Network Volunteer Resources
Updated April 2024**

Revised Annually

Please share additions or revisions to this list: pailvolunteer@sunnybrook.ca

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Text with 9-1-1 (T9-1-1)

T9-1-1 is a service available to you if you are part of the deaf, deafened, hard of hearing or speech impaired (DHHSI) community in Canada.

During an emergency, T9-1-1 provides 9-1-1 call centres with the ability to converse with you using text messaging.

Before utilizing this service, you:

- Must register for T9-1-1 with your [wireless service provider](#); AND
- Must have a compatible cell phone. Information on cell phones that meet T9-1-1 requirements are available on your [wireless service provider's](#) Web site.

Text 911 is available in 500+ Communities Across Ontario. Please visit this link for a full listing:

<https://www.textwith911.ca/en/service-availability/ontario/>

**** Note: You must let your phone company (e.g., Telus, Rogers, Bell, etc.) know you want to register for the Text 911 service (you have to ask to be added to the Text 911 service list) as soon as possible, in order to use this service if a crisis happens in the future. For more information: <http://textwith911.ca/en/home/>***

National Crisis and Distress Support

Organization Information

Beendigen Inc (Talk 4 Healing): support and resources for Indigenous women, by Indigenous women

Distress Line: 1-855-554-HEAL (4325)
Languages: Multiple including English, Ojibway, Oji-Cree, and Cree
Website: <https://www.beendigen.com/programs/talk4healing/>

We offer 24/7 help, support, and resources for Indigenous women, by Indigenous women, all across Ontario.

Canada First Nations & Inuit *Hope for Wellness Help Line*

Offers 24/7, immediate counseling and crisis intervention to all Indigenous peoples across Canada

Toll-free: 1-855-242-3310 (English, French, Inuktitut, Cree, Ojibway)
Chat Services: hopeforwellness.ca

Kids Help Phone (also serving adults)

Call: 1-800-668-6868
Chat Services: kidshelpphone.ca
Text Services: Text "CONNECT" to 686868

Youth Space

Youth Chat (6 pm - 12 am PT): www.youthspace.ca
Youth Text (6 pm - 12 am PT): (778) 783-0177

Anyone 30 years and under is welcome to chat with us. We are open 6pm-midnight PST, 365 days a year. We are a diverse community of trained volunteers who would love to listen to how things are going for you.

Suicide Crisis Helpline

CALL: 988
TEXT: 988
Available 24/7/365
<https://988.ca/>
Services: Suicide and crisis support

If you're thinking about suicide, are worried about a friend or loved one, the Canada Suicide Prevention Service is available 24/7 for voice and 4pm-12am ET for text

Provincial Crisis and Distress Support

Organization Information
<p>Tel-Aide Outaouais FRENCH SPEAKING ONLY Ligne d'intervention (Ottawa): 613-741-6433 Sans frais: 1-800-567-9699 Website: www.telaideoutaouais.ca</p>
<p>Distress and Crisis Ontario Website: ONTX Ontario Online & Text Crisis Service Crisis Text (2 pm - 2 am ET): Text the word SUPPORT to 258258</p>
<p>ConnexOntario: Mental Health Service Information Ontario Helpline Call: 1-866-531-2600 Text CONNEX to 247247 Website: https://www.connexontario.ca/</p> <p>Addiction, Mental Health, and Problem Gambling Treatment Services We offer listening, support, and information about counselling and other treatment services in your community. We do not provide counselling. 24/7</p>
<p>Distress Centres of Greater Toronto Area Crisis Line GTA: 416-408-4357 Crisis Line Peel: 905-459-7777 Toll Free: 1-833-456-4566 Crisis Text: 45645 Website: www.dcoqt.com</p> <p>Provides 24/7/365 support including crisis support, emotional support and suicide prevention, intervention and post-vention services.</p>
<p>Gerstein Crisis Centre Crisis Line: (416) 929-5200. Website: https://gersteincentre.org/our-crisis-services/telephone-crisis-support/</p> <p>Crisis Workers are available 24-hours a day, 7 days a week. Our goal is to help you work out some effective ways of addressing your immediate difficulties and to connect you to services that can offer ongoing support. We encourage self-referrals so that we can hear directly from people about what they are going through.</p>

Regional Crisis and Distress Support

Location	Organization Information
<p>Belleville</p>	<p>OpenLine OpenMind- Mental Health and Addictions Services (located at Belleville General Hospital)</p> <p>Crisis Line: 310-OPEN (6736)- 24/7</p> <p>Anyone who is in crisis and needs support can contact 310-OPEN (6736) for help. Alternatively, if an individual prefers to seek immediate help in person, they can go to the Belleville General Hospital emergency room:</p> <p>Crisis Intervention Centre (located at Belleville General Hospital): Crisis Line: 613-969-7400, ext. 2753 Toll-Free: 1-888-757-7766 24 hours 245 Dundas St. E / Belleville, ON K8N 5K5. Hours onsite: 7:30am – 1130pm Website: https://quintehealth.ca/care-service/mental-health-services/crisis-intervention-centre/</p> <p>Our multi-disciplinary team is ready to respond to crisis calls and offer emergency mental health intervention in the form of assessments, referrals, short-term crisis resolution or simply information. The mental health crisis may have been brought about by relationship breakdown, loss of a loved one, forms of abuse, or any number of life stresses. As well, our team is well trained to care for persons suffering from symptoms of mental illness.</p> <p>Belleville General Hospital 265 Dundas Street East Belleville, ON, K8N 5A9^[1]_{SEP} Phone: (613) 969-7400 Fax: (613) 968-8234 Website: https://quintehealth.ca/hospital/belleville-general-hospital/</p>
<p>Brampton, Mississauga, Caledon</p>	<p>Multilingual Distress Lines: <u>English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu</u></p> <p>Spectra Helpline offers its programs and services, (i.e., crisis and suicide assessment and intervention, emotional support, and outbound check-in calls) in 8 languages: <u>English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu</u>. Multilingual Helplines are open Monday to Friday 10a-10p</p> <p>Distress Line: 905-459-7777 (Brampton & Mississauga) Distress Line: 1-877-298-5444 (Caledon) TTY: 905-278-4890</p> <p>Website: https://www.mississaugahaltonhealthline.ca/displayService.aspx?id=169684</p>

<p>Brantford</p>	<p>Brant Community Healthcare System</p> <p>Combined crisis service including a 24/7 crisis line, a 24/7 psychiatric nursing assessment in the emergency room and crisis counseling. There is an 18-bed inpatient unit, medication clinic, counselling service, day hospital, outpatient service and education.</p> <p>Phone 519-751-5544 E Wing - 200 Terrace Hill Street Brantford, Ontario N3R 1G9</p> <p>Website: https://www.bchsys.org/en/care-services/mental-health-and-addiction.aspx</p> <p>SOAR Community Services - Brantford Fairview Drive</p> <p>The Integrated Mental Health & Addictions Crisis Network provides immediate crisis support and/or counseling for individuals experiencing mental health, addictions, or situational crisis for all ages. The crisis counsellor will assess each situation to determine the best way to help.</p> <p>225 Fairview Drive Crisis Line: 519-759-7188 Toll free: 1-866-811-7188 Website: https://www.soarcs.ca/addictions-and-mental-health</p> <p>Walk-In Service: Monday and Wednesday, 2 pm – 7 pm</p>
<p>Brockville</p>	<p>Brockville General Hospital Mental Health Crisis Line</p> <p>The Mental Health Crisis Service provides first line response in addressing mental health crisis situations in Leeds and Grenville. Our services are confidential for individuals 16 years of age and over.</p> <p>Phone: 613-345-4600 Toll Free 1-866-281-2911 Website: https://www.brockvillegeneralhospital.ca/en/patient-care/mental-health-program.aspx</p>
<p>Durham Region</p>	<p>Distress Centre Durham</p> <p>Specially trained responder volunteers provide emotional support and encouragement, crisis management, suicide risk assessment, community resource / referral information and emergency intervention. The Helpline is available to callers 24/7/365</p> <p>Distress Line: 905-430-2522 / 1-800-452-0688 Website: www.distresscentredurham.com</p> <p>Durham Mental Health Services/Mobile Services</p> <p>Short term crisis beds, visits and 24 hour free and confidential support line for individuals 16+ with a history of mental illness</p>

	<p>Crisis Line: 905-666-0483 Toll-free: 1-800-452-0688 Website: https://dmhs.ca/cause/crisis-response/</p>
<p>Eastern Ontario</p>	<p>Crisis Line</p> <p>We provide service to people living in the City of Ottawa, Renfrew County, the United Counties of Prescott & Russell, the United Counties of Stormont, Dundas and Glengarry, and Akwesasne.</p> <p>Our professionally trained Crisis Line Responders are there to answer your call 24 hours a day, seven days a week. A crisis can include difficulty dealing with stress, overwhelming feelings, symptoms of depression, anxiety or psychosis, suicidal thoughts, or any concerns regarding your mental health or that of your loved ones.</p> <p>Bilingual Toll Free: 1-866-996-0991 Bilingual Crisis Line: 613-722-6914 Website: www.crisisline.ca</p>
<p>Guelph</p>	<p>Compass Community Services</p> <p>Trained volunteers provide emotional support through active listening and empathy at times when you may feel stressed, overwhelmed, lonely, and hopeless. This service is confidential and free to all.</p> <p>Crisis Line: 1-519-821-3760 or 226-669-3760 Website: https://compasscs.org/family-counselling-services-guelph/distress-teleconnect-line/</p> <p>Hours of Operation: 8am-10pm, 7 days a week <i>(dependent on volunteer availability)</i></p>
<p>Greater Simcoe County</p>	<p>Telecare Distress Line</p> <p>Telecare Distress Line is a free 24 hours, 7 days a week, anonymous and confidential distress line serving Simcoe County and area. Specially trained volunteers listen without judgement while acknowledging and supporting the caller.</p> <p>Crisis Line: 705-325-9534 or 705-726-7922 Website: https://telecaredistressline.com</p> <p>CMHA: Simcoe County Branch CARAH House Crisis Services – Mental Health Crisis Line and COAST Teams</p> <p>CARAH house (Courage and Recovery and Hope) is a residential home in Barrie, with 5 short-term beds available to accommodate those who are experiencing a mental health, psychosocial or addiction related crisis.</p> <p>Crisis Line: 705-728-5044</p>

	<p>Toll-Free: 1-888-893-8333 Website: https://cmhastarttalking.ca/</p>
<p>Grey Bruce Owen Sound Area</p>	<p>Grey Bruce CMHA</p> <p>Crisis Line: 1-877-470-5200, 24/7/365 Website: https://greybruce.cmha.ca/programs/mental-health-walk-in-support/</p> <p><u>FREE Grey Bruce Drop-In Clinics</u> Free Drop-In Clinic services provided in collaboration with Grey Bruce Health Services. Drop in for referrals, resources and/or mental health support. No appointment necessary. No charge.</p> <p><u>Owen Sound:</u> Every Monday, Wednesday, and Friday from 1:00 – 3:00 pm at at The X Change, 825 2nd Ave E., Owen Sound, ON</p> <p><u>Hanover:</u> Every Tuesday from 1:00 – 3:00 pm at The Loft, 290 10th St., Hanover, ON</p> <p><u>Meaford:</u> Every Wednesday from 1:00 – 3:00 p.m. at Meaford Library, 11 Sykes St. N, Meaford, ON</p> <p><u>Southampton:</u> Every 1st and 3rd Thursday of the Month 1:00 p.m. to 3:00 p.m. at 353 High Street, Southampton, ON</p> <p><u>Kincardine:</u> Every 1st Tuesday of the Month, 1:00 – 3:00 pm at 865 Queen Street., Kincardine, ON</p> <p><u>Port Elgin:</u> Every 4th Tuesday of the Month, 1:00 – 3:00 pm at 743 Wellington St</p>
<p>Halton Region</p>	<p>Distress Centre Halton</p> <p>Distress Lines: Oakville: 905-849-4541 Burlington: 905-681-1488 North Halton: 905-877-1211</p> <p>Website: https://www.dchalton.ca/</p>

<p>Hamilton</p>	<p>Crisis Outreach and Support Team (COAST)</p> <p>COAST (Crisis Outreach and Support Team) is a partnership between St. Joseph's Healthcare Hamilton, Hamilton Police Services, and Halton Regional Police Services. A crisis is when a person feels they can't cope anymore. A person might feel out of control or might be having thoughts of harming someone else or themselves. Sometimes a person in crisis has thoughts of ending their life. If this is you or someone you know, take it seriously and reach out for help.</p> <p>Crisis Line: 905 972 8338 - 24 Hours Toll-Free: 1-844-972-8338 Website: http://coasthamilton.ca/</p> <p>Barrett Centre for Crisis Support</p> <p>Barrett Centre for Crisis Support provides a safe environment in the community for individuals who are experiencing a mental health and/or substance use crisis and who do not require a hospital stay. We serve all genders, 16 years of age or older. Our confidential and free services are available 24 hours a day, 365 days a year.</p> <p>Crisis Line: 905-529-7878 Toll-Free: 1-844-777-3571 Website: https://www.goodshepherdcentres.ca/services/barrett-centre-for-crisis-support/</p>
<p>Kawartha Lakes</p>	<p>CMHA: Haliburton Kawartha, Pine Ridge Four County Crisis: Community Mental Health Crisis Response Team</p> <p>Four County Crisis provides a continuum of comprehensive crisis response services to individuals with a serious mental illness, mental health concerns, and individuals in crisis. Crisis support is available to individuals sixteen years of age or older in the counties of:</p> <ul style="list-style-type: none"> • Peterborough • City of Kawartha Lakes • Northumberland • Haliburton. • Pine Ridge <p>Crisis Line: 705-745-6484 Toll-free: 1-866-995-9933 Website: https://cmhahkpr.ca/</p>

<p>Kingston, Frontenac, Lennox & Addington</p>	<p>Telephone Aid Line Kingston (TALK)</p> <p>Distress Line: 613-544-1771 Website: www.telephoneaidlinekingston.com</p> <p>Addiction & Mental Health Services- Kingston: Website: https://amhs-kfla.ca/programs-services/crisis/</p> <p>Kingston & Frontenac Crisis Line</p> <p>24/7 Crisis Phone Line: 613.544.4229 Toll Free: 1.866.616.6005</p> <p>Kingston & Frontenac Mobile Crisis Services</p> <p>Monday-Friday, 8am-midnight Saturday-Sunday and holidays, 8am-8pm</p> <p>Kingston & Frontenac Walk-in Crisis Services</p> <p>Monday-Friday, 8:30am-4:30pm 552 Princess Street, Kingston</p> <p>Lennox & Addington Crisis Support</p> <p>24/7 Crisis Phone Line: 613.354.7388 Toll Free: 1.800.267.7877</p> <p>L&A Mobile Crisis Services</p> <p>Monday-Friday, 8:30am-4:30pm</p> <p>L&A Walk-in Services</p> <p>Monday-Friday, 8:30am-4:30pm 70 Dundas Street East, Napanee</p>
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**Lanark, Leeds
and Grenville
Counties**

**Developmental Services Lanark Leeds Grenville
Distress Centre Crisis Line**

This service is provided by non-judgmental and empathetic volunteers, and is based on an active listening model, which encourages individuals to help themselves through exploring their feelings and their options. The Distress Centre is available to individuals living within Lanark Leeds and Grenville and operates from 5:00 pm to midnight 365 days a year.

Distress Line: 1-800-465-4442

Website: <https://developmentalservices.com/services-distress>

<p>London Middlesex</p>	<p>CMHA Middlesex</p> <p>Mental Health and Addictions Crisis Centre (London) Walk through our doors at 648 Huron St., London, ON 24/7 to receive immediate crisis assessment, intervention, stabilization, and links to community resources.</p> <p>Website: https://cmhatv.ca/find-help/crisis-access-services/</p> <p><i>Please note:</i> The Crisis Centre is not a medical service. There is not a psychiatrist on site, and we cannot help you with changes to your medications.</p> <p>For more information, call 519-434-9191.</p> <p>Crisis Response Service (West Middlesex County)</p> <p>The Crisis Response Service in West Middlesex County responds to people currently experiencing a mental health crisis.</p> <p>Between 8:30am and 4:30pm you can walk in for service at 21 Richmond Street in Strathroy. A crisis worker will meet with you, conduct an assessment, and provide options to get help. If you need assistance outside of business hours, or if you are at risk of harm to yourself or others, go to the Strathroy Middlesex General Hospital Emergency Department.</p> <p>Crisis Response Service Huron Perth</p> <p>The Crisis Response Service in Huron Perth is provided by the Huron Perth Helpline & Crisis Response Team at 1-888-829-7484. This crisis service is for individuals who are experiencing a mental health crisis and provides crisis intervention, telephone support, referral to other appropriate agencies, if necessary, short-term counseling, mobile crisis services available for face-to-face assessment in all hospital emergency departments across Huron and Perth Counties.</p> <p><u>Support Line</u> Distress Line: 519-601-8055 Toll-Free: 1-844-360-8055 Website: https://cmhatv.ca/find-help/the-support-line/</p> <p>The Support Line is a 24/7 therapeutic listening line. The Support Line offers help when you are experiencing distress – which is a personal experience unique to you.</p> <p>Reach Out</p> <p>Reach Out is a confidential 24/7 information, support and crisis service for people living with mental health or addictions concerns in Elgin, Oxford, Middlesex, and London.</p> <p>Crisis Line: 519-433-2023 Toll Free: 1-866-933-2023 Website: https://reachout247.ca/ <i>Access to Web Chat</i></p>
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<p>Niagara Region</p>	<p>Distress Centre Niagara</p> <p>Distress Lines: St. Catharines, Niagara Falls & Area: 905-668-3711 Fort Erie Area: 905-382-0689 Grimsby, West Lincoln: 905-563-6674 Port Colborne, Wainfleet: 905-734-1212</p> <p>Website: www.distresscentreniagara.com</p>
<p>North Bay</p>	<p>North Bay Regional Health Centre Crisis – 24 hours/seven days per week</p> <p>Website: http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/crisis-24-hours-7-days-per-week-outpatient/</p> <p>Nipissing and Area Tel: 705-495-8198 or Tel: 705-495-8148 Toll-Free: 1-800-352-1141</p> <p>West Nipissing General Hospital Alliance Centre Open 7 days a week 3:30 p.m. – 11:00 p.m. Tel: 705-753-3110 ext. 288</p> <p>Mattawa Hospital Nipissing Mental Health Housing Support Services Open Monday to Friday 9:00 a.m. – 4:00 p.m. Tel: 705-744-6014</p>
<p>Northern Areas</p>	<p>Regional WARM Line (Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins)</p> <p>Do you need a listening ear in the evening or on the weekend? The Regional Warm Line is here to help. Each night, 365 days a year, peer support workers are available to answer your call.</p> <p>The Warm Line offers peer support to folks all across northeastern Ontario and addresses some of the challenges facing people with lived experience of mental health challenges/illness. All calls are kept confidential.</p> <p>Toll-free: 1-866-856-9276 (6pm-12am, 7 days a week)</p> <p>Website: https://nisa.on.ca/programs/regional-warm-line/</p>
<p>North Eastern Ontario</p>	<p>Community Mental Health Programs North East: Full List of Services https://www.northeasthealthline.ca/listServices.aspx?id=10237</p>
<p>Northern Ontario</p>	

	<p>Beendigen Inc (Talk 4 Healing)</p> <p>Distress Line: 1-855-554-HEAL (4325) Language: Multiple including English, Ojibway, Oji-Cree, and Cree Website: https://www.beendigen.com/programs/talk4healing/</p>
<p>Northumberland</p>	<p>Northumberland ACT Team</p> <p>Counselling services are available for those coping with mild to moderate mental health issues. Self-referrals are accepted, as are referrals from family physicians, the Hospital and community agencies.</p> <p>A walk-in counselling option is now available for children, youth, and adults (aged 7 and up) on Tuesdays (8:00am-4:00pm) and Thursdays (10:00am-6:00pm) at NHH's Community Mental Health Services office located at 1011 Elgin Street West, Suite 200, Cobourg. Clients of the walk-in meet briefly with a case manager to identify goals for the walk-in session and attend a same-day therapy session.</p> <p>Northumberland Hills Hospital Community Mental Health Services works collaboratively with community agencies to provide services in Cobourg, Port Hope and Brighton, as well as the townships of Hamilton, Haldimand, Alnwick, Cramahe, and Alderville First Nation. The Assertive Community Treatment Team and the Housing Support programs serve all of Northumberland County.</p> <p>Phone: 905-377-9891 Toll-Free: 1-888-294-7579 Website: https://nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth</p>

<p>Ottawa and Region</p>	<p>Distress Centre Ottawa & Region</p> <p>Distress Line The Distress Line / Help Line services provide:</p> <ul style="list-style-type: none"> • Emotional support and encouragement • Crisis management and intervention • Suicide risk assessment and prevention • Community resource / referral information <p>Crisis Line The Crisis Line services are for people experiencing:</p> <ul style="list-style-type: none"> • Situational crisis • Psychosis or suicidal behaviour • Severe depression or anxiety or suicidal behaviour <p>Individuals, families or concerned friends may call the Crisis Line where our Crisis Line Responders will assess each situation, offer support and, if required, connect you with the appropriate Crisis Team in your area.</p> <p>Ottawa Distress Line: 613-238-3311 Outaouais Distress Line: 1-866-676-1080 Champlain Mental Health Crisis Line: 1-866-996-0991 Mental Health Crisis Line Grey & Bruce: 1-877-470-5200 Frontenac Mental Health Crisis Line: 1-855-477-2963 Website: https://www.dcottawa.on.ca/i-need-help/</p>
<p>Peel Dufferin</p>	<p>CMHA: Peel Dufferin Branch</p> <p>Crisis support is offered over the crisis line and in-person in Brampton, Mississauga, Malton and Dufferin County. Crisis support is offered over the crisis line in West Woodbridge and North Etobicoke.</p> <p>Crisis Line: 905-278-9036 Toll-Free: 1-888-811-2222 (Caledon and Dufferin) Website: https://cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/</p>
<p>Peterborough</p>	<p>Telecare Distress Centre of Peterborough</p> <p>A local call center which offers a non-judgmental, confidential listening ear to anyone in need. They operate 24 hours a day, 7 days a week with the help of trained, caring volunteers willing to listen. Telecare Peterborough is free to call.</p> <p>Distress Line: 705-745-2273, 24/7 Website: www.telecarepeterborough.org</p>

<p>Sarnia/Lambton</p>	<p>Family Counselling Centre Distress Line Sarnia Lambton</p> <p>The Family Counseling Centre has free, subsidized and fee-for service counselling programs and services to meet various needs for families, couples and individuals.</p> <p>Call: 519-336-3000 Website: www.familycounsellingctr.com</p>
<p>Sault Ste. Marie</p>	<p>Sault Area Hospital Mental Health and Addictions Crisis Services</p> <p>The goal of the service is to provide multidisciplinary assessments of individual needs, when possible, provide service where the crisis is occurring, facilitate appropriate referrals to community service providers and deliver a high-quality crisis service in the Algoma District</p> <p>Days/hours of operation: Monday - Friday, 0800-2400 Hrs. Saturday, Sunday & Stat Holidays --1000-2400 Hrs. Crisis Intervention Worker on call after office hours</p> <p>Crisis Line: 705-759-3398 Toll-Free: 1-800-721-0077</p> <p>Website: https://www.sah.on.ca/programs-services/mental-health-and-addictions/community-programs</p>
<p>Sudbury</p>	<p>Crisis Help</p> <p>Crisis Services are free for people living or visiting in the Sudbury & Manitoulin Districts. We work with individuals of all ages and with your family and other supports if you agree to have them involved. We will help you find solutions to the issues you face and provide brief counselling and referral to other programs or agencies than can help you.</p> <p>Crisis Line: 705-675-4760, 24/7/365 Toll Free: 1-877-841-1101 Website: http://www.crisishelp.ca/</p> <p><i>Service Locations:</i> Health Sciences North; Counselling and Treatment Services</p> <p>127 Cedar St, Sudbury 705-675-4760 (24-hour hotline—365 days/year) Toll free: 1.877.841.1101 Office Hours: 8:30 a.m. to 10:00 p.m. (no appointment necessary) 7 days per week https://hsnsudbury.ca/en/Services-and-Specialties/Mental-Health-and-Addictions</p>

	<p>Ramsey Lake Health Centre</p> <p>41 Ramsey Lake Road, Sudbury – 705.523.7100 If immediate medical care is needed, there is a Crisis Nurse available in the Emergency Department of Health Sciences North 24h per day. We can meet you there. Please register with the Triage nurse in the Emergency Department to see the Crisis nurse.</p> <p>Mobile Crisis Team, City of Greater Sudbury</p> <p>Can't come to us? We will come to you. Our Mobile Crisis Team can visit you in the community at a safe location (City of Greater Sudbury only). Call us to arrange an outreach visit.</p> <p>Crisis Line: 705.675.4760 (24-hour hotline- 365 days/year) Toll free:1.877.841.1101</p> <p>Hours of Operation: 10:00 a.m. to 10:00 p.m. 7 days a week (Last dispatch is at 8:30 p.m.)</p> <p>Manitoulin Island</p> <p>After hours phone support is provided by calling the Toll free: 1.877.841.1101 (24-hour hotline-365 days/year)</p> <p>11 Meredith Street Little Current, ON</p> <p>Crisis Line: 705.368.0756 Office Hours: Monday to Friday 8:30 a.m. to 4:30 p.m.</p>
<p>Thunder Bay and NW Ontario</p> <p><i>Text 911 is available in this region*</i></p>	<p>CMHA Crisis Response Services</p> <p>Crisis Lines: 24/7/365 Thunder Bay; 807-346-8282 Toll Free: 1-888-269-3100 Kenora Rainy River District: 1-866-888-8988</p> <p>Website: http://thunderbay.cmha.ca/programs_services/crisis-response-services/</p> <p>Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis.</p> <p>211: Dial 2-1-1, Toll Free: 1-866-624-1729 and TTY: 1.888.622.4651 for referral to most appropriate crisis service</p>

<p>Timmins</p>	<p>Timmins District Hospital Mental Health Services – Crisis Intervention</p> <p>The Crisis Team is a 24 hour, 7 days/week service available to individuals who may be experiencing a mental health crisis. The Crisis Team assesses individuals presenting to the Timmins and District Hospital's Emergency Department seeking assistance and can assist with connecting individuals with services that may meet their needs. The Timmins and District Hospital also has a 24 hour, 7 days/week crisis line service. Crisis Line: 705-264-3003 Toll-Free 1-888-340-3003. Website: https://www.tadh.com/programs-and-services/mental-health#:~:text=The%20Timmins%20and%20District%20Hospital,%2D888%2D340%2D3003.</p>
<p>Toronto and GTA</p>	<p>Distress Centres of Greater Toronto Area</p> <p>Provides 24/7/365 support including crisis support, emotional support and suicide prevention, intervention and post-vention services.</p> <p>Crisis Line GTA: 416-408-4357 Crisis Line Peel: 905-459-7777 Toll Free: 1-833-456-4566 Crisis Text: 45645 Website: www.dcoqt.com</p> <p>Gerstein Crisis Centre</p> <ul style="list-style-type: none"> • 24-hour community-based crisis services for adults 16+ in the City of Toronto who are dealing with mental health, concurrent, or substance use issues and are currently in crisis • Telephone crisis line, mobile crisis team, community-based crisis beds, short term follow-up support, and referrals to other beneficial health and social services • Free, confidential, and either complement or provide an alternative to medically based services <p>Crisis Line: (416) 929-5200.</p> <p>Website: https://gersteincentre.org/our-crisis-services/telephone-crisis-support/</p> <p>Community Crisis Line Scarborough and Rouge Hospital</p> <p>Serving the Scarborough and East York communities, the Community Crisis Program is for individuals who are 16 years or older and who are experiencing mental health symptoms, including feelings of sadness, hopelessness, or anxiety.</p> <p>Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park</p> <p>Crisis Line: 416-495-2891 24/7 Website: https://www.shn.ca/areas-of-care/mental-health-care/crisis-support/</p>

<p>Waterloo-Wellington-Dufferin</p>	<p>Here 24/7 Crisis Support</p> <p>Here 24/7 is your front door to the addictions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington. All you need to do is reach out to us. We'll work together with you to understand what you need and work to get you connected. We do the intake, assessment, and referrals for most local government funded addictions and mental health services. If you need a service outside what Here 24/7 can offer, we'll do our best to link you directly.</p> <p>Crisis Line: 1-844-437-3247 TTY 1-877-688-5501 Website: http://here247.ca/</p>
<p>Wellington & Dufferin Counties</p>	<p>Torchlight Canada</p> <p>Free, telephone-based listening, support, referral, and crisis assistance (24/7) by trained staff and volunteers.</p> <p>Distress Line: 519-821-3760 Crisis Line: 519-821-0140 Toll Free: 1-888-821-3760 (crisis and distress line) Website: www.torchlightcanada.org/phone-lines</p>
<p>Windsor</p>	<p>Crisis Outreach and Support Team (COAST)</p> <p>Is a partnership between Windsor Police Service and the Community Crisis Centre of Hotel-Dieu Grace Healthcare and is a team consisting of a plain clothes officer and a Crisis Worker. The primary function of a police officer assigned to the Community Outreach and Support Team is to work in partnership with members of the medical care profession in the assessment and treatment of the mentally ill. This includes linking individuals during and following a crisis with the necessary community resources and support systems to prevent further crises.</p> <p>Phone: 519-973-4409 (Mon-Fri, 8a-10p) Website: http://www.police.windsor.on.ca/what-we-do/operations/patrol-response/Pages/COAST.aspx</p>
<p>Windsor & Essex County</p>	<p>Community Crisis Centre</p> <p>Website: https://www.hdgh.org/crisis 24 Hour Crisis Line: 519-973-4435</p> <p>Walk-in Service Community Crisis Centre within the Transitional Stability Centre 744 Ouellette Ave. 8:00am – 8:00pm 7 days/week</p> <p>Windsor Regional Hospital – Ouellette Campus Emergency Department 7:00am – 11:00pm 7 days/week</p>

**York
Region****York Region Crisis Response Team (310-COPE)**

People are connected with a crisis worker, 24 hours a day, 7 days a week. The crisis worker will provide an immediate telephone response in a variety of situations, such as if you are feeling depressed, distressed, lonely, anxious, scared, angry or are worried that you have nowhere to go.

Toll Free: 1-855-310-COPE (2673)

Text: 1-855-310-COPE (2673)

TTY: 1-866-323-7785

Online chat:

<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=127314&pid=567&cc=en-US>

Website: <https://www.yssn.ca/Crisis-Response-Services>

Website: <http://www.yssn.ca/310-COPE>

Resources:

<https://www.connexontario.ca/>

<https://988.ca/>

<https://www.dcoqt.com/>

<http://www.dcontario.org/>

<https://sunnybrook.ca/content/?page=psychiatry-crisis-resources>

https://www.chs.ca/distress-centres-and-crisis-lines-ontario?gclid=CjwKCAjwm_P5BRAhEiwAwRzSO4q1Sn73aJn0b4tYdcJPmzNJSFbumV2Dg0roX_WJ2Hru0ERBG5wxIRoC3_4QAvD_BwE

A digital copy of this resource will be provided to you by your Regional Representative and can be accessed in the Volunteer Documents section the Portal