

## KEEPSAFE CONNECTIONS - TORONTO

KEEPSAFE CONNECTION	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
Gerstein Crisis Centre	416-929-5200	24-hour phone and mobile crisis service (also short-term beds)	24 hours/day
Toronto Rape Crisis Centre/ Multicultural Women Against Rape	416-597-8808	Sexual assault and abuse-related calls, can support those with suicidal ideation and make referrals	24 hours/day
Trans Lifeline	877-330-6366 <a href="https://translifeline.org/">https://translifeline.org/</a>	Hotline operated by transgender people for transgender people	24 hours/day
Toronto Distress Centre	416-408-HELP (4357) 45645 (text)	Mental health crisis hotline	24 hours/day
Crisis Services Canada	<a href="http://crisisservicescanada.ca">crisisservicescanada.ca</a> 1 833 456-4566 (call) 45645 (text)	Phone support available 24/7, text support from 4PM to midnight	24/7 4PM-12AM
CAMH	250 College St.	Emergency Room	24 hours/day
Toronto Western Hospital	399 Bathurst St.	Emergency Room (also hosts Psychiatric Emergency Services Unit)	24 hours/day
Hope For Wellness Help Line	1-855-242-3310 <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a>	counselling and crisis intervention to all Indigenous peoples across Canada; available in English, French, Cree, Ojibway, Inuktitut	24 hours/day
Police Mobile Crisis Intervention Team	416 808 2222 (also 911)	Mobile Crisis Team, police-based	24 hours/day
9-1-1	911	Police/ambulance	24 hours/day

CMAH Suicide Prevention Network Helpful Links  
(more hotlines, referral programs, identity-based services, and information centres):  
<https://www.camh.ca/en/health-info/crisis-resources>

# Finding Long-term Support Options (Low Cost Focused) - Toronto

SERVICE	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
<i>Psychotherapy, and Referral Services</i>			
2-1-1	211	Referral help for non-profit services	24 hours/day
Affordable Therapy Network	<a href="http://affordabletherapynetwork.com">affordabletherapynetwork.com</a>	A Directory Of Therapists Offering Low Cost And Sliding Scale Rates Across Canada	Varies
Healing in Colour	<a href="http://healingincolour.com">healingincolour.com</a>	We offer a directory of BIPOC therapists who are committed to supporting BIPOC— in all our intersections.	Varies
Toronto Institute for Relational Therapy	Tirp-lowcost-therapy.ca <a href="mailto:registrar@tirp.ca">registrar@tirp.ca</a>	Student and trainee therapists offer low-cost counselling (~\$25-40)	Online contact form
Ontario Find-a-Doctor	<a href="https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner">https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner</a> Health Care Connect: 1 800 445 1822 (or online, google “Ontario Health Care Connect”)		
<i>Community Centres with Information &amp; Programming</i>			
The519	<a href="http://the519.org">the519.org</a>	LGBTQ-focused community programs (counselling, group, etc.)	Varies
Toronto Community Health Centres	<a href="https://www.torontocentralhealthline.ca/listservices.aspx?id=10652">https://www.torontocentralhealthline.ca/listservices.aspx?id=10652</a>	primary care, health promotion, education and illness prevention services using a community development approach	Varies
Anishnawbe Health Toronto	<a href="http://aht.ca">aht.ca</a> 1 (855) 242-3310	Indigenous-focused health centre with a wide range of programming	Varies

City of Toronto - COVID19 Mental Health Resources

<https://www.toronto.ca/community-people/health-wellness-care/covid-19-wellness-during-the-pandemic/covid-19-mental-health-resources/>

*This is an incomplete list. There may be other services that work best for you and your specific needs, so we encourage you to seek them and share them! What works for you may not work for others.*