

## 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	Hotline operated by transgender people for transgender people	24 hours/day
Toronto Distress Centre	416-408-HELP (4357)	Mental health crisis hotline	24 hours/day
ONTX	741741 torontodistresscentre.com/ontx	Textservice for crisis support; SMS or browser-based	2pm-2am daily
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
2-1-1	211	Toronto Support Services Info-Line (referral service)	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
<p>Ontario Suicide Prevention Network Helpful Links            (more hotlines, referral programs, identity-based services, and information centres):  <a href="http://ospn.ca/index.php/helpful-links">http://ospn.ca/index.php/helpful-links</a></p>			

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

SERVICE	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
<i>Counselling, Psychotherapy, and Referral Services</i>			
2-1-1	211	Referral help for non-profit services	24 hours/day
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
The Gestalt Institute of Toronto	416 964 9464 x 18	Students-in-training (~\$40)	9-5
The Living Institute	416 515 0404	Sliding scale	9-5
Ontario Psychotherapy and Counselling Program	referrals.psychotherapyandcounseling.ca/	Referrals for low-cost psychotherapy provided on a sliding scale	Online
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	the519.org	LGBTQ-focused community programs (counselling, group, etc.)	Varies
Central Toronto Community Health Centre	ctchc.com	Healthcare, Harm reduction, mental wellness and counselling programs	Varies
Anishnawbe Health Toronto	aht.ca	Indigenous-focused health centre with a wide range of programming	Varies

Toronto Mega-PDF of Services and Organisations (University Health Network):  
[www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto Mental Health Resources.pdf](http://www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto_Mental_Health_Resources.pdf)

*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, but we only gain by sharing.*