

## 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
Canada Suicide Prevention Service Text	1 833 456 4566 Text 45645	Text service for crisis support	4pm-12am 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
PARO 24 Hour Helpline	1 866 435 7362	Crisis intervention	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

Ontario Suicide Prevention Network Helpful Links  
(more hotlines, referral programs, identity-based services, and information centres):

<http://ospn.ca/index.php/helpful-links>

## 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 Livinginstitute.org	Sliding scale psychotherapy	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*