

MENTAL HEALTH RESOURCES

During COVID-19

Crisis Lines

Canada Suicide Prevention Service

24/7 phone and text support for people who are in crisis and/or suicidal.

1-833-456-4566,

Text: 45645 (Text support available from 4pm – 12 am)

Gerstein Crisis Centre (24/7): 416-929-5200

More info: <http://gersteincentre.org/>

Talk 4 Healing for Indigenous women 24/7 culturally grounded helpline for Indigenous women available in 14 languages across Ontario

Call/Text: 1-855-554-HEAL

More info, and for live chat: <https://www.talk4healing.com/> (Live chat options available)

Toronto Distress Centre (24/7): 416-408-4357 or text 741741 (2am-2pm daily for text)

More info: <https://dcogt.com/>

Ongoing Mental Health Support

BounceBack Ontario

Services available: Free mental health skill-building program managed by the Canadian Mental Health Association (CMHA) for people 15 and older. <https://bouncebackontario.ca/>

Family Services Toronto

Offering virtual walk-in counselling services weekdays from 9am-6pm. Counselling sessions will last 50 minutes, open to all persons over 18. Intake lines are open from 9am-6pm on weekdays.

A counsellor will call back from 11:30am-6:30pm.

Service Access Unit: 416-585-9618

Jewish Family and Child

Services offered (virtual): Intakes, Counselling, LGBTQ+ parent support, housing, GBV, Child Welfare and more.

Website: <https://www.jfandcs.com/covid-19>

Catholic Family Services

Services offered (virtual): Intakes, Counselling, parent support, housing, Child Welfare and more.

Website: <https://www.cfstoronto.com>

Warden Woods Community Centre (Scarborough)

Services available: Food safety, senior care, homework help, harm reduction, crisis support, mental health support, homelessness prevention, eviction prevention, LGBTQ+ supports, access to government supports, conflict resolution in the Scarborough area.

COVID All-in-One Support Line: 647-327-0206 (Monday-Friday 10am-2:30pm)

Website: <https://wardenwoods.com/en/>

Wellness Together Canada

Services available: A Government of Canada resource that offers free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Complete the online intake to access supports.

Website: <https://ca.portal.gs/>

Woodgreen Community Services

Address: 815 Danforth Avenue, Suite 100

Website: www.woodgreen.org/

Contact: 416-645-6000 ext.1990 | info@woodgreen.org

Over-the-phone walk-in counselling. On Tuesdays and Wednesdays starting at 4pm. Intakes will occur from 4:15pm-6:30pm. Call the above number and extension for an intake, if no one answers, please leave a message and call back number.

Tropicana Community Services

Services available: Toronto-based multi-service organization, provides all youth, newcomers, people of Black and Caribbean heritage and others in need with opportunities that lead to success. Our mission is achieved through culturally appropriate programs such as counselling, child care, educational and employment services and youth development.

More info: <http://tropicanacommunity.org/> or Call: 416-439-9009

For Youth**What's Up Walk-in Clinic – For LGBTQ2S Youth up to Age 29**

Address: 1126 Finch Avenue West, Unit 16

Website: www.griffin-centre.org

Contact: 416-222-4380 | walk-in@griffincentre.org

There will be a counsellor who is a part of the LGBTQ2S community providing phone support on Mondays from 1:30pm-7pm (last appointment at 6pm). Call the above number to leave a message, and an intake worker will call back.

Kids Help Phone (24/7): 1-800-668-6868

For People 65+ Years Old

Crisis Outreach Service for Seniors (9:00am-8:00pm on weekdays and 9:00am-6:00pm on weekends and holidays): 416-217-2077

Seniors Safety Line (Elder Abuse Ontario) 1-866-299-1011

For Substance Use Issues

Gerstein Crisis Centre Eight Week Substance Use and Wellness Group

Fridays at 1pm April 24th, 2020- June 12th, 2020

<http://gersteincentre.org/stay-connected/>

*If you do not have access to internet, please contact

Online AA Meetings during COVID-19:

- <http://aa-intergroup.org/directory.php>
- docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic

For Abuse

Assaulted Women's Helpline

Call: 416-863-0511

Text #SAFE to #7233 on your cell phone

Call for access to Violence Against Women (VAW) shelters, counselling, support, and other resources.

Barbara Schlifer Clinic

Legal, counselling and language interpretation services for women who have experienced violence.

Call: 416-323-9149

Website: <https://www.schliferclinic.com/>