



Gerstein Crisis Centre (Toronto): (416) 929-5200

Toronto Distress Centre: (416) 408 -4357

Durham Distress Centre: (905)430-2522

Spectra Helpline: 416 -920-0497 or 905 459 - 7777  
for Brampton and Mississauga residents

Community Crisis Line Scarborough and Rouge Hospital: 416-495-2891

COAST Hamilton Crisis Line: 905-972-8338; Toll free: 1-844-972-8338

Assaulted Women's Helpline: 416 -863-0511; Toll -Free: 1-863-0511

Talk4Healing: Helpline for Indigenous Women in Ontario: 1-855-554-4325

Kids Help Phone: 1-800-668-6868

LGBT Youthline: 1-800-268-9688

Trans Lifeline: 877-330-6366 (may have limited call hours)