

DISTRESS LINES

COMMUNITY MENTAL HEALTH PROGRAMS

24.7 Crisis Support Peel Dufferin

A community crisis service offering timely response to adults (16 years and over) experiencing a mental health or addictions crisis; individuals having difficulties coping; and family, caregivers and friends needing support

Contact: (Peel) 905-278-9036
(Caledon/Dufferin) 1-888-811-2222
www.cmhapeeldufferin.ca

Assaulted Women's Helpline

Offers a 24- hour telephone and TTY crisis line to all women who have experienced abuse.

Contact: 416-863-0511; Toll- free
1866863-0511 - 905-849-4541
<https://www.awhl.org/>

BeSafe App

A mobile app that aims to help young adults make a decision about seeking help in a crisis.
<https://besafeapp.ca>

Community Crisis Line Scarborough and Rouge Hospital

Provides 24/7 telephone crisis support.
Service borders: South to the lake, north to Steeles Avenue, East to Port Union Road, and West to Victoria Park.
Contact: 416- 495-2891

Distress Centre Halton

Provides services for residents of Halton to better cope with crisis, loneliness and emotional stress.

E-mail: info@dchalton.ca
Primary Contact: Kathleen Bontigao- Legaspi, 905-849-4559 ext 104; kathleen@dchalton.ca
Contacts: 905-849-4559 ext 102 (office) - 1-833-924-1946 (Toll Free)
www.dchalton.ca

Distress Centres of Greater Toronto

For any individual 18+ who is going through a difficult situation or needs listening support and or is experiencing mental or physical health issues, social isolation, loss, relationship problems, stress or abuse. 24/7 Support
Contact: 416-408-4357 or text 45645

www.dcogt.com

EveryMind – Peel Crisis Support (0-25 years)

Call: 416-410-8615
Connect: <http://everymind.ca/>

Good2Talk (17-25 years)

Contact: 1-866-925-5454 to speak with a professional counsellor
Text: GOOD2TALKON to 686868 with a trained, volunteer Crisis Responder
<https://good2talk.ca>

Kids Help Phone

Providing any child the opportunity to talk if they want to; confidentially, without judgement and in the way that suits each one best
Contact: 1-800-668-6868
www.kidshelpphone.ca

LGBT Youth Line

Contact: 1-800-268-9688
www.youthline.ca

Mental Health Helpline (Ontario Wide)

Contact: 1-866-531-2600

Spectra Helpline (Peel)

Contact: 905.459.7777 www.spectrahelpline.org

****If you or someone is in immediate danger
– please call 9-1-1 or go to nearest
Emergency Department****

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.