

Crisis Services & Distress Lines

Agency Name	Contact Information	Services Offered
24.7 Crisis Support Peel Dufferin	1-888-811-2222 www.cmhapeeldufferin.ca	Offers timely response to adults experiencing a mental health or addictions crisis; individuals having difficulties coping; and family, caregivers and friends needing support.
408 - Help Line / 24-7	416-408-4357	Crisis Support Line
Assaulted Women's Helpline	416-863-0511	
Community Torchlight Crisis Line	519-821-3760	Crisis support for residents of Guelph / Wellington / Dufferin
EveryMind	905-278-9036 1-888-811-2222 www.EveryMind.ca	Crisis Support for those under 18 years of age
Family Transition Place	1-800-265-9178	Crisis line for women
Here 24-7	1-844-437-3247 www.here247.ca	
Kids Help Phone	1-800-668-6868 www.kidshelpphone.ca	
Peel Crisis Capacity Network (PCCN)	905-273-4900	Provide time-limited crisis support to individuals (aged 11 and over) with a developmental disability or a dual diagnosis.
Polycultural Immigrant & Community Service	905-403-8860 x5253 www.polycultural.org	Crisis Intervention Counselling for New Immigrants
Senior Crisis Access Line	416-217-2077	