

Organization	Location	Contact information	Notes
Talk Suicide	Phone/text	1 833 456-4566 or text 45645	
Toronto Distress Centres	Phone	416 408-4357 or 408-HELP	
Gerstein Centre	Phone	416 929-5200	
Spectra Helpline	Phone	416 920-0497 or 905 459-7777 for Brampton and Mississauga residents	TTY: 905 278-4890; Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese
Assaulted Women's Helpline	Phone	416 863-0511; Toll-free: 1 866 863-0511	
Kids Help Phone	Phone	1 800 668-6868	Languages: English and French
Community Crisis Line Scarborough and Rouge Hospital	Phone	416 495-2891	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
Durham Crisis and Mental Health Line	Phone	905 666-0483	
Distress Centre Halton	Phone	For Residents of the Halton Region (Burlington, Halton Hills, Milton, and Oakville). Oakville: 905-849-4541; Burlington: 905-681-1488; Milton/Halton Hills: 905-877-1211	Halton region
Toronto Rape Crisis Centre	Phone	416-597-8808	
Anishnabe Crisis Service	Phone	416-891-8606	
Good2Talk	Phone	1-866-925-5454	For Post Secondary Students
Male Sexual Assault Survivor Li	Phone	1-866-887-0015	
Trans Lifeline	Phone	1-877-330-6366	
Lesbian Gay Bi Trans Youth Lin	Phone/text	1-800-268-9688/Text: 647-694-4275	
Nisa Helpline	Phone	1-888-315-NISA (6472)	For muslim women of all ages