

Crisis Resources

Please find below an incomplete and evolving list of community crisis resources available to anyone who requires support. **If you are in immediate danger, please call 911.**

Because of systemic and institutional imbalances of power, you may not feel comfortable or welcome accessing one or more of these crisis resources. We encourage you to seek help from friends and family, a community leader, or a trusted person in your faith or field.

- Toronto Police Services: 416-808-2222
- Toronto Distress Centres: 416 408-4357 or 408-HELP
- Toronto Rape Crisis Centre: 416-597-8808
- Talk Suicide: 1 833 456-4566 or text 45645
- Assaulted Women's Helpline: 416 863-0511; Toll-free: 1 866 863-0511
- Anishnabe Crisis Service: 416-891-8606
- Kids Help Phone: 1 800 668-6868 (languages: English, French)
- Good2Talk (post secondary students): 1-866-925-5454
- Male Sexual Assault Survivor Line: 1-866-887-0015
- Trans Lifeline: 1-877-330-6366
- Lesbian Gay Bi Trans Youth Line: 1-800-268-9688/Text: 647-694-4275
- Nisa Helpline (for Muslim women of all ages): 1-888-315-NISA (6472)
- Gerstein Centre: 416 929-5200
- Spectra Helpline (Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese): 416 920-0497 or 905 459-7777 for Brampton and Mississauga residents
- Community Crisis Line Scarborough and Rouge Hospital (Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park): 416 495-2891