

## CRISIS RESOURCES

### Distress Lines

Toronto Distress Centres	416.408.HELP (416.408.4357)
Gerstein Centre (mental health crisis)	416.929.5200
Assaulted Women's Helpline	416.863.0511 (Toll-free: 1.866.863.0511)
Warm Line, Progress Place (8pm to midnight, daily)	416.960.WARM (416.960.9276)
24.7 Crisis Support Peel	905.278.9036 (Caledon: 1.888.811.2222)
Durham Crisis Line	905.666.0483
Oakville Distress Centre	905.849.4541
Kids Help Phone	1-800-688-6868
Spectra Helpline (Brampton, Mississauga)	416 920-0497 or 905 459-7777
Community Crisis Line (Scarborough & Rouge Hospital)	416 495-2891

#### For text support:

ONTX: Ontario Online & Text Crisis Services	2pm to 2am daily, text SUPPORT to 258258
Crisis Text Line (powered by Kids Help Phone, serving adults)	24/7, text HOME to 741741

### Mobile Crisis Intervention Teams (24/7)

(Program partners a mental health clinician & a specially trained police officer to respond to situations involving individuals experiencing a mental health crisis)

#### Toronto

Gerstein Centre (mental health crisis)	416.929.5200
<ul style="list-style-type: none"> <li>• Service boundary: <i>North</i> – Eglinton, <i>South</i> – lake, <i>East</i> – Bayview to Danforth then Victoria Park, <i>West</i>- Jane St.</li> </ul>	
St. Michael's Hospital Mobile Crisis Team	911 (accessible through police; no direct number)
St. Joseph's Health Mobile Crisis Team	
Michael Garron Hospital Mobile Crisis Team	

#### North York/Etobicoke

Humber River Hospital Mobile Crisis Team	911 (accessible through police; no direct number)
North York General Mobile Crisis Team	

#### Scarborough/East York

Scarborough Hospital Mobile Crisis Team	416.495.2891
<ul style="list-style-type: none"> <li>• Service boundary: <i>North</i> – to Steeles Ave., <i>South</i> – lake, <i>East</i> – Port Union Rd., <i>West</i>- Victoria Park</li> </ul>	

#### York Region

Community Crisis Response Service, Distress Centre	905.310.COPE (905.310.2673)
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#### Peel Region

24.7 Crisis Support Peel	905.278.9036 (Caledon: 1.888.811.2222)
<ul style="list-style-type: none"> <li>• Mississauga, Brampton, Caledon</li> </ul>	
Credit Valley Hospital	905.813.4141
<ul style="list-style-type: none"> <li>• Monday-Friday (9am to 11pm); Sat., Sun. and Statutory Holidays (11am-11pm)</li> </ul>	

#### Hamilton

St. Joseph's Hospital Crisis Outreach and Support Team (COAST)	905.972.8338
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#### Durham Region

Durham Crisis Services	905.666.0483
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#### Halton Region

Crisis Outreach and Support Team (COAST)	1.877.825.9011
<ul style="list-style-type: none"> <li>• Oakville, Milton, Georgetown, Acton &amp; Burlington</li> </ul>	

