

Crisis Services & Supports

If your child/youth is at imminent risk of harming his-herself, please call **911** or visit your local emergency department.

The resources below are meant to be used as a guide to accessing different levels of crisis support in the community while waiting for Extensive Needs Service.

Extensive Needs is NOT a crisis service.

*** Please note that some services only support families residing in the region in which the service operates. Ensure the resource you're attempting to connect with supports where you live. Information provided on their websites is for educational or informational purposes only and not a substitute for professional medical advice.

24/7 Helplines

Gerstein Crisis Centre offers crisis support including 24/7 telephone support and an in-person mobile crisis team. They have access to interpretation services in over 180 languages. To access crisis support services, call 416-929-5200. [Gerstein Crisis Centre - Gerstein Crisis Centre | Gerstein Crisis Centre](#)

9-8-8 Suicide Crisis Helpline connects individuals to trained responders from one of the provinces mental health partners including Hope for Wellness who specialize in supporting First Nations, Metis, and Inuit communities, and Kids Help Phone who specialize in supporting youth. You can text or call 9-8-8 for support.

Hope for Wellness Helpline is available for Indigenous Peoples 24/7 at 1-855-242-3310 or via online chat at www.hopeforwellness.ca

Kids Help Phone is available 24 hours a day, 7 days a week via phone, text, or online chat. Visit [Get support with these mental health resources - Kids Help Phone](#) for more information, call 1-800-668-6868, or text 686868

Crisis Support (non-urgent)

Youthdale's Crisis Support Team offers support to youth ages 10-24 who are experiencing a mental health crisis. The Crisis Support Team helps to understand what has lead to the crisis and works with the youth to access services in the community. To access this support, please call 416-393-9990. [Crisis Support — Youthdale Treatment Centres](#)

ConnexOntario is a mental health support line for those experiencing issues with substance use, mental illness and gambling. To access support, please call 1-866-531-2600 or visit [ConnexOntario | Mental Health & Addiction Treatment Services](#) for more information.

LGBT Youth Line provides support to 2SLGBTQ+ youth 16-29 years of age. Their Peer Support Helpline is available Sunday-Friday from 4:00 p.m. to 9:30 p.m. and provides a safe, confidential, and non-judgemental space for youth to discuss a variety of issues including gender identity and/or sexual orientation, coming out, mental health, feelings of social isolation etc. They can be reached online or by phone at 647-694-4275. [Peer Support HelpLine - YouthLine](#)

Trans Lifeline provides peer support to trans individuals as well as those who are unsure if they are trans. The hotline is available from 1 p.m. to 9 p.m. EST Monday through Friday. To access support, please call 1-877-330-6366 or visit [Hotline - Trans Lifeline](#) for more information.

Telecare for Mandarin and Cantonese speaking individuals at 416-920-0497.

Friends of Ruby support two-spirited, lesbian, gay, bisexual, transgender, queer, intersex, asexual, and all gender non-conforming youth ages 16-29. For same day crisis counselling, please visit [Get Help - Friends of Ruby](#), call 416-359-0237 or drop in at 489 Queen Street E. Lower Level LL01

Immediate mental health support is also available via **One Stop Talk** at [One Stop Talk](#) or by calling 1-866-585-6486 Monday to Friday from 12 p.m. to 8 p.m. and Saturdays from 12 p.m. to 4 p.m. Support is available to children and youth under 18 as well as parents and caregivers.

South Asian youth and their families living in Peel Dufferin region can contact **Punjabi Community Health Services** (ages 12-24) at 905-677-0889. [Punjabi Community Health Services](#)

Single Session Counseling

What's Up Walk-In® offers free in-person or virtual counselling. To get connected to a counsellor, please visit [Our Locations & Hours | What's Up Walk-In®](#).

Mental Health Resources Support

For more information about mental health services in Toronto, please visit **Help Ahead** at [Help Ahead](#). They can also be reached by phone at 1-866-585-6486.

The **Family Navigation Project** at Sunnybrook Health Sciences Centre provides support to youth ages 13-16 who are experiencing mental health or addiction challenges by connecting youth and their families with a Family Navigator who works with the youth and their family to identify appropriate community based resources. [What We Do - Family Navigation Project - Sunnybrook Hospital](#) To get support, please call 1-800-380-9367 or email familynavigation@sunnybrook.ca

Visit the **Children's Mental Health Ontario** website at www.cmho.org to search for mental health services for children and youth, and their families across Ontario.

Your use of any third-party website is at your own risk and is subject to the terms of use of that website. Any links we provide to other websites are provided only as references to help you identify and locate other Internet resources that may be of interest. We do not assume responsibility for the information contained or endorse the viewpoints expressed at those other websites.