

Crisis Resources

Distress Centers & Crisis Helplines (Available 24/7):

1. Toronto Distress Centre: 416 408-4357 – Interpretation available
2. Gerstein Centre: 416 929-5200
3. Toronto Seniors Help Line: 416-217-2077
4. Spectra Helpline: 416 920-0497 or 905 459-7777 for Brampton and Mississauga residents. TTY: 905 278-4890; Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese
5. Assaulted Women's Helpline: 416 863-0511; Toll-free: 1 866 863-0511
6. Kids Help Phone: 1 800 668-6868; Languages: English and French
7. Ontario Caregiver Helpline: 1-833-416-2273 (CARE)
8. Hope for Wellness Help Line (First Nations): 1-855-242-3310
9. York Support Services Crisis Line: 1-855-310-2673
10. Crisis Support Peel Dufferin (CMHA Peel/Dufferin) - 905-278-9036

Mobile Crisis Response Teams (Available 24/7; Toronto & York region):

1. Humber River Hospital Mobile Crisis Team via Police Department (911) 24 hours / 7 days service, accessible through police (no direct number).
2. North York General Mobile Crisis Team via Police Department (911) 24 hours / 7 days service, accessible through police (no direct number).
3. Gerstein Centre Crisis Line 416-929-5200, 24 hours / 7 days service, Professional Referral Line 416-929-9897 Mobile unit service borders: south to the lake, north to Eglinton, east to Bayview to Danforth and then to Victoria Park, west to Jane Street
4. Youthdale Treatment Centres 416-363-9990, 24 hours / 7 days, mobile unit serves children and youth up to age 16, services GTA.
5. Aboriginal Crisis Intervention Program 416-531-0330
6. St. Mike's Hospital Mobile Crisis Team via Police Department (911) , 24/7 service, accessible through police (no direct number).

Shelters & 24/7 Drop-Ins:

1. Call Central Intake for City of Toronto Shelter: 416-338-4766 for up-to-date information on available overnight shelters for single individuals and/or families (call 416-397-5637); 24-hr Respite Sites also available.
2. Anduhyuan: Shelter for Indigenous women and their children: Shelter Intake 416-920-1492 ext 221
3. Adelaide Resource Centre for Women: 416-392-9292; 24/7 Drop In
4. Nellie's: Shelter for women and their children: Call Crisis # 416-461-1084

Food Insecurity:

1. Call 211 for updated information for services in your geographic region.
2. North York Harvest Food Bank: Call Gloria 416-635-7771 Ext 46 for updated location and hours during COVID-19 measures.
3. Daily Bread Food Bank: Call 416-203-0050 for location and hours information.