

Over-the-Phone & Online

Immediate Mental Health Services

The following is a list of currently available online and over-the-phone resources, that can support people in crisis, as well as coping with stressors related to COVID-19. If you are currently in an emergency, please call: **911**.

Over-the-phone Crisis Support

Gerstein Crisis Centre (24/7): **416-929-5200**

Toronto Distress Centre (24/7): **416-408-4357 or text 741741 (2am-2pm daily)**

For people under 20

Kids Help Phone (24/7): **1-800-668-6868**

Good 2 Talk (24/7) (post-secondary students): **1-866-925-5454**

For people 65+

Crisis Outreach Service for Seniors: **416-217-2077 (9:00am-5:00pm daily)**

Mental Health Peer Support

LGBTQQ2SI Youth Line – Peer support by and for people 29 and under:

Call 1-800-268-9688 | Text 647-694-4275 | Chat <https://www.youthline.ca/>

Progress Place Warmline - Peer support hotline:

Call 416-960-9276 | Text 647-557-5882 | Chat <http://www.warmline.ca/>

Other Crisis and Information Services

CAMH Mental Health & COVID-19 Pandemic Online Resource: http://www.camh.ca/covid19?fbclid=IwAR1-rtDZ4Bd85UII5QHMIP5vnS-CLLzPVBALoYVhhRzMAX_w9xtHoqhCHo4

CAMH Emergency Department (24/7): **416-535-8501**

Chalmers Bot (24/7) – Online app that connects you to the closest free meal/ food bank/ drop-in/ clothing/ resource: <https://chalmers.amplelabs.co/>

Community Services, Drop-In Centres, Free Meals & other Supports (24/7): **211 or <https://www.211toronto.ca/>**

Emergency Shelter Access (24/7): **416-338-4766 or 1-877-338-3398**

Ontario Legal Line (24/7): **416-929-8400 | Online Legal Info: <https://www.cleo.on.ca/en> and <https://stepstojustice.ca/>**

Telehealth Ontario (24/7): **1-866-797-0000**

Toronto Tenant Hotline: **416-921-9494 | <https://www.torontotenants.org/services> | Mon-Fri, 8:30am–6:00pm**

Toronto Public Health COVID-19 Current Situation: <https://www.toronto.ca/home/covid-19/>

Public Health Agency of Canada COVID-19 Current Situation Report: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

