

Over-the-Phone & Online

Immediate Mental Health Services

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

Over-the-phone Crisis Support

Gerstein Crisis Centre (24/7): **416-929-5200** | <https://gersteincentre.org/>

Toronto Distress Centre (24/7): **416-408-4357** or text **741741 (2am-2pm daily)** | <https://www.dcoqt.com/>

Mental Health Services Navigation Support

211 Central (24/7): **211** | <https://211central.ca/>

Connex Ontario (24/7): **1-866-531-2600** | <https://www.connexontario.ca/en-ca/>

For people under 20

Kids Help Phone (24/7): **1-800-668-6868** | <https://kidshelpphone.ca/>

Good 2 Talk (24/7) (post-secondary students): **1-866-925-5454** | <https://good2talk.ca/>

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 Service

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**

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

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

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

CAMH Emergency Department: **416-535-8501**

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



CENTRE FOR
Mindfulness
Studies

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