

Crisis Lines including Telephone, Online and Chat

Is someone in a crisis? Crisis lines offer free, immediate and confidential one-on-one assistance to callers in need and usually operate 24 hours a day, 7 days a week. They are generally staffed by either paid professionals or trained volunteers. They will listen, offer support and advice, and if necessary, will try to help the caller get connected to help in his/her community.

Publicly Funded and Non-Profit
Private Practice and For-Profit

Publicly Funded and Non-Profit Services

Publicly Funded / Free Services

310-COPE Community Crisis Response

All ages

By calling 1-855-310-COPE (2673) individuals are connected with a crisis worker, 24 hours a day, 7 days a week. The crisis worker will provide an immediate ...

ON, Canada

1-855-310-2673

<http://www.yssn.ca>

Areas Served: York (Regional Municipality), Simcoe County

Addiction and Mental Health Services, Kingston Frontenac Lennox and Addington (AMHS-KFLA)

All ages

Non-profit private corporation which offers a continuum of services in Frontenac County for people with a serious mental health illness. Programs/Services ...

552 Princess Street, Kingston, ON, K7L 1C7 [Map](#)

613-544-1356

<http://www.amhs-kfla.ca>

Areas Served: Frontenac County, Lennox and Addington County

Assaulted Women's Helpline

All ages

Free, anonymous, confidential 24-hr telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of ...

Toronto, ON, M5T 2W2 [Map](#)

416-863-0511

<http://www.awhl.org>

Area Served: Ontario

At^lohsa Native Family Healing Services Inc.

All ages

At^lohsa (Ate^nllos) means "Friends" in the Onyota' a:ka language. The name was chosen to reflect the desire of Ate^nllos to provide support, understanding, ...

109-343 Richmond Street, London, ON, N6A 3C2 [Map](#)
519-438-0068

<http://www.atlohsa.com>

Area Served: Middlesex County

Canadian Mental Health Association - Simcoe County Branch (CMHA)

12 years and up

Services and supports for individuals experiencing effects of mental illness and addiction.

15 & 21 Bradford Street, Barrie, ON, L4N 1W2 [Map](#)
705-726-5033

<http://www.cmhastarttalking.ca>

Area Served: Simcoe County

Canadian Mental Health Association (CMHA)

All ages

The Grand River Branch of the CMHA promotes the mental health of all and supports the recovery of people experiencing mental health issues. Services are ...

67 King St East, Kitchener, ON, N2G 2K4 [Map](#)
519-744-7645

<http://www.cmhagrb.on.ca>

Area Served: Waterloo Regional Municipality

Canadian Mental Health Association (CMHA) : Distress Centre of Waterloo Region

All ages

Provides confidential listening and support, crisis response and intervention for anyone in Waterloo Region. The Distress Centre telephone lines operate ...

ON, Canada
519-745-1166

<http://www.cmhagrb.on.ca/dnn/ourservices...>

Area Served: Waterloo Regional Municipality

Canadian Mental Health Association Mental Health and Addiction Services of Simcoe County (CMHA)

12 years and up

We are a leader in providing direct services, advocacy and education for individuals with serious mental illness, their families and the general public. Our ...

15 & 21 Bradford St, Barrie, ON, L4N 1W2 [Map](#)
1-705-728-5044

<http://www.cmhastarttalking.ca>

Area Served: Simcoe County

Canadian Mental Health Association, Peel Dufferin

All ages

Various programs and services for individuals with mental health needs. * ACT Team (age 16+ years;

Brampton East of Highway 410 and Town of Bolton) * ...

7700 Hurontario Street, Brampton, ON, L6Y 4M3 [Map](#)

905-451-2123

<http://www.peel.cmha.ca>

Area Served: Peel Regional Municipality

Canadian Mental Health Association-Sudbury and Manitoulin

16 years and up

CMHA provides services to adults with a diagnosis of a serious mental illness or presence of mental health symptoms within the Sudbury – Manitoulin ...

111 Elm Street, ON, P3C 1T3 [Map](#)

705-675-7252

<http://sm.cmha.ca>

Area Served: Sudbury District

Canadian Mental Health Association-Thunder Bay

16 years and up

CMHA Thunder Bay offers a range of programs and services, from support services to training workshops and crisis intervention. See the complete list of our ...

ON, Canada

<http://thunderbay.cmha.ca>

Area Served: Thunder Bay District

Carizon Family and Community Services

All ages

If your family has social, emotional and behavioural concerns, Carizon can help. We provide programs and services for children, youth and families affected by ...

400 Queen St. S, Kitchener, ON, N2G 1W7 [Map](#)

519-743-6333

<http://www.carizon.ca>

Area Served: Waterloo Regional Municipality

Centre Victoria pour femmes (Sudbury)

16 years and up

An agency which provides services to francophone women victims of family violence. For crisis services, contact FEM-AIDE (1-877-336-2433), the provincial ...

Sudbury, ON, P3E 4P2

705-670-2517

<https://www.centrevictoria.ca>

Area Served: Sudbury District

Chatham-Kent Health Alliance (CHKA)

All ages

The Chatham-Kent Health Alliance is a community hospital that provides various services including a comprehensive mental health and addictions ...

80 Grand Avenue W, Chatham, ON, N7M 5L9 [Map](#)
1-519-352-6400

<http://www.ckha.on.ca/>

Area Served: Chatham-Kent Municipality

Community Counselling Centre of Nipissing (CCCNIP)

All ages

Community Counselling Centre is a non-profit organization providing professional counselling services and community programs to individuals, couples, and ...

361 McIntyre Street East, North Bay, ON, P1B 1C9 [Map](#)
705-472-6515

<http://www.cccnip.com>

Area Served: Nipissing District

Community Torchlight

All ages

Distress Centre Wellington / Dufferin supports people of all ages, socio-economic and cultural backgrounds. We offer the following emergency contacts: * ...

Guelph, ON, N1H 6N1 [Map](#)
1-877-822-0140 (Toll Free)

<http://www.communitytorchlight.com>

Area Served: Dufferin County

Community Torchlight

All ages

Distress Centre Wellington / Dufferin supports people of all ages, socio-economic and cultural backgrounds. We offer the following emergency contacts: * ...

Guelph, ON, N1H 6N1
1-888-821-3760 (Toll Free)

<http://www.communitytorchlight.com>

Areas Served: Dufferin County, Wellington County

ConnexOntario

All ages

Ontario-wide information and referral for people experiencing mental health and/or addiction issues. Service is provided 24/7/365 by toll-free telephone, ...

ON, Canada
1-866-531-2600

<http://www.connexontario.ca>

Area Served: Ontario

Craigwood Youth Services

12 - 18 years

Craigwood Youth Services provides a continuum of care and service to adolescents and their families in the communities of South Western Ontario through various ...

520 Hamilton Road, London, ON, N5Z 1S4 [Map](#)

519-432-2623

<http://www.craigwood.ca>

Area Served: Middlesex County

Crisis Centre North Bay

12 years and up

North Bay, ON, P1B 8K6 [Map](#)

705-472-6204

<http://www.crisiscentre-nb.on.ca>

Area Served: Nipissing District

Crisis Response Services Kenora Rainy River District

16 years and up

Crisis Line The toll-free, confidential crisis line is answered 24 hours a day, 7 days a week by Crisis Line Communicators- qualified professionals who are ...

ON, Canada

1-866-888-8988

<http://www.crisisresponseservices.com>

Area Served: Kenora District

Crisis Services Canada

All ages

Crisis Services Canada evolved out of the Canadian Distress Line Network – a national network of existing distress, crisis and suicide prevention line ...

439 University Ave., Toronto, ON, M5G 1Y8 [Map](#)

1-833-456-4566 (Crisis Line)

<http://www.crisisservicescanada.ca>

Area Served: Canada

Distress Centers of Toronto

All ages

When you need to talk or when you need help, we're always here. Providing telephone support, crisis intervention, suicide prevention and supporting those ...

Toronto, ON, M5C 2J4 [Map](#)

416-408-4357

<http://www.torontodistresscentre.com>

Area Served: Toronto

Distress Centre Durham (DCD)

All ages

We are a 24 hour helpline in Durham Region. Our callers discuss issues and feelings related to: * All varieties of relationships * Mental health * ...

306 Brock, Whitby, ON, L1N 4H7 [Map](#)

905-430-2522

<http://www.distresscentredurham.com>

Area Served: Durham Region

Distress Centre Durham (DCD) : Prideline Durham

All ages

A toll-free telephone helpline for the LGBTQ community in Durham Region to offer non-judgemental emotional support,community referral information and crisis ...

306 Brock, Whitby, ON, L1N 4H7 [Map](#)

1-855-877-7433 (Toll Free)

<http://www.distresscentredurham.com>

Area Served: Durham Region

Distress Centre Niagara

All ages

If you are depressed, in distress, or in crisis, call the Distress Centre. For immediate help in the Niagara region please call our 24 hour help line. * ...

195 East Main Street, Welland, ON, L3B 3W7 [Map](#)

905-688-3711

<http://www.distresscentreniagara.com>

Area Served: Niagara Regional Municipality

Distress Centre North Halton

All ages

We offer confidential, free telephone service for people of all ages and offer the following services: * listen to problems and concerns * help explore ...

Georgetown, ON, L7G 4T1 [Map](#)

905-877-0655

<http://www.dchalton.ca/>

Area Served: Halton Regional Municipality

Distress Centre Oakville

All ages

Provides support for people in crisis, and those struggling with loneliness and emotional stress. If you are feeling lonely, anxious or having thoughts of ...

ON, Canada

905-849-4541 x90568114889058771211 (Crisis Line)

<http://www.dchalton.ca>

Area Served: Halton Regional Municipality

Distress Centre of Ottawa and Region

16 years and up

A 24-hr distress line primarily for adults in Ottawa (and Champlain District Mental Health Crisis

Services for Eastern Ontario).

Ottawa, ON, K1Y 4J6 [Map](#)

613-238-3311

<http://www.dcottawa.on.ca>

Area Served: Ottawa-Carleton

Distress Centre of Windsor-Essex County

All ages

We provide: * emergency crisis intervention * suicide prevention * emotional support * referrals to community resources by telephone We are available 12 noon - 12 midnight (365 days a year)

Windsor, ON, N8Y 4R5 [Map](#)

519-256-5000 (Crisis Line)

<http://www.dcwindsor.com>

Area Served: Essex County

Distress Centres Ontario

All ages

Distress Centres Ontario (DCO) is a non-profit association of community-based distress centres in Ontario. If you are in distress or crisis and need ...

700 Lawrence Avenue West, Toronto, ON, M6A 3B4 [Map](#)

416-486-2242

<http://www.dcontario.org>

Area Served: Ontario

Dufferin Child & Family Services

All ages

Dufferin Child and Family Services is an integrated children's service agency, providing child protection services, children's mental health services and ...

655 Riddell Road, Orangeville, ON, L9W 4Z5 [Map](#)

519-941-1530

<http://dcafs.on.ca>

Area Served: Dufferin County

Durham Rape Crisis Centre

16 years and up

Free and confidential counselling and advocacy services to women and female youth who have been affected by recent or historical sexual violence. Services ...

8 King St.E, Oshawa, ON, L1H 8T2

905-444-9672

<https://drcc.ca>

Area Served: Durham Region

Elisha House Pregnancy and Family Support Centre

12 years and up

The mission is to practice the work and present the person of Jesus Christ according to the Bible by providing assistance for the physical, social, spiritual ...

48 Burgar Street, Welland, ON, L3B 2S8 [Map](#)

905-735-9934

<http://www.elishahouse.on.ca>

Area Served: Niagara Regional Municipality

Family Transition Place (FTP)

16 years and up

Provides safety, support and hope to abused women and their children by offering the following services: * Emergency Shelter * 24 hour Crisis Line * ...

20 Bredin Parkway, Orangeville, ON, L9W 4Z9 [Map](#)

519-941-4357 x9055844357

<http://www.familytransitionplace.ca>

Area Served: Peel Regional Municipality

Family, Youth, & Child Services of Muskoka

All ages

An integrated Child Protection and Children's Mental Health agency. We promote, support and protect the mental, physical, emotional and social well-being of ...

49 Pine Street, Bracebridge, ON, P1L 1K8 [Map](#)

705-645-4426

<http://www.fycsm.ca/>

Area Served: Lambton County

Fem'aide

16 years and up

Provincial support line for francophones. For women affected by violence. 24/7/365. Offers a listening ear, information, safety planning, information and ...

Toronto, ON, M5G 2P6

1-877-336-2433

<http://www.femaide.ca>

Area Served: Ontario

First Nations and Inuit Hope for Wellness Help Line

All ages

If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away. Service is available in Cree, Ojibway, Inuktitut, English and French. ...

ON, Canada

1-855-242-3310

<https://www.canada.ca/en/health-canada/s...>

Area Served: Canada

Ganohkwasra Family Assault Support Services

All ages

Community Counselling and Residential Services provide holistic programs based on Q̄gweh̄:weh

teachings that integrate the mind, body and spirit. The ...

1781 Chiefswood Road, Ohsweken, ON, N0A 1M0 [Map](#)

519-445-4324

<http://ganohkwasra.ca>

Area Served: Brant County

Gerstein Centre

16 years and up

The Gerstein Centre provides crisis intervention to adults, living in the City of Toronto, who experience mental health problems. The Centre provides ...

100 Charles Street East, Toronto, ON, M4Y 1V3 [Map](#)

416-929-5200 x4169299897

<http://www.gersteincentre.org>

Area Served: Toronto

Good2Talk Post-Secondary Student Helpline

16 - 30 years

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and ...

ON, Canada

1-866-925-5454

<http://www.good2talk.ca>

Area Served: Ontario

Haldimand-Norfolk R.E.A.C.H. (REACH)

All ages

Haldimand-Norfolk R.E.A.C.H. helps children and youth who are experiencing emotional difficulties, who are in trouble with the law, or who are over 16 years of ...

101 Nanticoke Creek Parkway, Townsend, ON, N0A 1S0 [Map](#)

519-587-2441 x18002658087

<http://www.hnreach.on.ca>

Area Served: Haldimand-Norfolk Regional Municipality

Hawkesbury General Hospital Mental Health and Addiction Regional Centre

12 years and up

Offers a wide range of specialized therapeutic services to clients and their families designed to address problems associated with: 1) Addictions and/or ...

580 Spence Avenue, Hawkesbury, ON, K6A 0B4 [Map](#)

1-844-304-1414 (Toll Free)

<https://hgh.ca/programs-services/mental-...>

Area Served: Prescott and Russell County

Health Sciences North (HSN) : Crisis Intervention Program

All ages

The Health Sciences North (HSN) Crisis Intervention Program is a short term counselling and assessment service available to individuals of all ages who are ...

41 Ramsey Lake Road, Sudbury, ON, P3E 5J1 [Map](#)
705-675-4760

<http://www.hsnsudbury.ca>

Area Served: Sudbury District

Kids Help Phone

5 - 20 years

Kids Help Phone is Canada's only bilingual phone and on-line counselling service for youth. It's free, anonymous and confidential. Professional ...

439 University Avenue, Toronto, ON, M5G 1Y8 [Map](#)
416-586-5437

<http://www.kidshelpphone.ca>

Area Served: Canada

Kina Gbezhgomi Child & Family Services

All ages

Kina Gbezhgomi Child & Family Services Program encompasses supportive counseling services for children and their families with the objective of ...

98 Pottawatomi Avenue, Wikwemikong, ON, P0P 2J0 [Map](#)
705-859-2100

<http://www.kgcfs.org>

Area Served: Manitoulin District

Kinark Child and Family Services

Up to 12 years

In Durham, Kinark Child and Family Services can help children under 12 experiencing social, emotional, and or behavioural difficulties. Services are ...

20 Sunray Street, Whitby, ON, L1N 8Y3 [Map](#)
905-668-2411

<http://www.kinark.on.ca>

Areas Served: Durham Region, Northumberland County, Peterborough County, Simcoe County, York (Regional Municipality)

Kinark Child and Family Services - Barrie Branch : Mobile Crisis Response Services for Children and Youth

Up to 18 years

Mobile Crisis Response Worker available Mondays - Fridays 8:30am-8:30pm (with the exception of holidays); Mental Health Crisis Line Worker available 24hrs a ...

34 Simcoe Street, Barrie, ON, L4N 6T4 [Map](#)
1-888-893-8333 (Toll Free)

Area Served: Simcoe County

Krasman Centre

16 years and up

Peer Support based community mental health and addictions support agency.w

10121 Yonge Street, Richmond Hill, ON, L4C 1T7 [Map](#)

905-780-0491

<http://www.krasmancentre.com>

Areas Served: York (Regional Municipality), Simcoe County

Kunuwanimano Child and Family Services

All ages

Kunuwanimano Child and Family Services is a social service agency that was incorporated in 1989 to eliminate all forms of abuse by providing services that ...

119 Pine St. South, Timmins, ON, P4N 2K3 [Map](#)

705-268-9033 x18004611293

<http://www.kunuwanimano.ca>

Area Served: Cochrane District

Maison Interlude House

All ages

Supporting women and children who are victims of spousal violence in the counties of Prescott-Russell, Stormont, Dundas and Glengarry.

1180 Lansdowne, Hawkesbury, ON, K6A 1J1 [Map](#)

613-632-1591

<http://www.maisoninterludehouse.ca>

Area Served: Stormont, Dundas, Glengarry and the City of Cornwall

Mental Health Crisis Line

All ages

1 in 5 people will have some sort of mental health problem in their life. If you are experiencing a mental health crisis yourself, or you know someone who is, ...

Ottawa, ON

613-722-6914

<http://crisisline.ca>

Areas Served: Ottawa-Carleton, Prescott and Russell County, Renfrew County, Stormont, Dundas, Glengarry and the City of Cornwall

Mental Health and Addictions Access Line

16 years and up

24/7 telephone service available for residents of Niagara looking to become involved with a local mental health or addictions support. Responders will discuss ...

ON, Canada

1-866-550-5205

<http://www.accesslineniagara.com>

Area Served: Niagara Regional Municipality

My Friend's House

All ages

My Friend's House is a non-profit agency offering confidential support for abused women and children

living in the Georgian Triangle of Ontario along with a variety of programs and services.

ON, Canada

1-800-265-2511 (Toll Free)

<http://www.myfriendshouse.ca/index.php>

Area Served: Simcoe County

My Sister's Place

All ages

We provide emergency shelter services to abused women and their children in South Simcoe County.

Our shelter services includes: * Crisis counseling for ...

Alliston, ON Map

705-435-9400

<http://www.mysistersplace.ca>

Area Served: Simcoe County

NEED2 Prevention Education and Support (NEED2) : Youthspace.ca [Online and SMS Text Chat]

Up to 30 years

Youthspace.ca offers emotional support and crisis intervention to youth in Canada under 30yrs.

Our highly-trained volunteers are online every night (6 PM to ...

Victoria, BC Map

<http://youthspace.ca>

Area Served: Canada

Naomi's Family Resource Centre (NFRC)

16 years and up

Naomi's Family Resource Centre provides confidential, safe and secure emergency housing for women with or without children who have been physically, ...

607 St. Lawrence Street, Winchester, ON, K0C 2K0 Map

613-774-2838

<http://www.naomiscentre.ca>

Area Served: Stormont, Dundas, Glengarry and the City of Cornwall

Northern Initiative for Social Action (NISA)

16 years and up

NISA is an organization run by and for consumers of mental health services. We develop occupational skills, nurture self-confidence and provide resources for ...

36 Elgin Street, Sudbury, ON, P3C 5B4 Map

705-222-6472

<http://www.nisa.on.ca>

Area Served: Sudbury District

Northern Initiative for Social Action (NISA) : Regional Warm Line

16 years and up

This program offers peer assistance through pre-crisis telephone support to callers with mental health concerns.

ON, Canada

1-866-856-9276 (Toll Free)

<http://nisa.on.ca/services/the-regional-...>

Area Served: Sudbury District

Nova Vita Domestic Violence Prevention Services

All ages

Nova Vita Domestic Violence Prevention Services is a multi-service agency with a focus on domestic violence prevention, education and intervention in Brantford ...

59 North Park Street, Brantford, ON, N3R 4J8 [Map](#)

519-752-4357 x5197521005

<http://www.novavita.org>

Area Served: Brant County

Ontario Poison Centre

All ages

The Ontario Poison Centre in Toronto has been serving the general public and healthcare professionals throughout Ontario since 1979. Although the Poison ...

555 University Avenue, Toronto, ON, M5G 1X8 [Map](#)

1-800-268-9017

<http://www.ontariopoisoncentre.com/ontar...>

Area Served: Ontario

Open Line Open Mind

All ages

Open Line Open Mind 310-OPEN (6736) is a free, confidential service to get information, support and referral to all mental health and addictions services in ...

245 Dundas Street East, Belleville, ON, K8N 5K5 [Map](#)

613-310-6736

<http://www.openlineopenmind.com>

Area Served: Hastings County

Open Line Open Mind

All ages

Open Line Open Mind (613) 310-OPEN (6736) is a free, confidential service to get information, support and referral to all mental health and addictions services ...

245 Dundas Street East, Belleville, ON, K8N 5K5 [Map](#)

310-OPEN (6736)

<http://www.openlineopenmind.com>

Area Served: Hastings County

Orillia Soldiers Memorial Hospital, Community Mental Health Service

16 years and up

The Community Mental Health Service of Orillia Soldiers' Memorial Hospital is a community

mental health program of the Ontario Ministry of Health that provides ...

169 Mississauga Street West, Orillia, ON [Map](#)

705-327-9122 x70532522013536

<http://www.osmh.on.ca>

Area Served: Simcoe County

Ottawa Rape Crisis Centre (ORCC)

16 years and up

The Ottawa Rape Crisis Centre (ORCC) supports and empowers women, gender-fluid, non-binary, and trans survivors 16 and older who have been affected by sexual ...

Ottawa, ON, K1N 9P4

613-562-2334

<http://www.orcc.net>

Area Served: Ottawa-Carleton

Pathstone Mental Health (Pathstone)

Up to 18 years

(PLEASE NOTE: Intake/Referral contact number listed under toll free heading for contact information - all referrals and intake through Contact Niagara) ...

3340 Schmon Parkway, Thorold, ON, L2V 4Y6 [Map](#)

905-688-6850

<http://www.pathstonementalhealth.ca>

Area Served: Niagara Regional Municipality

Peel Children's Centre (PCC)

Up to 18 years

Enriches the lives of children and youth who experience social, emotional and/or behavioural challenges by providing a continuum of high quality mental health ...

85A Aventura Court, Mississauga, ON, L5T 2Y6 [Map](#)

905-795-3500

<http://www.peelcc.org>

Area Served: Peel Regional Municipality

Prescott-Russell Crisis Team

All ages

The Crisis Team provides immediate support to people experiencing a mental health or addiction-related crisis. At times, one can feel very lonely, discouraged ...

ON, Canada

1-866-996-0991 (Crisis Line)

<http://hgh.ca/programs-services/crisis-t...>

Area Served: Prescott and Russell County

Reach Out Centre for Kids (ROCK)

Up to 18 years

Reach Out Centre for Kids is a child, youth, and family mental health centre. We provide a multi-disciplinary approach to the assessment and treatment of ...

471 Pearl Street, Burlington, ON, L7R 4M4 [Map](#)

905-634-2347

<http://www.rockonline.ca/>

Area Served: Halton Regional Municipality

Reach Out Centre for Kids (ROCK) : Crisis Response Program

Up to 18 years

This program provides immediate outreach for children 0 to 18 years of age, their caregivers, and community members. The Crisis Response telephone number will ...

ON, Canada

905-878-9785 (Crisis Line)

Area Served: Halton Regional Municipality

Sexual Assault Crisis Centre (SACC)

All ages

The Counselors at SACC are all registered Social Workers who are trained especially to help victims of sexual violence. Their experience and knowledge give ...

1770 Langlois Ave, Windsor, ON, N8X 4M5 [Map](#)

519-253-3100

<http://saccwindsor.net>

Area Served: Essex County

Sexual Assault Support Centre of Ottawa

All ages

Services are free, confidential, and offered to women in a women-only environment. Support for child sexual abuse/sexual assault survivors: 24-Hour Support ...

Ottawa, ON, K1S 5B4

613-234-2266

<http://www.sascottawa.com>

Area Served: Ottawa-Carleton

Sexual Assault Support Centre of Waterloo Region (SASC)

All ages

Supports, in a non-judgemental way, those who have been sexually assaulted as children or as adults by providing free of charge: *24-hour crisis and support ...

201-151 Frederick St., Kitchener, ON, N2H 2M2 [Map](#)

519-571-0121

<http://www.sascwr.org/>

Area Served: Waterloo Regional Municipality

Sexual Assault Support Services for Women of Stormont, Dundas, Glengarry and Akwesasne

18 years and up

Providing sexual assault support services to women, including: * Information and support*

English/French information and support line* Public education to ...

Cornwall, ON, K6H 5V3 [Map](#)

1-800-461-8192 x18004830174

Area Served: Stormont, Dundas, Glengarry and the City of Cornwall

Sexual Assault & Violence Intervention Services of Halton (SAVIS)

16 years and up

SAVIS is a non-profit agency that provides emotional support to survivors of sexual violence.

We offer one-on-one counselling services for women and men ...

1515 Rebecca St., Oakville, ON, L6L 5G8 [Map](#)

905-825-3622

<http://www.savisofhalton.org>

Area Served: Halton Regional Municipality

Sioux Lookout First Nations Health Authority

All ages

Guided by the Anishinabe Health Plan, Sioux Lookout First Nations Health Authority is here to support and contribute to a strong health system for the First ...

61 Queen Street, Sioux Lookout, ON, P8T 1B8 [Map](#)

807-737-1802

<http://www.slnha.com/>

Area Served: Kenora District

St. Joseph's Healthcare Hamilton (COAST Program)

16 years and up

St. Joseph's Healthcare Hamilton (COAST Program) of Halton serves residents of Halton 16 years of age and older, who have mental health issues and are in ...

Halton Region, ON [Map](#)

1-877-825-9011

<http://coasthamilton.ca/youth-halton.php>

Area Served: Halton Regional Municipality

Tel-Aide Outaouais

All ages

24-hr crisis line for francophones living in Ottawa and Gatineau.

Ottawa, ON, K1L 8E3 [Map](#)

613-741-6433 x18005679699

<http://www.tel-aide-outaouais.org>

Area Served: Ottawa-Carleton

Telecare Cambridge Distress Centre

All ages

We provide: *emotional support *crisis and suicide intervention *community information and referrals

We serve individuals in Cambridge, Kitchener, Waterloo, Guelph and surrounding areas.

Cambridge, ON, N3H 5C6 [Map](#)

519-658-5455 (Crisis Line)

<http://www.cambridgenow.ca/cdps/cditem.c...>

Area Served: Waterloo Regional Municipality

Telecare Distress Line of Greater Simcoe

All ages

24/7 anonymous confidential "warm Line" manned by trained volunteers.

ON, Canada

705-327-2383

<http://www.telecaredistressline.com>

Area Served: Simcoe County

The Canadian Mental Health Association (CMHA)

All ages

The Canadian Mental Health Association (CMHA) is a national, charitable organization whose mission is to advocate for and provide services to people with ...

295 Broadway, Orangeville, ON, L9W 1L2 [Map](#)

519-938-8776 x18669388776

<http://www.cmhagrb.on.ca>

Area Served: Dufferin County

The Canadian Mental Health Association (CMHA)

All ages

The Canadian Mental Health Association (CMHA) is a national, charitable organization whose mission is to advocate for and provide services to people with ...

147 Wyndham St. N, Guelph, ON, N1H 4E9 [Map](#)

519-836-6220 x18882552642

<http://www.cmhagrb.on.ca>

Area Served: Wellington County

The Canadian Mental Health Association, York Region Branch (CMHA)

All ages

We help people learn how to maintain their mental health, look for and identify the signs of mental illness, and get help and support when they need it. ...

1091 Gorham St, Newmarket, ON, L3Y 8X7 [Map](#)

905-853-8477

<http://www.cmha-yr.on.ca>

Area Served: Simcoe County

The Canadian Mental Health Association, York Region Branch (CMHA) : Mental Health Crisis Line

All ages

A telephone crisis line providing Simcoe County and Muskoka residents with single point access to

mental health related information and assistance in resolving ...

39 High Street, Barrie, ON, L4N 1W2 [Map](#)

1-888-893-8333

Area Served: Simcoe County

Three Oaks

All ages

shelter and emergency housing, transitional programs, and children's counselling to women and children who are or were victims of abuse.

ON, Canada

613-473-1976

<http://threeoaksshelterandservices.ca/si...>

Area Served: Hastings County

Toronto Rape Crisis Centre/Multicultural Women Against Rape

All ages

TRCC/MWAR is a grassroots, women-run collective working towards a violence-free world by providing anti-oppressive, feminist peer support to survivors of ...

Toronto, ON, M5T 2T2 [Map](#)

416-597-1171

<http://www.trccmwar.ca>

Area Served: Toronto

Valley Employee and Family Assistance Program (Valley EFAP)

All ages

We are a community-based employee benefit program that provides employees, and their dependents with confidential and professional counselling, coaching and ...

84 Isabella Street, Pembroke, ON, K8A 5S5 [Map](#)

613-735-2116

<http://www.valleyefap.com/>

Area Served: Renfrew County

Valoris

All ages

To be of service to vulnerable persons in Prescott-Russell by supporting them in their families and by facilitating their integration in the ...

173 Old Highway 17, Plantagenet, ON, K0B 1L0 [Map](#)

613-673-5148

<http://www.valorispr.ca/en/>

Area Served: Prescott and Russell County

Victim Services Niagara

All ages

VSN is a community-based, non-profit organization made up of over 100 volunteer crisis responders.

Our small team of full time employees has been graciously ...

110 James Street, 3rd Floor, St. Catharines, ON, L2R 7E8 Map

905-688-4111 x5084

<http://www.victimservicesniagara.com>

Area Served: Niagara Regional Municipality

Violence Against Women, Services Elgin County

All ages

Various services for women affected by violence including: * 24-hr helpline (1-800-265-4305) *

Women's Place Emergency Shelter * Community-Based Counselling * Help for Children

St. Thomas, ON

519-633-0155

<http://www.vawsec.on.ca>

Area Served: Elgin County

Women's Crisis Services of Waterloo Region

All ages

Women's Crisis Services is a long standing not-for-profit charitable organization. The histories of both Haven House and Anselma House in Waterloo Region date back to 1978.

700 Heritage Drive, Kitchener, ON, N2A 3N9 Map

519-741-9184

<http://www.wcswr.org>

Area Served: Waterloo Regional Municipality

Women's Sexual Assault Centre of Renfrew County

All ages

The WSAC is a community-based volunteer organization and provides a 24-Hour Support and Crises Line for support, information and referral to survivors of ...

Pembroke, ON, K8A 6Y6 Map

1-800-663-3060

<http://www.wsac.ca>

Area Served: Renfrew County

York Support Services Network (YSSN)

16 years and up

York Support Services Network is a community-based agency that offers a range of case management and community crisis services throughout York Region. We ...

240 Edward Street, Aurora, ON, L4G 3S9 Map

905-898-6455

<http://www.yssn.ca>

Areas Served: York (Regional Municipality), Simcoe County

Youth Mobile Crisis Response Simcoe County

Up to 17 years

We provide a crisis line in mental health support for youth experiencing emotions of sadness, anxiety, suicidal thoughts, aggressive and threatening behaviour, ...

34 Simcoe St, Barrie, ON, L4N 6T4 [Map](#)

705-728-5044

<http://southsimcoecic.cioc.ca/record/BAR...>

Area Served: Simcoe County

Youth Services Bureau of Ottawa (YSB) : Child, Youth and Family Crisis Line for Eastern Ontario

Up to 18 years

We've all had a crisis. Whether you're stressed, depressed, or just can't take it anymore—you are not alone. The Youth Services Bureau's 24/7 Crisis ...

2301 Carling Avenue, Ottawa, ON [Map](#)

1-877-377-7775 (Toll Free)

<http://www.icrs.ca/en/>

Areas Served: Ottawa-Carleton, Lanark County, Prescott and Russell County, Renfrew County, Stormont, Dundas, Glengarry and the City of Cornwall

Private Practice Professionals and Commercial Businesses

EROS-Emotions Reactions Options Solutions Inc.

16 years and up

ON, Canada

Areas Served: Ontario, New Brunswick

Hotel-Dieu Grace Healthcare (HDGH)

16 years and up

744 Ouellette Avenue, Windsor, ON, N9A 1E1 [Map](#)

519-973-4435

Area Served: Essex County

Sutton, Emilie - Registered Psychotherapist, B.A Criminology

13 years and up

LillyB Counselling

14107 Belmont, Belmont, ON [Map](#)

226-377-6071

Area Served: Elgin County