

Mental Health Resources During Covid - Updated January 2022

Agency	Website	Service	Contact Number
Assaulted Women's Helpline	https://www.awhl.org	The Assaulted Women's Helpline offers a 24-hour telephone and TTY crisis line to all woman who have experienced abuse. Provide counselling, emotional support, information and referrals.	416-863-0511 Toll Free: 1-866-863-0511 or TTY 1-866-863-7868
Bounce Back	www.Bouncebackontario.ca	Supporting Ontarians' mental health through COVID-19	1-866-345-0224
Breaking Free	https://www.breakingfreeonline.ca/	Evidence-based wellbeing and recovery support program	1- 833-325-1338
CAMH	https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety	To access CAMH services	416 535-8501 or 1 800 463-2338
Connex Ontario	https://www.connexontario.ca/en-ca/	Mental Health, Addiction & Problem Gambling Services	1-866-531-2600

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Community Crisis Line Scarborough and Rouge Hospital	https://www.shn.ca/mental-health/crisis-support/	Crisis programs support individuals in crisis and provide continued service based on urgency, so they are able to remain in their homes rather than in hospital. These crisis programs are available for individuals currently accessing mental health care services, as well as those requiring mental health care services for the first time. The crisis programs are fully integrated and coordinated with the hospital's Mental Health program and the broader mental health care system.	416-495-2891 for 24/7 telephone crisis support
Crisis Line	https://crisisline.ca/	Burlington (Hamilton) Crisis Line	(905) 681-1488
Crisis Line	https://crisisline.ca/	Distress Centre Durham	Toll Free: 1-800-452- 0688 Crisis Line: (905) 430- 2522

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		Distress Centre Ottawa & Region - Crisis Line	(613) 238-3311
		Distress Centres of Greater Toronto Area Crisis Line:	(416) 408-4357
		Family Counselling and Support Services for Guelph-Wellington	Toll Free: 1-888-821-3760 Distress Line: (519) 821-3760
		Family Counselling and Support Services for Guelph-Wellington	Toll Free: 1-877-822-0140, Crisis Line: (519) 821-0140
		Fort Erie & Area Crisis Line	(905) 382-0689
		Grey Bruce Owen Sound	Toll Free: 1-877-470-5200
		Grimsby & West Lincoln Crisis Line	(905) 563-6674
		GTA Survivor Support Program	(416) 595-1716
		Kingston, Frontenac & Addington Public Health	Frontenac County Toll Free: 1-855-477-2963; Toll Free: 1-855-558-5151
		Lanark Leeds and Grenville Mental Health Crisis Line	Toll Free: 1-866-499-8445

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		Ligne d'intervention (Gatineau)	(819) 775-3223
		Ligne d'intervention (Ottawa)	(613) 741-6433
		Mental Health Crisis in Ottawa	613-722-6914 (Within Ottawa), 1-866-996-0991 (OUTSIDE OTTAWA)
		North Halton Crisis Line	(905) 877-1211
		Northern Ontario - Talk4Healing	Toll Free: 1-855-554-HEAL (4325)
		Oakville Crisis Line	(905) 849-4541
		Port Colborne, Wainfleet & Area Crisis Line	(905) 734-1212
		"Quebec Tele-Aide Outaouais	Sans frais: 1-800-567-9699
		Reach Out Crisis Line - Crisis Line supporting individuals in Elgin, Middlesex, and Oxford Counties	(519) 433-2023 Toll Free: 1-866-933-2023
		St. Catharines, Niagara Falls & Area Crisis Line	(905) 688-3711

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		Supportive Listening Line - Distress Line supporting individuals 16+yo in Elgin, Middlesex, and Oxford Counties	(519) 601-8055
		Telecare Cambridge	Crisis Line: (519) 658-5455
		Telecare Distress Centre of Peterborough	705-745-2273
		Telephone Aid Line Kingston	Crisis Line: (613) 544-1771
		Windsor & Essex County - Community Crisis Centre	519-973-4435
		York Support Services Network Community Crisis Response Service	1-855-310-COPE (2673)

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Distress Centre of Greater Toronto	https://www.dcoqt.com/	Canada's oldest volunteer delivered crisis, emotional support and suicide prevention + intervention + postvention service agency.	416-408-4357
Elder Abuse prevention of Ontario	https://eapon.ca/	Seniors Safety Line	1-866-299-1011
Gerstein Crisis Centre	https://gersteincentre.org/	Mental health service in Toronto, Ontario (services include 24/7 telephone support, in-person mobile crisis team, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds.)	416-929-5200
Government of Canada	Canada.ca	Assaulted Women's Helpline	1-866-863-0511 or Text #7233
	https://health.canada.ca/en/public-health/corporate/contact-us.html	"COVID-19 information line	1-833-784-4397
	Canada.ca	Fem'aide Helpline (French only)	1-877-336-2433
	Canada.ca	"For Indigenous People - Hope for Wellness Help Line	1-855-242-3310

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	Canada.ca	Kids Help Phone	1-800-668-6868 or text CONNECT to 686868.
	https://www.crisisservicescanada.ca/	Suicide prevention Service	1-833-456-4566 (Text 45645)
	https://www.ontario.ca/page/covid-19-support-people#section-4	Support for seniors and people with disabilities (PWD)	211 on any phone or Toll-free: 1-877-330-3213
	Canada.ca	Talk4Healing (Helpline for Indigenous Women)	1-855-554-4325
	Canada.ca	Wellness for Adults	Text 741741
	Canada.ca	Wellness for Youths	Text 686868

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Kids Help Phone	https://kidshelpphone.ca/	Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.	1-800-668-6868
LGBT Youth Line	https://www.youthline.ca/	LGBTQQ2SI Peer Support	647-694-4275
Together All	https://togetherall.com/en-ca/	safe, online community where people support each other anonymously to improve mental health and wellbeing.	
Toronto Rape Crisis Centre / Multicultural Women Against Rape (TRCC/MWAR)	https://trccmwar.ca/	TRCC/MWAR) is a grassroots, women and non-binary people run collective working towards a violence-free world by providing anti-oppressive, feminist peer support to survivors of gender-based or sexualized violence. Engaging in public education, activism, and provide direct individual and group support to survivors and their supporters.	24H CRISIS LINE: 416-597-8808

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Wellness Together Canada	https://wellnesstogether.ca/	Mental Health & Substance Use Support - Phone Counselling for Adults	1-866-585-0445
		Mental Health & Substance Use Support - Phone Counselling for Youths	1-888-668-6810



**AIDS Bereavement and Resiliency
Program of Ontario**

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