

***For emergency mental health support, dial 9-1-1 or go to your nearest emergency room.***

### Over-the-phone crisis support

For people of all ages, genders, and sexual orientations

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

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

For trans people

**Trans Life Line (11am-5am EST):** 1-877-330-6366

For survivors of gender-based or sexual violence

**Toronto Rape Crisis Centre (24/7):** 416-597-8808

**Assaulted Women's Helpline (24/7):** 1-866-863-0511

For people under 20 years old

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

For people 65+ years old

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

### Free walk-in counselling

*For people of all ages, genders, and sexual orientations*

**Sherbourne Health Centre Walk-In Counselling - Tuesdays at 12:00pm**

333 Sherbourne St. | [www.shc.on.ca](http://www.shc.on.ca) | 416-324-4180 |

**WoodGreen Community Walk-in Counselling – Tuesdays & Wednesdays at 4:00pm**

815 Danforth Avenue, Suite 100 | [www.woodgreen.org](http://www.woodgreen.org) | (416) 572-3575

**Family Service Toronto Open Door Walk-in Counselling - Wednesdays 3:00pm**

355 Church Street | [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org) | 416-595-9230 |

*For people living with HIV and all gay, bi, queer, MSM and trans men*

**AIDS Committee of Toronto (ACT) Drop In Counselling**

Drop by 543 Yonge Street, 4th floor | [www.actoronto.org/counselling](http://www.actoronto.org/counselling) | 416-340-2437

*For Two-Spirit and Indigenous trans people*

**Anishnawbe Heath Toronto - Traditional healing, peer support and counselling services**

179 Gerrard, St E, Toronto, ON | 416-920-2605 | [scarpenter@aht.ca](mailto:scarpenter@aht.ca) and [kvalen@aht.ca](mailto:kvalen@aht.ca)

Drop by Monday-Friday, 9:30-11:00am and 1:30-3:00pm

*For people under 30 years old*

**Egale Youth Outreach (LGBTQ2S specific)**

290 Shuter Street | [www.egale.ca/outreach/](http://www.egale.ca/outreach/) | 416-964-7887 ext 9 | For drop-ins, call to inquire Mon-Fri

**Skylark Walk-In Clinic (for all children and youth under the age of 25)**

65 Wellesley Street E, Unit 500 | 416-482-0081 ext 333 | Drop-in Monday-Friday, call / see site for times

<http://www.skylarkyouth.org/what-we-do/programs-counselling-services/walk-in-clinics/>



## Crisis, Drop-In and Peer Supports in Toronto

### **'What's Up' Walk-in Clinic**

See website or call for hours and locations | [www.whatsupwalkin.ca/](http://www.whatsupwalkin.ca/) | 416-438-3697

### Mental Health Peer Support

#### **Mood Disorders Association of Ontario – LGBTQ Peer Support Drop-in Group**

1st and 3rd Wednesday of each month, 7:00-9:00pm | 36 Eglinton Ave, Suite 602 | 416-486-8046

<https://www.mooddisorders.ca/event/toronto-drop-in-group-lgbtq-peer-support-drop-in-group>

#### **LGBT Youth Line – peer support by and for people 29 and under**

Call 1-800-268-9688 | Text 647-694-4275 | Chat [www.youthline.ca](http://www.youthline.ca)

#### **Progress Place Warmline – peer support hotline**

Call 416-960-9276 | Text 647-557-5882 | Chat [www.warmline.ca](http://www.warmline.ca)

#### **7 Cups of Tea – online peer and professional support** <https://www.7cups.com/connect/>

### Other Crisis and Information Services

**Community and Social Services Hotline (24/7):** 2-1-1 or [www.211toronto.ca](http://www.211toronto.ca)

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

**Toronto Substance Withdrawal Management System (24/7):** 416 864-5040 or 1 866 366-9513

**Toronto Police Services Non-Emergency Line (24/7):** 416-808-2222

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

**Ontario Legal Line (24/7):** 416-929-8400 | Online legal information: [www.cleo.on.ca](http://www.cleo.on.ca) and [www.stepstojustice.ca](http://www.stepstojustice.ca)

**Toronto Workers' Action Centre Hotline:** 416-531-0778 | <http://workersactioncentre.org> | Hours online

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

### Harm Reduction Drop-Ins

#### **The Works**

277 Victoria St. (Yonge & Dundas) | 416-392-0520 | Monday to Friday, 10:00am – 5:00pm

#### **Pieces to Pathways (for 2SLGBTQ people under 30)**

21 Strickland Ave. | (647) 209-2043 | [www.breakawayaddictions.ca/p2p](http://www.breakawayaddictions.ca/p2p)

Thursdays, 5:00-8:00pm | Counselling and case management also available by appointment

#### **Sherbourne Health Centre – STASH Program**

333 Sherbourne St., 1<sup>st</sup> floor | [www.sherbourne.on.ca](http://www.sherbourne.on.ca) | 416-324-4100 | Fridays, 9:30-11:30am

#### **Parkdale Community Health Centre**

1229 Queen Street West | 416.537.2455 ext. 1271 | <http://www.pchc.on.ca/programs-services/>

Monday-Friday, 10:00am-12:00pm (visit website or call for afternoon hours)

#### **South Riverdale Community Health Centre – Outreach Clinic**

955 Queen St E. | 416-461-2493 | [www.srchc.ca](http://www.srchc.ca) | Tuesdays and Thursdays, 1:30pm

#### **Regent Park Community Health Centre**

465 Dundas St. E. | 416-921-8668 ext. 269 | [www.streethealth.ca/services/harm-reduction-program](http://www.streethealth.ca/services/harm-reduction-program)

Drug Information Drop-in: Monday, 9:30-12:00 | Women's Drop-in: Thursday, 9:00 – 12:00pm

*This list was compiled by The 519's Trauma Informed Counselling Services team. If you have any questions, feedback, or suggestions for additions to this list, please contact: [info@The519.org](mailto:info@The519.org)*