

Crisis Lines – call any time of day, any day of the week

Kids Help Phone: 1-800-668-6868 | chat www.kidshelpphone.ca (Wed-Sun, 6pm-2am)

Gerstein Centre: 416-929-5200

Trans Life Line: 1-877-330-6366

Peer support

LGBT Youth Line: peer support for 2SLGBTQ youth 29 and under

phone: 1-800-268-9688 | text: 647-694-4275 | www.youthline.ca (online chat)

Call, text, or chat online with a supportive person 4-9:30pm (closed Saturdays)

Mood Disorders Assoc. of Ontario – LGBTQ Peer Support Drop-in Group

36 Eglinton Ave, Ste 602 | 1st/3rd Wednesday of each month, 7-9 PM | mooddisorders.ca

Specifically for folks for identify as having a mood disorder | No participant limit

Counselling

Skylark – 2 free walk-in counselling clinics for kids and youth 0-25

Skylark ‘what’s up’ Walk-in Clinic — See website for hours

65 Wellesley St East, Unit 500 | www.skylarkyouth.org/ | 416-482-0081 x 333

Skylark YouthCan Impact Walk-in Clinic — See website for hours

40 Orchard View Blvd, Unit 102 | www.skylarkyouth.org/ | 416-482-0081 x 282

No health card or appointment required | First come, first serve basis

Egale Youth Outreach – free counselling for youth 15-29

290 Shuter Street | www.egale.ca/outreach/ | 416-964-7887 ext 9

Pre-booked and drop-in appointments are available.

Drop in hours are Monday to Friday from 3-8pm.

‘What’s Up’ Walk-in Clinic – free drop in counselling for youth at 6 locations

See website for hours and locations | www.whatsupwalkin.ca/ | 416-438-3697

Stella’s Place – mental health support for youth ages 16 to 29, individual & group services

18 Camden Street | www.stellasplace.ca | 416-461-2345 | connect@stellasplace.ca

EdgeWest Counselling Services – free counselling for youth 29 and under

1900 Davenport Rd, Toronto, ON | www.edgewest.ca

For people living in the area of Islington to Bathurst, Bloor to Eglinton, plus Mount Dennis

Call 416-652-4363 to book a counselling appointment

Open: Mondays and Wednesdays: 4-8pm; Saturdays 10am-2pm

ReachOUT at the Griffin Centre – Counselling for LGBTQ youth 12-18 – NO WAITLIST!

1126 Finch Ave West, Unit 16 – counsellors can also meet you closer to where you live
Email reachoutintake@griffincentre.org or call/text 416-738-1322 to do an intake.

<http://griffin-centre.org/programs.php>

Central Toronto Youth Services: Pride & Prejudice Program – free counselling for youth 12-25

65 Wellesley Street East, Suite 300 | 416-924-2100 x245

www.ctys.org/category/programs/#pride-amp-prejudice.

Planned Parenthood Toronto – health care and case coordination for people 13-29

36 Prince Arthur Ave | 416-961-0113

www.ppt.on.ca/services-and-programs/community-programming/for-lgbtq-youth/

Youth Outreach Workers at the Griffin Centre

Elvia: epenate@griffincentre.org | 416-738-8210

Shayen: shenry@griffincentre.org | 647-523-7063

Substance Use & Addictions

Pieces to Pathways, Drop-in Groups – for LGBTTQQ2SIA folks ages 16 to 29

21 Strickland Ave | 647-209-2043 (call or text) |

<https://www.facebook.com/PiecestoPathways/>

ACT SPUNK! Program – group programming for young GBQT guys

www.actoronto.org | 416-340-2437 x 235 | abusch@actoronto.org

Low-Cost and Free Services for GBQT Guys

OurSpace – free peer support counselling (from an RSW), workshops & events

www.thisisourspace.ca | for counselling email Cameron: mckencziecounselling@gmail.com

The Gatehouse | 3101 Lakeshore Blvd. W | <http://thegatehouse.org/> | 416 255-5900

- Supports, resources and advocacy on behalf of those impacted by childhood sexual abuse.

ACT Towel Talk – free

View schedules on website | www.actoronto.org/toweltalk | 416-340-8484 x 289

Wellness and Support Groups

Sherbourne Health Centre – Supporting Our Youth (SOY) – social support groups

333 Sherbourne St. | 416-324-4180 | www.soytoronto.org