



CRISIS HOTLINES

For Children in Crisis

Kid's Help Phone: 1-800-668-6868

For Adults in Crisis

Toronto Distress Centres: 416-408-4357

ConnexOntario: 1-866-531-2600

Crisis Services Canada: 1-833-456-4566

York Support Services Network: 905-310-2673

Peel/Dufferin Crisis Support: 905-278-9036

Scarborough Community Crisis Line: 416-495-2891

Mississauga Spectra Helpline: 416-920-0497

For Victims of Sexual Assault

Toronto Rape Crisis Centre: 416-597-8808

Assaulted Women's Helpline: 1-866-863-0511

Ontario Network of Sexual Assault Centres: 416-322-7327

Women's Support Network of York Region: 1-800-263-6734

Scarborough Sexual Assault & Domestic Violence Care Centre: 416-847-4144

For Indigenous Persons

First Nations, Inuit and Metis Wellness Help Line: 1-855-242-3310

Anishnawbe Health: 416-360-0486

Hotline for Indigenous Women: 1-855-554-4325

CAMH Aboriginal Service: 416-535-8501

MMIWG Crisis Line: 1-844-413-6649

National Indian Residential School Crisis Line: 1-866-925-4419

For LGBT Persons

Trans Life Line: (877) 330-6366

LGBT Youth Line: 1-800-268-9688