

RESOURCES & SUPPORTS

SERVICES & HELPLINES

Canadian Mental Health Association (CMHA)

416-789-7957

www.toronto.cmha.ca

Social Resource Centre

www.src-cmha.webs.com

Centre for Addiction and Mental Health (CAMH)

416-535-8501

www.camh.ca

Connex Ontario Health Services Information

www.connexontario.ca

Drug and Alcohol Helpline

1-800-565-8603

www.drugandalcoholhelpline.ca

Mental Health Helpline

1-800-531-2600

www.mentalhealthhelpline.ca

Ontario Problem Gambling Helpline

1-800-230-3505

Distress Centre of Toronto

416-408-HELP

Krasman Centre Warm Line (non-crisis)

1-888-777-0979

www.krasmancentre.com

Progress Place

416-960-WARM (8pm-12am)

www.warmline.ca

MOBILE CRISIS

Gerstein Centre Crisis Line & Mobile Team

416-929-5200

Integrated Community Mental Health Crisis Response Program

(Etobicoke & North York)

416-498-0043

Mobile Crisis Program

(Scarborough & East York)

416-289-2434

St. Elizabeth Mobile Crisis

(North York & Etobicoke)

416-498-0043

PEER SUPPORT & RECOVERY

Centre for Independent Living in Toronto

www.cilt.ca/peer_support_resources.aspx

Family Association for Mental Health Everywhere

www.fameforfamilies.com

Houselink www.houselink.on.ca

Mental Health Commission of Canada

www.mentalhealthcommission.ca

Mood Disorders Association of Ontario

www.mooddorders.ca

Ontario Council of Alternative Businesses

www.ocab.ca

Ontario Peer Development Initiative

www.opdi.org

Peer Support Accreditation & Certification

www.psac-canada.com

Peers For Progress

www.peersforprogress.org

Sound Times www.soundtimes.com