

YOUTH RESOURCES

MENTAL HEALTH SERVICES & HELPLINES

Canadian Mental Health Association

(CMHA) Youth Services, Youth Zone

416-789-7957

www.cmha.ca

Centre for Addiction and Mental Health

(CAMH) Youth Addiction & Concurrent Disorders Service

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

Delisle Youth Services

416-482-0081

www.delisleyouth.org

Distress Centre of Toronto

416-408-HELP

Gerstein Crisis Line & Mobile Team

416-929-5200

www.gersteincentre.org

Good to Talk Post-Secondary Helpline

1-866-925-5454

www.good2talk.ca

Kids Help Phone for Teens

1-800-668-6868

www.kidshelpphone.ca

Krasman Centre Warm Line (non-crisis)

1-888-777-0979

www.krasmancentre.com

LGBT Youth Line

1-800-268-9688

www.youthline.ca

Mindfulness Everyday

www.mindfulnesseveryday.org

Mindfulness Without Borders

www.mindfulnesswithoutborders.org

Progress Place Warm Line

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

www.warmline.ca

YouthLink

416-967-1773

www.youthlink.ca

211 Toronto

dial 211 on the phone

www.211toronto.ca

MOBILE CRISIS

Integrated Community Mental Health Crisis Response Program

(Etobicoke & North York)

416-498-0043

YOUTH RESOURCES

Mobile Crisis Program

(Scarborough & East York)
416-289-2434

St. Elizabeth Mobile Crisis

(North York & Etobicoke)
416-498-0043

WALK-IN SERVICES

East Metro Youth Services (East)

1200 Markham Road, Suite 200
416-438-3697
www.emys.on.ca
Walk-In hours: Mon-Thurs 2-7pm, Fri 10am-4pm, no appointment or OHIP card needed

Oolagen (Central)

65 Wellesley street East. Suite 500
416-395-0660
www.oolagen.org
Walk-In hours: Mon, Thurs, Fri 9am-1pm, Tues 12-8pm, Wed 3-6pm

Family Services Toronto (Central)

355 Church Street
416-595-9618
www.familyserVICEToronto.org
Walk-In hours: Wednesdays 4-8pm. Last appointment starts at 6:45

Tangerine Counselling Services (Peel Region)

160 Traders Blvd. East, Suite 100
Peel Children's Centre
85A Aventura Court
Walk-In hours: Tuesdays 9am-8pm.
Last walk-in session is at 6pm

Rapport Youth & Family Services

155 Clark Blvd., Unit 11
Brampton, Ontario, L6T 4G6
Wednesdays 9am-8pm.
Last walk-in session is at 6pm

Dixie Bloor Neighbourhood Centre

3650 Dixie Rd
Walk-In hours: Thursdays 9am-8pm.
Last walk-in session is at 6pm