Crisis Services

For patients and families

Contact these services to find the help you need, 24 hours a day.
These resources may be able help you by phone, in your home or in your community. Call each service to find out more details.

**Community Helpline**
Phone: 211 or 416 397 4636
- This is a free, 24-hour information and referral service. It can give you information about many different community resources, including housing, financial aid and other services.

**Crisis Services**

**Centre for Addiction and Mental Health (CAMH)**
Emergency Department, 250 College Street, Toronto Ontario
- This emergency department provides 24 hour, 7 days a week emergency assessment and treatment for adults with mental health and substance use problems. This service is not for medical emergencies.

**Distress Centre Crisis Line**
Phone: 416 408 4357

**Gerstein Centre Crisis Line/Mobile Unit**
100 Charles Street East, Toronto Ontario
Phone: 416 929 5200

**Progress Place Warm Line (not for crisis, but for support)**
Phone: 416 960 9276 or text 647 557 5882
Online chat available.

**Crisis Outreach Service for Seniors**
Phone: 416 217 2077

**Anishnawbe Mental Health Crisis Line**
Phone: 416 891 8606
Assault and/or Abuse Resources

Assaulted Women’s Helpline
Phone: 416 863 0511

Kids Help Phone
Phone: 1 800 668 6868

Rape Crisis Line
Phone: 416 597 8808

Toronto Police Victim Services
Phone: 416 808 7066

Child Abuse or Neglect Resources

Catholic Children’s Aid Society
Phone: 416 395 1500

Children’s Aid Society
Phone: 416 924 4646

Jewish Family and Child Services
Phone: 416 638 7800

Public Guardian and Trustee (PGT) Urgent Investigations Unit
Phone: 416 327 6348
Evening or Overnight Resource for Shelter and Drop-in Programs

Shelter Search Support
Phone: 416 338 4766 or 1 877 338 3398 or dial 311

Detox Bed Search Support
Phone: 416 864 5040 or 1 866 366 9513

Sistering (Women 24 Hour Drop-In program)
Location: 962 Bloor Street West

Adelaide Resource Centre for Women
Location: 67 Adelaide Street East

Margaret’s House
Location: 21 Park Road
Phone: 24/7 warm-line at 416 463 1481

- May be outdoors throughout the night. Offers drinks and snacks at night for those who are outside

Early Morning Drop-in and Meal Programs:

The Neighbourhood Group
Location: 260 Augusta Avenue
Monday to Friday: 7:30 am breakfast and drop-in
Sunday: 8 am breakfast and drop-in

Margaret’s Toronto East
Location: 323 Dundas Street East
Monday to Sunday: 7 am breakfast and drop-in
Fontbonne Ministries
Location: 791 Queen Street East
Monday to Tuesday: 8:30 am snacks and drop-in
Friday: 8:30 am snacks and drop-in
Saturday: 11:30 am snacks and drop-in
Sunday: 10 am snacks and drop-in

Church of the Redeemer
Location: 162 Bloor Street West
Monday to Friday: 8 am

Scott Mission
Location: 346 Spadina Avenue
Breakfast 8:30 am to 9 am. Lunch: 12:30 pm to 1:30 pm

Haven Toronto
Location: 170 Jarvis Street
Drop-in and breakfast 8:15 am to 9:15 am