

Crisis Services



For patients and families

Contact these services to find the help you need, 24 hours a day.



Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

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



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