# **CRISIS LINES IN ONTARIO**





## Call 911 for police, fire or medical emergencies



Call 911 only for emergencies, such as when someone is in immediate danger, experiencing a medical or mental health crisis, at risk of harming themselves or others, or in need of urgent assistance from police, firefighters, or paramedics.



### **Call 211 for Mental Health Support**

If you or someone you know needs mental health support, call 211 for free, 24/7 access to local resources from Findhelp | 211, which partners with 200+community organizations.



## Call 988 for Suicide Crisis Helpline

For immediate support in a suicide crisis, call 988, the Suicide Crisis Helpline, available 24/7 anywhere in Canada.



### Call 416-408-4357 for Distress Centres of GTA

Call 416-408-4357 to access 24/7 emotional support for people in distress, including those experiencing anxiety, depression, loneliness, or suicidal thoughts in Greater Toronto Area.



## Call 416-247-5426 for Telecare Distress Centre

Call Telecare Distress Centre at 416-247-5426 for confidential crisis support, providing emotional support to those feeling overwhelmed, isolated, or in distress. The service also offers listening, guidance, and referrals to help you cope.

# **CRISIS LINES IN ONTARIO**





#### Call 416-808-7066 for Victims Services

For crisis support and assistance, Victim Services Toronto provides 24/7 help to victims of crime and sudden tragedy, offering emotional support, safety planning, and referrals to community resources; visit victimservicestoronto.com or call 416-808-7066 for immediate assistance.



## Call 416-863-0511 for Assaulted Women's Helpline

For confidential support and crisis assistance, the Assaulted Women's Helpline provides 24/7 help to women experiencing abuse, offering emotional support, safety planning, and referrals to community resources; visit <u>awhl.org</u> or call 416-863-0511 for immediate assistance.



### **Call 311 for Non-emergency City Services**

For non-emergency services in Toronto, including rescuing injured animals, noise complaints, waste collection, and emergency shelter support, call 311 anytime, 24/7, with assistance available in over 180 languages, or contact Central Intake at 416-338-4766 for shelter help.



#### Call 1-800-850-5090 for Canadian Red Cross

For assistance with emergencies and disaster relief, the Canadian Red Cross provides support to communities affected by crises, including shelter, food, and essential supplies; visit redcross.ca or call 1-800-850-5090 for 24/7 help.