



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.



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 awhl.org 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.