

**Ontario**

**Toronto Distress Centres** at 416 408-4357 or 408-HELP

**Gerstein Centre** at 416 929-5200

**Spectra Helpline** at 416 920-0497 or 905 459-7777 for Brampton and Mississauga residents

**Helpline** at 416 863-0511; Toll-free: 1 866 863-0511

**Community Crisis Line Scarborough and Rouge Hospital** at 416 495-2891 for 24/7 telephone crisis support.  
Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park

**Durham Crisis and Mental Health Line** at 905 666-0483

**Oakville Distress Centre** at 905 849-4541 for residents of Halton Region (*Burlington, Halton Hills, Milton and Oakville*)

**Crisis and Suicide Prevention Services Canada** at 1-833-456-4566

**ConnexOntario** at [1-866-531-2600](tel:1-866-531-2600) treatment service information if you have problems with gambling, drugs, alcohol or mental health