

MENTAL HEALTH, PEER SUPPORT & COUNSELLING RESOURCES

Hard Feelings does not endorse or guarantee service of any these resources.

Please use this list as a guide to help you find the support you need.

FREE SERVICES	CRISIS & SUPPORT LINES
<p>Canadian Mental Health Association (CMHA) www.toronto.cmha.ca 416-789-7957 / 416-789-7957</p> <p>Centre for Addiction & Mental Health (CAMH) www.camh.ca/en/your-care/access-camh 416-535-8501, option 2</p> <p>Community Health Centres (CHCs) To locate the CHC nearest you, go to: www.allianceon.org/find-a-centre</p> <p>LOFT Community Services (Youth, Adults and Seniors) www.loftcs.org 416-979-1994</p> <p>Mood Disorders Association of Ontario www.mooddorders.ca 416-486-8046</p> <p>Native Child and Family Services www.nativechild.org 416-969-8510</p> <p>Stella's Place (for young adults up to 29) www.stellasplace.ca 416-461-2345</p> <p>The 519 - Trauma Informed Counselling Services (LGBTQ2S folks, 16+) www.the519.org/programs/community-counselling</p> <p>Women's College Hospital - Brief Psychotherapy Unit www.womenscollegehospital.ca/care-programs/mental-health/bpcw/ 416-323-6011</p> <p>Woodgreen – Walk-in Counselling Service www.woodgreen.org/services/programs/walk-in-counselling/ 416-572-3575</p>	<p>Assaulted Women's Helpline 416-863-0511</p> <p>Good2Talk (for post-secondary students) 1-866-925-5454</p> <p>Gerstein Crisis Line 416-929-5200</p> <p>Hope for Wellness Helpline (for all Indigenous peoples across Canada) 1-855-242-3310</p> <p>LGBT Youthline 1-800-268-9688</p> <p>Mental Health Helpline (ConnexOntario) 1-800-531-2600</p> <p>Naseeha Youth Helpline (Peer support for Muslim youth) 1-866-627-3342</p> <p>PFLAG Support Line 416-406-6378</p> <p>Seniors Safety Line 1-866-299-1011</p> <p>Toronto Distress Centre 416-408-4357</p> <p>Toronto Rape Crisis Centre 416-597-8808</p> <p>Trans Life Line 1-877-330-6366</p> <p>Victims Services Toronto 416-808-7066</p> <hr/> <p>Crisis Text Line (Canada) Text 686868</p>