

MENTAL HEALTH, PEER SUPPORT & COUNSELLING RESOURCES

A list of mental health resources (mostly in Toronto/Ontario) that you may find helpful.

FREE SERVICES

Across Boundaries

acrossboundaries.ca

416-787-3007 ext. 222

Breakaway Community Services

breakawaycs.ca

416-537-9346

Canadian Mental Health Association (CMHA)

toronto.cmha.ca

416-789-7957

Centre for Addiction & Mental Health (CAMH)

camh.ca/en/your-care/access-camh

416-535-8501, option 2

Centre Francophone (Mental Health Services)

centrefranco.org

416-922-2672

Community Health Centres (CHCs)

To locate the CHC nearest you, go to:

allianceon.org/find-a-centre

Family Service Toronto

familyservicetoronto.org

416-595-9618

LOFT Community Services (Youth, Adults and Seniors)

loftcs.org

416-979-1994

Mood Disorders Association of Ontario

mooddisorders.ca

416-486-8046

Native Child and Family Services

nativechild.org

416-969-8510

Stella's Place (for young adults up to 29)

stellasplace.ca

416-461-2345

The 519 – Single session counselling (2SLGBTQ+ folks, 16+)

the519.org/programs/counselling-over-the-phone

Women's College Hospital–WRAP

womenscollegehospital.ca/care-programs/mental-health/

416-323-6230

Woodgreen– Walk-in Counselling Service

woodgreen.org/programs/walk-in-counselling-wic

416-572-3575

CRISIS & SUPPORT LINES

Assaulted Women's Helpline

awhl.org

1-866.863-0511

text #SAFE (#7233) on phone

Fem'aide (French crisis line for women)

femaide.ca

1-877-336-2433

Good2Talk / Allo J'écoute

good2talk.ca

1-866-925-5454

Gerstein Crisis Centre

gersteincentre.org

416-929-5200

Hope for Wellness Helpline (For all Indigenous peoples across Canada)

hopeforwellness.ca

1-855-242-3310

Kids Help Phone / Jeunesse J'écoute

kidshelpphone.ca

1-800-668-6868 | or text 686868

LGBT Youth Line

youthline.ca

1-800-268-9688

Mental Health Helpline (ConnexOntario)

connexontario.ca/en-ca

1-866-531-2600

National Eating Disorder Information Centre – Helpline

nedic.ca

1-866-633-4220

Naseeha Youth Helpline (Peer support for Muslim youth)

naseeha.org

1-866-627-3342

Toronto PFLAG Support Line

torontopflag.org

416-406-6378

Progress Place Warm Line

warmline.ca

416-960-9276

Seniors Safety Line

eapon.ca/seniors-safety-line

1-866-299-1011

Distress Centres of Toronto

dcogt.com

416-408-4357 | or text 45645

Toronto Rape Crisis Centre/ Multicultural Women Against Rape

trccmwar.ca

416-597-8808

Trans Life Line

translifeline.org

1-877-330-6366

Victim Services Toronto

victimservicetoronto.com

416-808-7066

HARD FEELINGS

STRONGER MENTAL HEALTH

Email: info@hardfeelings.org
www.hardfeelings.org
hardfeelingsto

**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.*