

For emergency mental health support, dial 9-1-1 or go to your nearest emergency room.

Over-the-phone crisis support

For people of all ages, genders, and sexual orientations

Gerstein Crisis Centre (24/7): 416-929-5200

Toronto Distress Centre (24/7): 416-408-4357 or text 741741 (2am-2pm daily)

For trans people

Trans Life Line (11am-5am EST): 1-877-330-6366

For survivors of gender-based or sexual violence

Toronto Rape Crisis Centre (24/7): 416-597-8808

Assaulted Women's Helpline (24/7): 1-866-863-0511

For people under 20 years old

Kids Help Phone: (24/7) 1-800-668-6868

For people 65+ years old

Crisis Outreach Service for Seniors (9:00am-5:00pm daily): 416-217-2077

Free walk-in counselling

For people of all ages, genders, and sexual orientations

Sherbourne Health Centre Walk-In Counselling - Tuesdays at 12:00pm

333 Sherbourne St. | www.shc.on.ca | 416-324-4180 |

WoodGreen Community Walk-in Counselling – Tuesdays & Wednesdays at 4:00pm

815 Danforth Avenue, Suite 100 | www.woodgreen.org | (416) 572-3575

Family Service Toronto Open Door Walk-in Counselling - Wednesdays 3:00pm

355 Church Street | www.familyserVICEToronto.org | 416-595-9230 |

For people living with HIV and all gay, bi, queer, MSM and trans men

AIDS Committee of Toronto (ACT) Drop In Counselling

Drop by 543 Yonge Street, 4th floor | www.actoronto.org/counselling | 416-340-2437

For Two-Spirit and Indigenous trans people

Anishnawbe Heath Toronto - Traditional healing, peer support and counselling services

179 Gerrard, St E, Toronto, ON | 416-920-2605 | scarpenter@aht.ca and kvalen@aht.ca

Drop by Monday-Friday, 9:30-11:00am and 1:30-3:00pm

For people under 30 years old

Egale Youth Outreach (LGBTQ2S specific)

290 Shuter Street | www.egale.ca/outreach/ | 416-964-7887 ext 9 | For drop-ins, call to inquire Mon-Fri

Skylark Walk-In Clinic (for all children and youth under the age of 25)

65 Wellesley Street E, Unit 500 | 416-482-0081 ext 333 | Drop-in Monday-Friday, call / see site for times

<http://www.skylarkyouth.org/what-we-do/programs-counselling-services/walk-in-clinics/>

'What's Up' Walk-in Clinic

See website or call for hours and locations | www.whatsupwalkin.ca/ | 416-438-3697

Mental Health Peer Support

Mood Disorders Association of Ontario – LGBTQ Peer Support Drop-in Group

1st and 3rd Wednesday of each month, 7:00-9:00pm | 36 Eglinton Ave, Suite 602 | 416-486-8046

<https://www.mooddisorders.ca/event/toronto-drop-in-group-lgbtq-peer-support-drop-in-group>

LGBT Youth Line – peer support by and for people 29 and under

Call 1-800-268-9688 | Text 647-694-4275 | Chat www.youthline.ca

Progress Place Warmline – peer support hotline

Call 416-960-9276 | Text 647-557-5882 | Chat www.warmline.ca

7 Cups of Tea – online peer and professional support <https://www.7cups.com/connect/>

Other Crisis and Information Services

Community and Social Services Hotline (24/7): 2-1-1 or www.211toronto.ca

Emergency Shelter Access (24/7): 416-338-4766 or 1-877-338-3398

Toronto Substance Withdrawal Management System (24/7): 416 864-5040 or 1 866 366-9513

Toronto Police Services Non-Emergency Line (24/7): 416-808-2222

Telehealth Ontario (24/7): 1-866-797-0000

Ontario Legal Line (24/7): 416-929-8400 | Online legal information: www.cleo.on.ca and www.stepstojustice.ca

Toronto Workers' Action Centre Hotline: 416-531-0778 | <http://workersactioncentre.org> | Hours online

Toronto Tenant Hotline: 416-921-9494 | <https://torontotenants.org> | Monday-Friday, 8:30am–6:00pm

Harm Reduction Drop-Ins

The Works

277 Victoria St. (Yonge & Dundas) | 416-392-0520 | Monday to Friday, 10:00am – 5:00pm

Pieces to Pathways (for 2SLGBTQ people under 30)

21 Strickland Ave. | (647) 209-2043 | www.breakawayaddictions.ca/p2p

Thursdays, 5:00-8:00pm | Counselling and case management also available by appointment

Sherbourne Health Centre – STASH Program

333 Sherbourne St., 1st floor | www.sherbourne.on.ca | 416-324-4100 | Fridays, 9:30-11:30am

Parkdale Community Health Centre

1229 Queen Street West | 416.537.2455 ext. 1271 | <http://www.pchc.on.ca/programs-services/>

Monday-Friday, 10:00am-12:00pm (visit website or call for afternoon hours)

South Riverdale Community Health Centre – Outreach Clinic

955 Queen St E. | 416-461-2493 | www.srchc.ca | Tuesdays and Thursdays, 1:30pm

Regent Park Community Health Centre

465 Dundas St. E. | 416-921-8668 ext. 269 | www.streethealth.ca/services/harm-reduction-program

Drug Information Drop-in: Monday, 9:30-12:00 | Women's Drop-in: Thursday, 9:00 – 12:00pm

This list was compiled by The 519's Trauma Informed Counselling Services team. If you have any questions, feedback, or suggestions for additions to this list, please contact: info@The519.org