

Mental health emergencies require emergency services. Our therapists may not be able to offer same-day sessions, but we can arrange a session with the next available person who matches your concerns. In case of an emergency, walk-in counselling clinics can provide immediate assistance.

Here is a list to connect with:

Distress lines

When in need of someone to talk to. Operated by various agencies. Open 24 hours a day (unless otherwise indicated):

- **9-8-8 Suicide Crisis Helpline:** Call or text 9-8-8
- **Toronto Distress Centres:** 416 408-4357 or 408-HELP
- **Gerstein Centre:** 416 929-5200
- **Spectra Helpline:** 416 920-0497 or 905 459-7777 for Brampton and Mississauga residents
TTY: 905 278-4890; *Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese*
- **Assaulted Women's Helpline:** 416 863-0511; Toll-free: 1 866 863-0511
- **Kids Help Phone:** 1 800 668-6868; Languages: English and French
- **Community Crisis Line Scarborough and Rouge Hospital:** 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:** 905 666-0483
- **Distress Centre Halton:** *For Residents of the Halton Region (Burlington, Halton Hills, Milton, and Oakville). Oakville: 905-849-4541; Burlington: 905-681-1488; Milton/Halton Hills: 905-877-1211*

Please also message us; we can help follow up, and we won't miss you.



647-MYO-MIND (696-6463)