

## Mental Health and Substance Use

DATE ITEM NOTES

### Crisis Lines

	Youthdale 24/7 Crisis Line (416-363-9990)	<a href="https://www.youthdale.ca/crisis-line">https://www.youthdale.ca/crisis-line</a>
	Scarborough Health Network- Crisis Line	Telephone crisis line: 416 495-2891 <a href="https://www.shn.ca/mental-health/crisis-support/">https://www.shn.ca/mental-health/crisis-support/</a>
	Indian Residential School Crisis Line	<a href="https://www.irssa.ca?qa&amp;how-do-i-reach-the-24-hour-crisis-line">https://www.irssa.ca?qa&amp;how-do-i-reach-the-24-hour-crisis-line</a> 1-800-721-0066
	The Redwood - 24hr. crisis counselling	Call 416-633-8538 Text 647-370-8300
	Good to Talk- helpline for post-secondary students	<a href="https://good2talk.ca/ontario/">https://good2talk.ca/ontario/</a> 1-866-925-5454
	Kids Help Phone	Texting helpline: text CONNECT to 686868
	Toronto seniors helpline (various languages)	Phone: 416-217-2077 Long Distance: 1-877-621-2077
	Black youth help line	Call 416-285-9944 Toll Free 1-833-294-8650 <a href="https://blackyouth.ca">https://blackyouth.ca</a>
	Distress Centre of Greater Toronto	416-408-4357 or text 45645
	Gerstein Mental Health Crisis Line	416-929-5200
	Trans Life Line (for trans and gender non-conforming folks)	1-877-330-4366
	LGBT Youthline	phone: 1 800 268 9688 text: 647 694 4275 live chat (4pm- 9:30pm): <a href="https://www.youthline.ca/#">https://www.youthline.ca/#</a>
	GTA Alcoholics Anonymous	<a href="https://www.gatoronto.org/">https://www.gatoronto.org/</a> (416) 487-5591

### Substance Use and Harm Reduction

	META PHU- Find a Rapid Access Addiction Medicine (RAAM) clinic near you	<a href="http://www.metaphi.ca/raam-clinics/">http://www.metaphi.ca/raam-clinics/</a>
10/21/2021	Government of Ontario- Where to get free naloxone kits	<a href="https://www.ontario.ca/page/get-naloxone-kits-free">https://www.ontario.ca/page/get-naloxone-kits-free</a>
	Fred Victor Supervised Consumption Service - safe injection site	145 Queen, St. East and 139 Jarvis St. 416-364-8228
	Fred Victor Drug and Alcohol Withdrawal Management	145 Queen, St. East. 416-364-8228
	Parkdale Community Health Centre- Harm Reduction Programming, Supervised Consumption Site,	<a href="https://pqchc.org/calendar/">https://pqchc.org/calendar/</a>
	Be brave - an app that connects drug users to members of the community	<a href="https://www.thebraveapp.com/">https://www.thebraveapp.com/</a>
	Sistering- Harm Reduction Program	<a href="https://sistering.org/harm-reduction/">https://sistering.org/harm-reduction/</a>
	Evas- Harm Reduction Programming	<a href="https://www.evas.ca/what-we-do/harm-reduction/">https://www.evas.ca/what-we-do/harm-reduction/</a>
	Toronto Narcotics Anonymous	<a href="https://www.torontona.org/">https://www.torontona.org/</a> 1-888-811-3887
	Smart Recovery Canada- Virtual OPEN addiction support meetings	<a href="https://smartrecoverytoronto.com/get-started/">https://smartrecoverytoronto.com/get-started/</a>
5/19/2021	Toronto Drug Checking Service	<a href="https://drugchecking.cdps.org/alerts/">https://drugchecking.cdps.org/alerts/</a>
	Unison Health & Community Services- Harm Reduction Program	<a href="http://unisonhcs.org/programs-services/harm-reduction/">http://unisonhcs.org/programs-services/harm-reduction/</a>
	CAMH- Substance Use Program for African Canadian Caribbean Youth	<a href="https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth">https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth</a>

### Mental Health Programming and Counselling

	Progress Place- Recovery centre for those living with mental illness	<a href="https://www.progressplace.org/approach.html">https://www.progressplace.org/approach.html</a>
	Ontario Psychological Association - find a psychologist	<a href="https://askforhelptoday.ca/">https://askforhelptoday.ca/</a>
	Mind Beacon- Free therapist guided program	<a href="https://info.mindbeacon.com/btn542">https://info.mindbeacon.com/btn542</a>
	Lifted By Purpose - mental health through the arts	<a href="https://liftedbypurpose.com/">https://liftedbypurpose.com/</a>
	Gerstein Crisis Centre- Wellness & Recovery Programming	<a href="https://gersteincentre.org/wellness-and-recovery/">https://gersteincentre.org/wellness-and-recovery/</a>
	SickKids Centre for Community Mental Health - Children up to 18 and their families	<a href="https://sickkidscmh.ca/garry-hurvitz-cmh/">https://sickkidscmh.ca/garry-hurvitz-cmh/</a>
	Toronto Family Service- Counselling	<a href="https://familyserVICetoronto.org/our-services/programs-and-services/counselling/">https://familyserVICetoronto.org/our-services/programs-and-services/counselling/</a>
	Hong Fook Mental Health Association- Services offered in Korean, Chinese, Vietnamese, Khmer	<a href="https://hongfook.ca/association/our-services/">https://hongfook.ca/association/our-services/</a>
	CAMH- mental health and addiction programs and services.	<a href="https://www.camh.ca/en/your-care/programs-and-services">https://www.camh.ca/en/your-care/programs-and-services</a>
	Bounce Back - on-line help for adults 15+ (guided self help program)	<a href="http://www.bouncebackontario.ca">www.bouncebackontario.ca</a>
	Barbra Schiffer Clinic- counselling	<a href="https://www.schifferclinic.com/counselling-services/">https://www.schifferclinic.com/counselling-services/</a>
	Strides Toronto- Mental Health Programming & Individual Therapy	<a href="https://stridestoronto.ca/programs/#mental-health">https://stridestoronto.ca/programs/#mental-health</a> <a href="https://stridestoronto.ca/programs/#individual-therapy">https://stridestoronto.ca/programs/#individual-therapy</a>
	TAIBU community health centre- Serves Black Communities	<a href="https://www.taibuhealth.ca/en/taibu-community-services/health-and-wellness/">https://www.taibuhealth.ca/en/taibu-community-services/health-and-wellness/</a>
	Canadian Mental Health Association	<a href="https://toronto.cmha.ca/our-services/">https://toronto.cmha.ca/our-services/</a>
	Woodgreen Community Services	<a href="https://www.woodgreen.org/services/health-wellness">https://www.woodgreen.org/services/health-wellness</a>
	Wanasaah Regent Park- Individual counselling for Black youth and their families who live in Regent Park	<a href="https://wanasaah.ca/services/">https://wanasaah.ca/services/</a>
	LOFT community services	<a href="https://www.loftcs.org/what-we-do/specialized-services/">https://www.loftcs.org/what-we-do/specialized-services/</a>

Harriet Tubman  
Community Organization-  
counselling for black youth  
who have been in contact  
with the law 12-24 y/o <https://www.tubmancommunity.org/programs>

Youth Wellness Hub - walk-  
in counselling <https://youthhubs.ca/en/sites/toronto-east/>

CAFACAN- Caribbean  
African Canadian Social  
Services <https://cafcan.org/our-services/>

Women's health in  
women's hands <https://www.whwh.com/mental-health-services>

Rexdale Community Health  
Centre <https://www.rexdalechc.com/health-care-services/health-promotions-programs>

Black Creek Community  
Health Centre- Mental  
health counselling <https://www.bcchc.com/services/mental-health-counselling-2/>

Evas- Family Reconnect  
Program, individual and  
group counselling for  
youth at-risk of  
homelessness <https://www.evas.ca/what-we-do/family-reconnect/>

Canadian Centre for Victims  
of Torture- Mental Health  
Counselling <https://ccvt.org/mental-health-counselling-support/>

Arab Community Center of  
Toronto- Mental Health and  
Wellbeing <https://acctonline.ca/services-programs/mental-health-and-well-being/>

Madison Community  
Services <https://madisonca.org/>

Other

The 519- Emotional self-  
care tip sheets in different <https://www.the519.org/covid19-emotional-selfcare>

7/22/2020

City of Toronto- COVID -19  
Harm Reduction Tips <https://www.toronto.ca/wp-content/uploads/2020/03/975e-COVID-19-Harm-Reduction-Tips.pdf>

Jack.org- Youth COVID  
Mental Health resources  
Hub <https://jack.org/covid>

























