

## Wrap Around Services

### Mental Health and Substance Use

Updated July 19<sup>th</sup>, 2024

<b>Crisis Lines</b>	Youthdale 24/7 Crisis Line	<a href="https://www.youthdale.ca/contact">https://www.youthdale.ca/contact</a> 416-363-9990
	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>
	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>
	Black youth help line	Call 416-285-9944 Toll Free 1-833-294-8650 <a href="https://blackyouth.ca/">https://blackyouth.ca/</a>
	Toronto senior's helpline (various languages)	Phone: 416-217-2077 Long Distance: 1-877-621-2077
	Good to Talk-helpline for post-secondary students	<a href="https://good2talk.ca/ontario/">https://good2talk.ca/ontario/</a> 1-866-925-5454
<b>Substance Use and Harm Reduction</b>	META PHI- 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>
	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
	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>

<b>Mental Health Programming and Counselling</b>	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>
	Canadian Mental Health Association	<a href="https://toronto.cmha.ca/our-services/">https://toronto.cmha.ca/our-services/</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>
	Wanasah Regent Park Individual counselling for Black youth and their families who live in Regent Park	<a href="https://wanasah.ca/services/">https://wanasah.ca/services/</a>
	Youth Wellness Hub - walkin counselling	<a href="https://youthhubs.ca/en/sites/toronto-east/">https://youthhubs.ca/en/sites/toronto-east/</a>
	Canadian Centre for Victims of Torture- Mental Health Counselling	<a href="https://ccvt.org/mental-health-counselling-support/">https://ccvt.org/mental-health-counselling-support/</a>
	Arab Community Center of Toronto- Mental Health and Wellbeing	<a href="https://acconline.ca/services-programs/mental-health-and-well-being/">https://acconline.ca/services-programs/mental-health-and-well-being/</a>
<b>Other</b>	The 519- Emotional self-care tip sheets in different	<a href="https://www.the519.org/covid19-emotional-selfcare">https://www.the519.org/covid19-emotional-selfcare</a>