

CENTRE FOR INNOVATION IN PEER SUPPORT

Distress & Crisis Supports

If this is an emergency, please dial 9-1-1, your local emergency line, or visit your nearest emergency department.

Support
House



Centre for
Innovation in
Peer Support

1-833-845-WELL (9355) Ext 390

supporthouse.ca

centreinfo@supporthouse.ca

Centre for Innovation in Peer Support (Centre) is embedded in Support House. The Centre promotes & facilitates the meaningful engagement, empowerment and enhanced capacities of people with lived experience and families, as well as effective peer support services regionally, provincially, nationally and internationally. Copyright 2022© by Support House and Centre for Innovation in Peer Support. All rights reserved worldwide. This guide may be freely reproduced and distributed. Citation of the source is required under copyright law.

How to Use This Resource

Intention

The intention of this resource is to provide people in Ontario, Canada with a range of 24/7 support options when they are in distress or crisis. We recognize there may be additional local distress and crisis resources not listed here.

These supports are not Support House programs.

We encourage anyone who wishes to engage with one of these supports to do their own research into which services might best suit their needs. Use the options that feel most comfortable to you.

Legal

The views represented herein solely represent the views of the Centre for Innovation in Peer Support. Information in this document should not replace your own research and due diligence. The information used to create this resource draws on the experience of the Centre and public sources, referenced throughout. The materials in this resource are general guidelines only. This resource is not intended to provide legal advice. If there is a discrepancy between this document and any applicable legislation, the legislation will always prevail

National/International Crisis Lines

Canada

Crisis Services Canada

1-833-456-4566

<https://www.crisisservicescanada.ca/en/>

Kids Help Phone

1-800-668-6868

<https://www.kidshelpphone.ca/>

National Overdose Response Services (NORS)

1-888-688-6677(NORS)

<https://www.nors.ca/>

International Crisis Lines

Suicide Stop

A list of international hotlines

https://www.suicidestop.com/call_a_hotline.html

Ontario Local Distress & Crisis Lines

[Click here for a map of Ontario Regions](#)

Brant:

Brant Community Healthcare System

1-519-751-5544

<https://www.bchsys.org/en/care-services/mental-health-and-addiction.aspx>

Chatham-Kent:

CMHA Lambton Kent - Chatham Kent Mental Health Crisis Line

519-436-6100 or 1-866-299-7447

<https://lambtonkent.cmha.ca/programs-services/crisis-services/>

Cochrane-Timiskaming:

CMHA Cochrane-Timiskaming

In Timmins & Area:

Weekdays from 8:30 a.m. to 4:30 p.m: 705-267-8100

Evenings and weekends: 705-264-3003 or 1-888-340-3003

<https://cmhact.ca/contact-us/>

CMHA Cochrane-Timiskaming

In the Timiskaming District (Kirkland Lake, Englehart, Temiskaming Shores, Cobalt, Latchford):

24 hours: 1-888-665-8888

<https://cmhact.ca/contact-us/>

Durham:**Durham Mental Health Services**

905-666-0483 or 1-800-742-1890

<https://dmhs.ca/cause/crisis-response/>

Distress Centre Durham

905-430-2522

<https://distresscentredurham.com/>

Essex:**Hôtel-Dieu Grace Healthcare**

519-973-4435

<https://www.hdgh.org/crisis>

Elgin, Middlesex, Oxford:**Reach Out**

519-433-2023 (call or text)

<https://reachout247.ca/>

Grey-Bruce:**Grey Bruce Mental Health Crisis Line**

1-877-470-5200

<https://greybruce.cmha.ca/>

Halton:**COAST - CMHA Halton**

1-877-825-9011

<https://halton.cmha.ca/our-services/in-a-crisis/>

Distress Centre Halton

Oakville: 905-849-4541

Burlington: 905-681-1488

Milton/Halton Hills: 905-877-1211

www.dchalton.ca

Haldimand-Norfolk:**Crisis Assessment and Support Team**

1-866-487-2278

<https://www.camhs.ca/programs/crisis-assessment-and-support-team/>

Haliburton, Peterborough, Kawartha Lakes, and Northumberland:

CMHA Haliburton, Kawartha, Pine Ridge

705-745-6484 or 1-866-995-9933

<https://cmhahkpr.ca/programs-services/four-county-crisis/>

Telecare Distress Centre of Peterborough

705-745-2273

<https://www.telecarepeterborough.org/>

Hamilton:

COAST – CMHA Hamilton

1-844-972-8338

<https://coasthamilton.ca/>

Hastings-Prince Edward:

Addictions and Mental Health Services Hastings Prince Edward

613-969-7400, EXT. 2753

<https://hopedreamrecover.ca/>

Huron-Perth:

Huron-Perth Helpline and Crisis Response Team

1-888-829-7484

<https://www.hpcentre.on.ca/need-help-now>

Kenora:

Crisis Response Services

1-866-888-8988

<https://www.cmhak.on.ca/index.php/mental-health>

Kingston, Frontenac, Lennox and Addington:

AMHS KFLA

Kingston & Frontenac – 613-544-4229

Lennox & Addington – 613-354-7388

<https://www.amhs-kfla.ca/programs-services/crisis/>

Lanark, Leeds and Grenville:

Lanark, Leeds and Grenville Addictions and Mental Health

1-866-281-2911

<https://llgamh.ca/247-crisis-line.php>

Lambton:

CMHA Lambton Kent - Lambton Mental Health Crisis Line

519-336-3445 or 1-800-307-4319

<https://lambtonkent.cmha.ca/programs-services/crisis-services/>

Family Counselling Centre Sarnia-Lambton

519-336-3000 or 1-888-DISTRES (1-888-347-8738)

<https://www.familycounsellingctr.com/>

Muskoka-Parry Sound:

CMHA Muskoka - Parry Sound

Bracebridge: 705-645-2262 or 1-800-245-5036

Parry Sound: 705-746-4264 or 1-866-829-7049

Sundridge: 705-384-5392 or 1-866-829-7050

Huntsville: 705-789-8891

<https://mps.cmha.ca/programs-services/crisis-intervention-service/>

Niagara:

Niagara Crisis Line

1-866-550-5205

<https://niagara.cmha.ca/programs-services/crisis-support/>

Distress Centre Niagara

St. Catharines, Niagara Falls and Area: 905-688-3711

Port Colborne, Wainfleet and Area: 905-734-1212

Fort Erie and Area: 905-382-0689

Grimsby, West Lincoln: 905-563-6674

<https://distresscentreniagara.com>

Nipissing:

Nipissing Crisis Intervention Services

1-800-352-1141

<https://nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/crisis-24-hours-7-days-per-week-outpatient/>

Ottawa, Renfrew County, Prescott & Russell, Stormont, Dundas and Glengarry, and Akwesasne:

Crisis Line

Within Ottawa: 613-722-6914

Outside Ottawa: 1-866-996-0991

<https://crisisline.ca/>

Distress Centre Ottawa & Region

Distress Line: 613-238-3311

Crisis Line: 613-722-6914

www.dcottawa.on.ca

Peel-Dufferin:

PEEL 24.7 - CMHA Peel

905-278-9036

<https://cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/>

Thunder Bay:

CMHA Thunder Bay

Thunder Bay: 807-346-8282,

District / Toll-Free: 1-888-269-3100

<https://thunderbay.cmha.ca/programs-services/crisis-response-services/>

Renfrew:

Pembroke Regional Hospital – Mental Health Services of Renfrew County

1-866-996-0991

<https://www.pemreghos.org/mhsrc-crisis-management>

Simcoe:

CMHA Simcoe: Crisis Services

705-728-5044 or 1-888-893-8333, TTY Services Available

https://cmhastarttalking.ca/adult-services/crisis-services/#.YiO_aHrMJPY

Sudbury-Manitoulin:

CMHA Sudbury-Manitoulin

705-675-4760 or 1-877-841-1101

<https://sm.cmha.ca/mental-health/find-help/>

Toronto Area:

Gerstein Centre

416-929-5200

<https://gersteincentre.org/our-crisis-services/telephone-crisis-support/>

Toronto Distress Centre

1-833-456-4566

<https://www.torontodistresscentre.com/>

Waterloo-Wellington:

CMHA Waterloo-Wellington: Here 24/7 Crisis Support

1-844-437-3247 (HERE-247), TTY: 1-877-688-5501

www.here247.ca

York Region, South Simcoe and North York:

Krasman Centre Warm Line & Peer Crisis Support Services

1-888-777-0979

<https://krasmancentre.com/what-we-do/warm-line-peer-crisis-support/>

Person-Specific Distress & Crisis Lines

2SLGBTQ+ Young People

LGBT Youthline Ontario

647-694-4275

<https://www.youthline.ca/>

Caregivers

Ontario Caregiver Helpline

1-833-416-2273

<https://ontariocaregiver.ca/>

Elders/Seniors

Seniors Safety Line

1-866-299-1011

<https://eapon.ca/>

Indigenous Peoples of Canada:

Hope for Wellness Help Line

1-855-242-3310

<https://hopeforwellness.ca/home.html>

National Indian Residential School Crisis Line

1-866-925-4419

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

Indigenous Women

Talk4Healing

1-888-200-9997

<https://www.talk4healing.com/>

Post-Secondary Students:

Good 2 Talk

1-866-925-5454

<https://good2talk.ca/>

Trans People

Trans Lifeline

(877) 330-6366

<https://translifeline.org/>

Veterans, Former RCMP Members, Their Family Members, And Caregivers:

Veterans Affairs Canada's Mental Health Professionals

1-800-268-7708

<https://www.veterans.gc.ca/eng/contact/talk-to-a-professional>

Women Who Have Experienced Any Type of Abuse

Assaulted Women's Helpline

1-866-863-0511

<https://www.awhl.org/home>

See more of what the Centre has to offer!

Support House's Centre for Innovation in Peer Support provides wellness-based, peer-led self-help and social connections programming to community members with mental health and/or addictions challenges.

Our self-help groups provide a safe, non-judgmental space for supportive conversations about our individual wellness journeys. Together we explore the impacts of mental health and/or substance use challenges on our lives and share resources, tools and strategies that have been of support.

Our social connections groups are focused on building community and relationships through safe spaces to have light-hearted, fun, exploratory conversations, share creative experiences and play games.

[CLICK HERE TO VISIT OUR VARIOUS PEER SUPPORT OFFERINGS](#)

[CLICK HERE TO VISIT OUR SELF-HELP RESOURCE HUB](#)