

Additional resources

Crisis Lines: The following are available 24/7. Please note, for emergencies please call 911 or go to the emergency department.

- Kids' Help Phone: 1-800-668-6868 (up to age 21). Text: 686868
- Youthdale Crisis Services: 416-363-9990 (up to age 16; has a mobile crisis team)
- ONTX – Ontario Online & Text Crisis Services: Text 741741 or go online (available 2pm-2am)
- LGBTQ Youth Line: 1-800-268-9688
- Toronto Distress Centres: 416-408-4357 (age 16+)
- Ontario Mental Health Helpline: 1-866-531-2600 (140 languages)
- Assaulted Women's Helpline: 416 863-0511
- Anishnawbe 24/7 Mental Health Crisis Management Service: 416-891-8606
- Emergency Shelter Central Intake: 416-338-4766 (16+)

Walk-In Counselling:

OHIP covered walk in mental health services with no appointment necessary. Please confirm hours on the website.

East Metro Youth Services (Danforth site - YouthCan IMPACT):

1871 Danforth Avenue
Toronto
416-690-1888
Up to age 29

East Metro Youth Services (Scarborough site – What's Up Walk In)

1200 Markham Road Suite 200
Scarborough
416-438-3697
Ages 0 to 29

Languages: English, Arabic, Cantonese, Mandarin, Dari, Farsi, Hindi, Urdu, Tagalog, Tamil, Spanish, French (please call to find out which days your preferred language is offered)

EdgeWest

1900 Davenport Road
Toronto
416-652-4363
Ages 13 to 29 (living between Eglinton, Bloor, Bathurst, and Islington)

Etobicoke Children's Centre (What's Up Walk In)

200 Ronson Drive 4th Floor
Etobicoke
416-240-1111
Up to age 24

Languages: English, Hindi, Punjabi, Urdu, Gujarati, Marathi, Indian Bengali (please call to find out which days your preferred language is offered)

Griffin Centre Mental Health Services (What's Up Walk In)

1126 Finch Ave West Unit 16
Toronto
416-222-4380
Ages 0 to 29

Languages: English, Mandarin, Farsi, Hindi, Urdu, Korean, Punjabi (please call to find out which days your preferred language is offered)

Skylark (downtown site – What’s Up Walk In)

65 Wellesley Street East Suite 500

Toronto

416-482-0081

Up to age 26

Offers immediate telephone interpretation if you require a specific language (please call to find out which days your preferred language is offered)

Skylark (midtown site - YouthCan IMPACT)

40 Orchard View Boulevard Unit 102

Toronto

416-482-0081

Ages 12 to 21

Stella’s Place

18 Camden Street

Toronto

416-461-2345

Ages 16 to 29

Tuesdays: 3pm – 5pm

Thursdays: 3pm – 5pm

Yorktown Family Services (What’s Up Walk In)

2010 Eglinton Avenue West Suite 300

Toronto

416-482-0081

Ages 0 to 24

Offers immediate telephone interpretation if you require a specific language (please call to find out which days your preferred language is offered)

YouthLink (What’s Up Walk In)

636 Kennedy Road

Scarborough

416-967-1773

Ages 0 to 24

Languages: English, Cantonese, Mandarin, Armenian, Urdu (please call to find out which days your preferred language is offered)

Additional Support:

- Canadian Mental Health Association, Toronto Branch: 416-789-7957
- Centre for Addiction and Mental Health (CAMH): 1-800-463-2338 or 416-535-8501
- Children’s Mental Health Ontario: 416-921-2109
- Drug and Alcohol Helpline: 1-800-565-8603
- Family Association for Mental Health Everywhere (FAME): 416-207-5032
- Sashbear Foundation Family Connections Program: <http://sashbear.org/en/family-connections/family-connections-2>
- Sunnybrook Navigation Project: 1-800-380-9367

LGBTQ Youth:

- **Lesbian Gay Bi Trans Youth Line:** phone and online support for youth up to age 26: 416-962-9688; 1-800-268-9688
- **Central Toronto Youth Services (CTYS):** <https://ctys.org/>. Community counselling programs 12-17 (outreach, individual, family and group). 65 Wellesley Street East, Suite 300, Toronto, ON M4Y 1G7. Phone: 416-924-2100 x 245.

- **The 519.** 519 Church Street, Toronto ON M4Y 2C9. Phone: 416-392-6874.
<https://www.the519.org/programs/category/youth>
- **Stars @ The Studio - Delisle Youth Services.** A drop-in space for youth age 13-21yrs with monthly drop in for LGBTQ youth. 416-482-0081.
- **Sherbourne Health Centre** - Programming for diverse LGBTQ youth (age 29 and under). 416-324-5077.
- **Resource Guide for Families of Transgender Youth:** https://43vm18syztbmv7x72s5gob18-wpengine.netdna-ssl.com/wp-content/uploads/woocommerce_uploads/2009/04/Families-in-TRANSition.pdf

Sexual Health:

OHIP covered confidential sexual health clinics in Toronto: <https://www.toronto.ca/community-people/health-wellness-care/health-clinics/sexual-health-clinics/>