



ONTARIO CRISIS RESOURCE INFORMATION

Developed by the Waterloo Region Suicide
Prevention Council and the Ontario Suicide
Prevention Roundtable.

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Please note, the Waterloo Region Suicide Prevention Council, and the Ontario Suicide Prevention Roundtable, does not provide counselling or crisis support. View resources below for access to mental health, addictions, and crisis services in Ontario:

Brant-Haldimand-Norfolk Region

Brantford- St. Leonard's Community Services

Phone: 1-519-759-7188

Toll free phone: 1-866-811-7188

Website: <https://www.st-leonards.com/admh/programs/integrated-mental-health-crisis>

**Community Addiction and Mental Health Services of Haldimand and Norfolk:
Crisis Assessment & Support Team (CAST)**

Phone: 1-866-487-2278

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

Champlain East Region

Suicide Prevention Coalition of Champlain East

Mental Health Crisis Line: 1-866-996-0991

Child, Youth and Family Crisis Line for Eastern Ontario: 1-877-377-7775

Website: REACHOUTNOW.CA

Cochrane-Timiskaming Region

CMHA Cochrane-Timiskaming

Timmins:

Phone: 1-705-267-8100

Website: <https://cmhact.ca/about-cmha/contact-us/>

Kirkland Lake

Phone: 1-705-567-9596

Website: <https://cmhact.ca/about-cmha/contact-us/>

Englehart

Phone: 1-705-544-1971

Website: <https://cmhact.ca/about-cmha/contact-us/>

Timiskaming Shores

Phone: 1-705-647-6644

Toll free phone: 1-877-677-9596

Website: <https://cmhact.ca/about-cmha/contact-us/>

Durham Region

Distress Centre Durham

Distress Line: 1-905-430-2522

Distress Line Toll-free Phone: 1-800-452-0688

Hours for Distress Line: 24 Hours

Pride Line: 1-855-87PRIDE (77433)

Website: www.distresscentredurham.com

Elgin County Region

Reach Out

Phone: 1-519-433-2023

Toll-free Phone: 1-866-933-2023

Website: reachout247.ca

Grey Bruce Region

CMHA Grey Bruce Mental Health Crisis Line

Phone: 1-519-371-3642

Toll free phone: 1-877- 470-5200 (24 Hours)

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

Guelph- Wellington Region

CMHA Waterloo Wellington Here 24/7

Phone: 1-844-437-3247 (HERE247)

Website: <https://here247.ca/>

Haliburton Kawartha Region

CMHA Haliburton, Kawartha, Pine Ridge

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

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

Halton Region

CMHA Halton: COAST (Crisis Outreach and Support Team)

Phone: 1 877 825 9011 or 1-844-646-1700

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

Distress Centre Halton Region

Oakville: 905-849-4541

Burlington: 905-681-1488

North Halton: 905-877-1211

Website: www.dchalton.ca

Hamilton Region

COAST Hamilton

Phone: 905-972-8338

Toll free phone: 1-844-972-8338

Website: <http://coasthamilton.ca/>

Huron-Perth Region

Huron Perth Helpline and Crisis Response Team

Phone: 1-888-829-7484

Website: <https://www.hpph.ca/en/health-matters/mental-health.aspx>

Kenora Region

CRISIS RESPONSE SERVICES 24/7

Phone: 1-866-888-8988

Kingston Region

Telephone Aid Line Kingston (TALK)

Distress Line: 1-613-544-1771

Hours: 6:00 p.m.- 2:00 a.m.

Website: <http://telephoneaidlinekingston.com/>

AMHS-KFLA 24/7 Crisis Line

Phone: 1-613-544-4229 in Kingston and Frontenac

Phone: 1- 613-354-7388 in Lennox and Addington

Website: <https://www.amhs-kfla.ca/>

Lanark, Leeds and Grenville Region

Developmental Services Lanark Leeds Grenville

Distress Line: 1-800-465-4442

Hours: 5:00 p.m.- 12:00 a.m.

Website: <https://developmentalservices.com/services-distress>

London and Middlesex Region

CMHA Middlesex 24/7 Support

Support Line: 1-519-601-8055 / 1-844-360-8055

Reach Out: 1-519-433-2023 / 1-866-933-2023

Website: <https://cmhamiddlesex.ca/programs-services/support-line/>

Muskoka-Parry Region

Crisis Line: (provided by CMHA, Simcoe County Branch)

Phone: 1-888-893-8333

Niagara Region

Mental Health and Addictions Access Line 24/7

Phone: 1-866- 550-5205

Website: <http://accesslineniagara.com/>

Distress Centre Niagara Region:

St. Catharines, Niagara Falls & Area: 1-905-688-3711

Fort Erie Area: 1-905-382-0689

Grimsby, West Lincoln: 1-905-563-6674

Port Colborne, Wainfleet: 1-905-734-1212

Website: www.distresscentreniagara.com

Northern Ontario Region

Beendigen Inc (Talk 4 Healing)

(Support and resources for Indigenous Women)

Distress Line: 1-855-554-HEAL (4325)

Languages:

Offers services in English, Ojibway, Oji-Cree, and Cree

Website: <http://www.talk4healing.com/>

Ottawa Region

Ottawa Region Mental Health Crisis Line

Phone: 1-613-722-6914 or 1-866-996-0991

Website: www.crisisline.ca

Distress Centre for Ottawa:

Distress Line: 1-613-238-3311

Text: 1-343-306-5550

Crisis Line: 1-613-722-6914 or 1-866-996-0991

Website: <https://www.dcottawa.on.ca/>

Mental Health Helpline

Phone: 1 866- 531- 2660

Tel-Aide Outaouais

(French Speaking Only)

Toll Free: 1-800-567-9699

Website: www.telaideoutaouais.ca

Peel Dufferin Region

CMHA Peel 24-7 Crisis Support

Phone: 1-905-278-9036

Phone: 1-888-811-2222 (Caledon and Dufferin)

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

Torchlight 24/7 Phone Line:

Phone: 1-888-821-3760

Website: <http://torchlightcanada.org/>

Crisis Response- Peel Children's Centre (18 years and under):

Phone: 1-905-273-4900 (During Office Hours)

Phone: 1-416-410-8615 (After Hours)

Website: <http://www.pccn.ca/peel-childrens-centre/>

Sault Ste. Region

Crisis Response Service

Phone: 1-705-759-3398

Toll free phone: 1-800-721-0077

Website: <https://sah.on.ca/programs-services/mental-health-addictions/crisis-services/>

Simcoe County Region

CMHA Simcoe County Crisis Line:

Phone: 1-705-728-5044

Toll free phone: 1-888-893-8333

Website: <https://cmhastarttalking.ca/find-help/#.XrsTBfZFxPY>

Sudbury-Manitoulin Region

Mental Health Helpline

Phone: 1-866- 531-2600

Thunder Bay Region

CMHA Thunder Bay Crisis Response Services:

Phone:1-807-346-8282

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

Northwest Region: 1-866-888-8988

Website: http://thunderbay.cmha.ca/programs_services/crisis-response-services/

Toronto Region

Distress Centre of Greater Toronto:

Phone: 1-416-408-4357

Text: 45645

Website: <https://www.dcogt.com>

Waterloo Region

CMHA Waterloo Wellington Here 24/7

Phone: 1-844-437-3247 (HERE247)

Website: <https://here247.ca/>

Windsor-Essex Region

24 Hour Crisis Line

Phone: 1-519-973-4435

York Region

COPE hotline (Community Crisis Respond Services):

Phone: 1-855-310-COPE (2673)

Toll free: 1-888-695-0070

Website: <http://www.yssn.ca/310-COPE>

DISCLAIMER: The directory is made available by Waterloo Region Suicide Prevention Council, and the Ontario Suicide Prevention Roundtable, as a public service only. The Waterloo Region Suicide Prevention Council, and the Ontario Suicide Prevention Roundtable does not provide oversight, recommendations, endorsement, or financial support for groups listed in the directory.