

Crisis Resources

247 Crisis Support Peel Dufferin

- 905-278-9036
- <https://cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/>
- 16+

Kids Help Phone Ontario

- Text home to 686868 – 24/7 OR Call 1-800-668-6868
- <https://kidshelpphone.ca/>
- 5-29

Halton COAST

- 1-877-825-9011- 24/7
- <https://www.haltonpolice.ca/services/coast/index.php>
- 16+

Toronto Crisis – Gerstein Center

- 416-929-5200- 24/7
- <https://gersteincentre.org/contact-us/>
- 16+

York Region – 310 COPE

- 1-855-310-2673- 24/7 (Call or text)
- <https://www.yssn.ca/310-COPE>
- 16+

Durham Region- Durham Mental Health Services

- 905-666-0483- 24/7
- <https://dmhs.ca/call/>
- 16+

Crisis Text Line Canada

- Text 741741-24/7
- <https://www.crisistextline.org/>
- Youth and Adult