

## KEEPSAKE CONNECTIONS - TORONTO

Gerstein Crisis Centre	416-929-5200	24-hour phone and mobile crisis service.	24 hours
Toronto Rape Crisis Centre/ Multicultural Women Against Rape	416-597-8808	Sexual assault and abuse-related calls, can support those with suicidal ideation and make referrals.	24 hours
Trans Lifeline	877-330-6366	Hotline operated by transgender people for transgender people.	24 hours
Toronto Distress Centre	416-408-HELP	Mental health crisis hotline.	24 hours
ONTX	258258 <a href="http://dcontario.org/ontx.html">http://dcontario.org/ontx.html</a>	Text service for crisis support; SMS or browser based.	2pm-2am
CAMH	250 College St	Emergency Room	24 hours
Toronto Western Hospital	399 Bathurst St	Emergency Room	24 hours
2-1-1	211	Toronto Support Services Info-Line	24 hours
Police Mobile Crisis Intervention	416-808-2222	Mobile Crisis Team, police-based	24 hours
Toronto Institute for Relational Therapy	<a href="http://tirp-lowcost-therapy.ca">Tirp-lowcost-therapy.ca</a> <a href="mailto:registrar@tirp.ca">registrar@tirp.ca</a>	Student and trainee therapists offer low-cost counselling (~\$25-40)	Online contact form
The Gestalt Institute of Toronto	416-964-9464 x 18	Students-in-training (~\$40)	9am-5pm
The Living Institute	416-515-0404	Sliding scale	9am-5pm

Ontario Psychotherapy and Counselling Program	<a href="http://referrals.psychotherapyandcounseling.ca/">referrals.psychotherapyandcounseling.ca/</a>	Referrals for low-cost psychotherapy on a sliding scale	Online
Ontario Find-a-Doctor	<a href="https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner">https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner</a> Health Care Connect: 1 800 445 1822 (or online, google “Ontario Health Care Connect”)		
The519	<a href="http://the519.org">the519.org</a>	LGBTQ-focused community programs	Varies
Central Toronto Community Health Centre	<a href="http://ctchc.com">ctchc.com</a>	Healthcare, Harm reduction, mental wellness and counselling programs	Varies
Anishnawbe Health Toronto	<a href="http://aht.ca">aht.ca</a>	Indigenous-focused health centre with a wide range of programming	Varies

Toronto Mega-PDF of Services and Organisations (University Health Network): [www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto\\_Mental\\_Health\\_Resources.pdf](http://www.uhn.ca/healthcareprofessionals/SCOPE/Referrals/Toronto_Mental_Health_Resources.pdf)

This is an incomplete list. There may be other services that work best for you and your specific needs, so we encourage you to seek them and share them! What works for you may not work for others, but we only gain by sharing.