**Mental Health Crisis Lines and Resources**

| **Organization** | **Contact Information** |
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| **Crisis Services Canada** | 1-833-456-4566 |
| **Ontario 211** | Dial 211 |
| **Canada Suicide Prevention Service (CSPS)** | 1-833-456-4566 |
| **Telehealth Ontario** | 1-866-797-0000 |
| **ConnexOntario** | 1-866-531-2600 |
| **Distress Centres of Toronto** | 416-408-HELP (4357) |
| **Seniors Safety Line** | Toll free number: [1-866-299-1011](tel:1-866-299-1011) |
| **Kids Help Phone** | 1-800-668-6868 |
| **York Support Services Network Community Crisis Response Service** | 1-855-310-COPE (2673) |
| **Distress Centre Windsor** | 519-256-5000 |
| **Family Counselling and Support Services for Guelph-Wellington** | 519-821-0140 |
| **Distress Centre Ottawa & Region** | 613-238-3311 |
| **Telecare Distress Centre of Peterborough** | 705-745-2273 |
| **Talk4Healing (Northern Ontario)** | 1-855-554-HEAL (4325) |
| **Distress Centre Halton** |  |
| North Halton Crisis Line | 905-877-1211 |
| Oakville Crisis Line | 905-849-4541 |
| Burlington (Hamilton) Crisis Line | 905-681-1488 |
| **Distress Centre Niagara** |  |
| St. Catharines, Niagara Falls & Area Crisis Line | 905-688-3711 |
| Port Colborne, Wainfleet & Area Crisis Line | 905-734-1212 |
| Fort Erie & Area Crisis Line | 905-382-0689 |
| Grimsby & West Lincoln Crisis Line | 905-563-6674 |
| **Lanark Leeds and Grenville Mental Health Crisis** | 1-866-499-8445 |
| **Telephone Aid Line Kingston** | 613-544-1771 |
| **Grey Bruce Owen Sound** | 1-877-470-5200 |
| **Distress Centre Durham** | 1-800-452-0688 |
| **Telecare Cambridge** | 519-658-5455 |
| **Reach Out Crisis Line:** Crisis Line supporting individuals in Elgin, Middlesex, and Oxford Counties | 1-866-933-2023 |
| **Warm Line, Progress Place (Toronto)** | 416-960-9276 or 416-960-WARM Monday to Sunday, 8 pm to 12 midnight |
| **Crisis Outreach Service for Seniors (COSS) Teams**  **(Toronto)** | Toronto Seniors Helpline 416-217-2077  9 a.m. to 5 p.m. Monday to Friday |
| **Good2Talk:** Postsecondary Youth | Toll free number: 1-866-925-5454 |