

Resource Guide

The City of Toronto

CRISIS LINES (24 HRS)

- Hope for Wellness Health Line: 1-855-242-3310
- Assaulted Women's Helpline: 416-863-0511
- Toronto Rape Crisis Centre: 416-597-8808
- Distress Centres of Greater Toronto: 416-408-4357
- Gerstein Distress Centre: 416-929-5200
- York Support Services Network: 1-855-310-2673

CRISIS LINES (NON-24 HRS)

- TransLifeline: 1-877-330-6366 (10AM-4PM)
- LGBTQ Youthline: 647-694-4275 (4PM-9:30PM)

ADULTS WHO EXPERIENCE(D) BULLYING RESOURCES

- Canadian Institute of Workplace Bullying Resources:
<https://instituteofworkplacebullyingresources.ca/>
- How to Deal With Adult Bullying:
<https://www.verywellmind.com/how-to-deal-with-adult-bullying-5187158>

MENTAL HEALTH SUPPORTS

- COTA Health: <https://cotainspires.ca/>
- CMHA Toronto: <https://toronto.cmha.ca/>
- Sound Times Support Services: <https://soundtimes.com/>
- Reconnect Community Health Services: <https://www.reconnect.on.ca/>
- Central Toronto Youth Services: <https://ctys.org/>
- Fred Victor Center: <https://www.fredvictor.org/>

*Most of the above also take on the following subcategories, but these are additional options:

DISORDERED EATING SUPPORTS

- North York General Hospital: <https://www.nygh.on.ca/eating-disorders-program>
- Sheena's Place: <https://sheenasplace.org/>
- Toronto General Hospital:
https://www.uhn.ca/MentalHealth/Clinics/Eating_Disorder#about

SUPPORT GROUPS & SELF HELP

- YWCA Toronto:
<https://www.ywcatoronto.org/ourprograms/supportservices/mentalhealthsupport#:~:text=YWCA%20Toronto%20Choices%20for%20Living,find%20positive%20pa>
- Emotions Anonymous: <https://emotionsanonymous.org/>
- Mood Disorders Association: <https://mooddisorders.ca/>

BY APPOINTMENT COUNSELING SERVICES

- Medical Clinic for Person-Centred Psychotherapy: www.medicalpsychclinic.com
- Malvern Family Resource Centre: <https://mfrc.org/>

WALK IN COUNSELING SERVICES

- Family Service Toronto:
<https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/>
- Woodgreen Walk In Counselling (WIC):
<https://www.woodgreen.org/programs/walk-in-counselling-wic>

ANGER MANAGEMENT SUPPORT SERVICES

- John Howard Society: <https://johnhoward.on.ca/>
- Yorktown Family Services: <https://www.yorktownfamilyservices.com/>

ADDICTION SUPPORT

- The Access Point: <https://theaccesspoint.ca/>
- Breakaway Addiction Services: <https://breakawaycs.ca/>
- Detox Centre in Toronto: <https://addictionrehabtoronto.ca/detox-centre-toronto/>

HEALTHCARE RESOURCES

- Association of Ontario Health Centres:
https://www.allianceon.org/index.php?ci_id=3359&la_id=1
- Parkdale Queen West Community Health Center: <https://pqwchc.org/>
- Medvisit Doctors: <https://medvisit.ca/medvisit.ca/index.html>
- Street Health Community Clinic: <https://www.streethealth.ca/services>
- Health Connect Ontario: <https://health811.ontario.ca/static/guest/home>

DENTAL SERVICE RESOURCES

- University of Toronto; Faculty of Dentistry:
<https://patients.dentistry.utoronto.ca/contact-information>
- Evangel Hall Mission: <https://www.evangelhall.ca/>
- Regent Park Community Health Centre: <https://regentparkchc.org/program/dental-clinic/>
- Smile City Dental: <https://smilecitydental.ca/our-services/>

SEXUAL HEALTH SUPPORT

- Aids and Sexual Health Info Line:
<https://www.toronto.ca/community-people/health-wellness-care/sexual-health-info-line-ontario/>
- Birth Control and STD Clinic: <http://birthcontrolsexualhealth.ca/>
- Hassle Free Clinic: <https://www.hasslefreeclinic.org/>
- Black Creek Community Health Center:
<https://www.bcchc.com/about-us/what-is-black-creek-chc/>

2SLGBTQIA+ RESOURCES

- Rainbow Health Ontario: <https://sherbourne.on.ca/primary-and-family-health-care/>
- Central Toronto Youth Services: <https://ctys.org/program/pride-prejudice/>
- The 519: <https://www.the519.org/>

HOUSING AND RENTAL SUPPORT

- Canadian Center for Housing Rights: <https://housingrightscanada.com/>
- Across Boundaries: <http://acrossboundaries.ca/services/>
- Adelaide Centre for Women: <https://www.fredvictor.org/what-we-do/housing/>
- Streets to Homes Street Outreach & Support Program:
<https://www.toronto.ca/community-people/housing-shelter/homeless-help/streets-to-homes>

FINANCIAL SUPPORT

- Canada Pension Plan (CPP):
<https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>
- Canada Revenue Agency-General Inquiry:
<https://www.canada.ca/en/revenue-agency/corporate/contact-information.html>
- Ontario Disability Support Program:
<https://www.ontario.ca/page/ontario-disability-support-program>
- Ontario Works: <https://www.ontario.ca/page/ontario-works>

TRANSIT

- Toronto Transit Commission (TTC): <https://www.ttc.ca/>
- Wheel Trans: <https://www.ttc.ca/wheel-trans>

LEGAL AID AND ADVOCACY SUPPORT

- Canadian Civil Liberties Association:
https://ccla.org/?gclid=Cj0KCOiAj4ecBhD3ARIsAM4Q_jFXvooXO_-L3haZ2oixdnV-

- Legal Aid Ontario: <https://www.legalaid.on.ca/>
- Ontario Human Rights Commission: <https://www.ohrc.on.ca/en>

OMBUDSMAN TORONTO

- Ombudsman Toronto: <https://www.ombudsmantoronto.ca/>

FAMILY SUPPORT RESOURCES

- CMHA Toronto – Family Outreach and Response: <https://toronto.cmha.ca/family-support/>
- Reconnect Community Health Services: <https://www.reconnect.on.ca/>

FOOD BANKS

- Daily Bread Food Bank: https://www.dailybread.ca/?gclid=Cj0KCQiAj4ecBhD3ARIsAM4Q_jFnrRNb0FcvZD4W5zu
- FoodShare Toronto: <https://foodshare.net/contact/>

ADDITIONAL RESOURCES

- Toronto Public Library: <https://www.torontopubliclibrary.ca/>
- Generator - Artist Life: <https://artistproducerresource.ca/tiki-index.php?page=Artist-Life>

FEELING INSPIRED? Consider researching and volunteering!:

- Circle of Care: <https://www.circleofcare.com/>
- Toronto Grace Health Centre: <https://www.torontograce.org/>
- Canadian Mental Health Association: <https://cmhato.org/>
- Bullying Canada: <https://www.bullyingcanada.ca/apply>