

## Crisis Resources

Please find below an incomplete and evolving list of community crisis resources available to anyone who requires support. **If you are in immediate danger, please call 911.**

Because of systemic and institutional imbalances of power, you may not feel comfortable or welcome accessing one or more of these crisis resources. We encourage you to seek help from friends and family, a community leader, or a trusted person in your faith or field.

- Toronto Police Service: 416-808-2222
- Distress Centres of Greater Toronto Helpline: 416-408-4357 / 905-459-7777 / TTY 905-278-4890
- Toronto Rape Crisis Centre Crisis Line: 416-597-8808
- Talk Suicide Canada: 1-833-456-4566 / text 45645
- Assaulted Women's Helpline: 416-863-0511 / toll free 1-866-863-0511 / TTY 1-866-863-7868
- Talk 4 Healing (for Indigenous women): call or text 1-855-554-4325
- Anishnawbe 24/7 Mental Health Crisis Management Services (for Indigenous folks): 416-891-8606
- Hope for Wellness Helpline (for Indigenous folks): 1-855-242-3310
- National Indian Residential School Crisis Line: 1-866-925-4419
- Missing and Murdered Indigenous Women and Girls Crisis Line: 1-844-413-6649
- Kids Help Phone: 1-800-668-6868 / text 686868
- Good2Talk (for post-secondary students): 1-866-925-5454 / text GOOD2TALKON to 686868
- Male Sexual Abuse Survivor Line: 1-866-887-0015

- Trans Lifeline: 1-877-330-6366
- Lesbian Gay Bi Trans Youth Line: 1-800-268-9688 / 647-694-4275
- Black Youth Helpline: 416-285-9944 / 1-833-294-8650
- Nisa Helpline (for Muslim women of all ages): 1-888-315-6472
- Naseeha Helpline (for Muslim folks): call or text 1-866-627-3342
- Gerstein Crisis Centre: 416-929-5200
- Scarborough Health Network Community Crisis Program (serving the Scarborough and East York communities): 416-495-2891
- Victim Services Toronto Crisis Line: 416-808-7066