



Home Safety and Mental Health Resources

Part 1

Gerstein Crisis Centre: 416-929-5200
Toronto Distress Centre: 416-408-4357
Drug and Alcohol Helpline: 1-800-565-8603
Mental Health Helpline: 1-866-531-2600

During COVID-19, folks are increasingly asked to stay home, however, home is not a safe place for all. If you or somebody you know are in danger, reach out to the resources below. If in **immediate danger, phone 911.**

Toronto Rape Crisis Centre (24/7): 416-597-8808; www.trccmwar.ca

Barbara Schlifer Clinic: 416-323-9149 x 234 or intake form at: www.schliferclinic.com/intake

Trans Lifeline (24/7): 1-877-330-6366; www.translifeline.org

The Assaulted Women's Helpline (24/7): Toll-Free 1-866-863-0511; 416-863-0511 for violence against women shelter referral

LGBT Youth Line: 1-800-268-9688; www.youthline.ca

Support [Service for Male Survivors of Sexual Assault](#) (24/7): 1-866-887-0015

Kids Help Phone (24/7): mental health service for children and youth text, call, chat: 1-800-668-6868; www.kidshelpphone.ca

Talk4Healing (24/7) (culturally sensitive crisis counselling, advice and support for Indigenous women): 1-855-554 HEAL; www.talk4healing.com

Good to Talk (24/7) mental health service for all post-secondary students: 1-866-925-5454; www.good2talk.ca/

Seniors Safety Line: 1-866-299-1011

First Nations and Inuit Hope for Wellness Help Line (24Hours): 1-855-242-3310



Naseeha Youth Helpline (peer support for Muslim youth): 1-866-627-3342