

Name / Option	Service Type	Cost	Location	Contact	Website	My Notes
☛ Service Ontario	Provides OHIP Coverage (Ontario Health Card)	Free with proof of address	Several locations	1-800-267-8097	<a href="http://ServiceOntario.ca">ServiceOntario.ca</a>	
☛ Walk-in Clinic	Immediate, can provide referrals	OHIP covered	Many locations			
☛ Doctor	Appointment required, can provide referrals	OHIP covered			<a href="http://Don't have a Doctor? Try: opencare.com">Don't have a Doctor? Try: opencare.com</a>	
☛ CAMH Emergency	Emergency 24/7	OHIP covered	250 College St	416-535-8501 ex 36885		
☛ Toronto Distress Centre	Phone crisis line 24/7	Free		416-408-HELP (4357)	<a href="http://torontodistresscentre.com">torontodistresscentre.com</a>	
☛ Gerstein Crisis Centre	Phone crisis line 24/7	Free		416-929-5200	<a href="http://gersteincentre.org">gersteincentre.org</a>	
☛ Gerstein Crisis Centre	Team visits to your location can be arranged by phone	Free	South Central Toronto	416-929-5200	<a href="http://gersteincentre.org">gersteincentre.org</a>	
☛ Mental Health Service Information Line	Phone assistance 24/7	Free	Phone	1-866-531-2600	<a href="http://mentalhealthhelpline.ca">mentalhealthhelpline.ca</a>	
☛ Lesbian Gay Bi Trans Youth Line	Phone crisis line Sun-Fri, 4-9:30PM	Free	Phone	1-800-268-9688	<a href="http://youthline.ca">youthline.ca</a>	
☛ Family Services Toronto	Wednesday walk-in: 3:30-7:30pm	Free	202-128A Sterling Rd	416-595-9618		
☛ Family Services Toronto	Several options	Low cost	202-128A Sterling Rd + more	416-595-9618	<a href="http://familyservicetoronto.org">familyservicetoronto.org</a>	
☛ Gestalt Institute of Toronto	Gestalt therapy	Low cost	194 Carlton St	416-964-9464 Ex. 63	<a href="http://gestalt.on.ca">gestalt.on.ca</a>	
☛ CAMH	Many options, may need doctor referral	OHIP covered to high cost	Multiple locations	416-535-8501 press 2	<a href="http://camh.ca">camh.ca</a>	
☛ The Toronto Institute for Relational Psychotherapy	Apply in advance	Low cost	Multiple locations	<a href="mailto:registrar@tirp.ca">registrar@tirp.ca</a>	<a href="http://tirp.ca">tirp.ca</a>	
☛ Mood Disorders Association of Ontario Homepage	Many options including free drop-in peer support groups	Free & low cost	602-36 Eglinton Ave W.	1-888-486-8236	<a href="http://mooddisorders.ca">mooddisorders.ca</a>	
☛ Mental Health Peer Support Organization	Meetups most Mondays 7-9:30PM, pre-register by email	Free	30 The Queensway	<a href="mailto:mhpso@yahoo.com">mhpso@yahoo.com</a>	<a href="http://mhpso.org">mhpso.org</a>	
☛ Living Institute Student Clinic	Many options	Low cost	208 Carlton St.	416-515-0404	<a href="http://livinginstitute.org">livinginstitute.org</a>	
☛ WoodGreen Community Services	Many options	Free & low cost	100-815 Danforth Ave	416-645-6000	<a href="http://woodgreen.org">woodgreen.org</a>	
☛ Artist's Health Alliance	Artist support		399 Bathurst St	416-603-5263	<a href="http://artistshealth.com">artistshealth.com</a>	
☛ SKETCH	Artist support for youth		201-180 Shaw St	416-516-1559	<a href="http://sketch.ca">sketch.ca</a>	
☛ Workman Arts	Artist support		651 Dufferin St	416-583-4339	<a href="http://workmanarts.com">workmanarts.com</a>	
☛ Urban Workers Project	Assistance for freelancers			<a href="mailto:info@urbanworker.ca">info@urbanworker.ca</a>	<a href="http://urbanworker.ca">urbanworker.ca</a>	
☛ Caversham Booksellers	Psychology & mental health bookshop	Varies	98 Harbord St	416-944-0962	<a href="http://cavershambooksellers.com">cavershambooksellers.com</a>	

Remember:

- I've assembled this sheet as a starting point. These aren't your only options!
- If you have trouble talking on the phone or writing emails, you can ask a friend to sit with you.
- If the organization you reach out to in a crisis can't help, they might give you a contact for someone who can.

- You may need to try many options before you find one (or a combination) that works for you.
- If you have trouble going to Service Ontario, therapist/doctor offices, or hospitals, you can ask a friend to come with you.

Questions? Email [askdronetherapy@gmail.com](mailto:askdronetherapy@gmail.com)

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Stella's Place	Peer Support / hangout lounge drop-in weekdays (currently Monday-Thursday, 1pm-5pm, check their site for updates), group therapy, one-on-one counselling, workshops, CBT & DBT, art & drama programs	Free - must be 30 or under	18 Camden Street	connect@stellasplice.ca, 416-461-2345	stellasplice.ca	Must go in during drop in time & fill out form in person for services. Community oriented, compassionate, LGBTQ friendly, encourages feedback
Toronto Western Hospital - Artists' Health Alliance	Emergency psychiatric services 24/7, workshops, massage, psychotherapy (one-on-on & group)	OHIP, prices online, potential subsidies	399 Bathurst Street	416-603-5263	artistshealth.com	Artist specific services, LGBTQ friendly
Toronto Psychoanalytic Institute (tps&i)	Different types of psychotherapists	ask individuals re OHIP or sliding scale	MANY (browse site)	416-922-7770	torontopsychoanalysis.com	Site has search function with contacts for individual therapists & what they offer
Scarborough - Mobile Crisis	24/7 Helpline	Free to call	Scarborough Mobile Crisis	416-495-2891	tsh.to	
Scarborough Hospital	Emergency psychiatric services 24/7, some counselling	Free or OHIP	3030 Birchmount Rd, Scarborough	416-495-2891	tsh.to	Scarborough residents
ConnexOntario	Ontario-wide information & referral services for help with mental health & addiction	Free	based in London ON	Helplines: Mental Health: 1-866-531-2600 Drug & Alcohol: 1-800-565-8603 Gambling: 1-888-230-3505	connexontario.ca	Ontario residents
York Region Adult Crisis Services	24/7 Helpline, crisis beds, peer support	Free or OHIP	York based	905-310-COPE (2673) contact@yssn.ca	yssn.ca	York residents
Peel Region Mobile Crisis	24/7 crisis line	Free	Brampton - Peel based	905-278-9036	mentalhealthhelpline.ca/Directory/Program/8202	"Mental health workers... triage calls on the crisis line and provide support and develop a plan for intervention"
COAST Hamilton	24/7 Helpline	Free	Hamilton based	905-972-8338	coasthamilton.ca	Youth/Adults/Seniors
Anishnawbe 24/7 Mental Health Crisis Management Service	24/7 Helpline, many types of counselling	Free or OHIP	225 Queen St E, 179 Gerrard, St E, 22 Vaughan Rd	416-891-8606	aht.ca	Aboriginal/Indigenous/First Nations people
Assaulted Women's Helpline	24/7 Helpline for women, transwomen, nonbinary people	Free to call		416-863-0511 toll-free 1-866-863-0511	awhl.org (secure browsing options available)	Over 200 languages. Counselling, emotional support, info & referrals
Toronto Withdrawal Management Services (Toronto Detox)	Treatment options & resources for many types of addiction	Free to call	Various	1-866-366-9513	torontodetox.ca	Many options listed & described on their website
Circles Collective & Zine	Support resource list for Canada, especially Toronto & Montreal. English & French.	PWYC for PDF	Montreal	circlescommunityresponse@gmail.com	facebook.com/circlescommunitycollective +/ stackyourroster.storenvy.com	Expands on these resources! Many more options here especially for sexual assault survivors. LGBTQ & BIPOC friendly.

Remember:

- You don't have to be suicidal to call a suicide helpline for to talk about mental health or ask for resources.
- Everyone needs help sometimes & these programs exist because you are worthy of support.
- Try to reach out and build a support system through people you know, or people you may meet in group therapy, online communities, etc. It helps to have others to share with as you struggle.
- Calling for help can be discouraging, take breaks between calls/options to recharge if you need to, & reward yourself for reaching out.
- If you get upset while you're trying to get help, that's okay. It's a big step & it's hard to make yourself vulnerable.

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Videos: [kristeljax.com/therapy](http://kristeljax.com/therapy)