

(JULY 2025)

1. **Canada Suicide Prevention Service (CSPS / 988 Crisis Helpline)**
  - Call or Text: **9-8-8** (toll-free, 24/7 English/French)
  - <https://cmha.ca/find-help/if-you-are-in-crisis/>
  
2. **Talk Suicide Canada** English/French
  - Call: **1-833-456-4566**
  - Text **45645 (English/French, 4 p.m.–midnight ET)**
  - <https://www.ementalhealth.ca/index.php?m=record&ID=5840>
  
3. **Kids Help Phone** (for youth and young adults, ages 5 to 29)
  - Call: **1-800-668-6868**
  - Text: Text **“HOME” to 686868**
  - <https://kidshelpphone.ca/>
  
4. **Distress Centre of Toronto** (Toronto-specific support, 24/7)
  - Call: **416-408-4357 (GTA)**
  - Call: **905-459-7777 (PEEL)**
  - <https://www.dcoqt.com/>
  
5. **211 Ontario** (live chat Monday to Friday 7am to 9pm)
  - Call or Text: **2-1-1**
  - <https://211ontario.ca/search/>
  
6. **Talk4Healing** (for Indigenous women)
  - Call: **1-888-200-9997 | Thunder Bay: 807-346-HELP (4357)**
  - <https://www.beendigen.com/programs/talk4healing/>
  
7. **Toronto Rape Crisis Centre / Multicultural Women Against Rape**
  - Crisis Line (24 hours): **416-597-8808**
  - <https://trccmwar.ca/>
  
8. **CAMH Crisis Resources & Distress Lines**
  - Additional hotlines and mobile crisis supports serving Toronto and Greater Toronto Area—see CAMH listings under Crisis
  - <https://www.camh.ca/en/health-info/crisis-resources>