

# RESOURCES & SUPPORTS

## SERVICES & HELPLINES

### Canadian Mental Health Association (CMHA)

416-789-7957

[www.toronto.cmha.ca](http://www.toronto.cmha.ca)

Social Resource Centre

[www.src-cmha.webs.com](http://www.src-cmha.webs.com)

### Centre for Addiction and Mental Health (CAMH)

416-535-8501

[www.camh.ca](http://www.camh.ca)

### Connex Ontario Health Services Information

[www.connexontario.ca](http://www.connexontario.ca)

Drug and Alcohol Helpline

1-800-565-8603

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

Mental Health Helpline

1-800-531-2600

[www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)

Ontario Problem Gambling Helpline

1-800-230-3505

### Distress Centre of Toronto

416-408-HELP

### Krasman Centre Warm Line (non-crisis)

1-888-777-0979

[www.krasmancentre.com](http://www.krasmancentre.com)

### Progress Place

416-960-WARM (8pm-12am)

[www.warmline.ca](http://www.warmline.ca)

## MOBILE CRISIS

### Gerstein Centre Crisis Line & Mobile Team

416-929-5200

### Integrated Community Mental Health Crisis Response Program

(Etobicoke & North York)

416-498-0043

### Mobile Crisis Program

(Scarborough & East York)

416-289-2434

### St. Elizabeth Mobile Crisis

(North York & Etobicoke)

416-498-0043

## PEER SUPPORT & RECOVERY

### Centre for Independent Living in Toronto

[www.cilt.ca/peer\\_support\\_resources.aspx](http://www.cilt.ca/peer_support_resources.aspx)

### Family Association for Mental Health Everywhere

[www.fameforfamilies.com](http://www.fameforfamilies.com)

### Houselink [www.houselink.on.ca](http://www.houselink.on.ca)

### Mental Health Commission of Canada

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

### Mood Disorders Association of Ontario

[www.mooddorders.ca](http://www.mooddorders.ca)

### Ontario Council of Alternative Businesses

[www.ocab.ca](http://www.ocab.ca)

### Ontario Peer Development Initiative

[www.opdi.org](http://www.opdi.org)

### Peer Support Accreditation & Certification

[www.psac-canada.com](http://www.psac-canada.com)

### Peers For Progress

[www.peersforprogress.org](http://www.peersforprogress.org)

### Sound Times [www.soundtimes.com](http://www.soundtimes.com)