

24/7 Support & Community Resources

Version 5

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If you are in immediate danger please call 9-11

24/7 Mental Health Support

- **9-8-8**: Canada's Suicide Crisis Helpline
- **Good2Talk** 1.866.925.5454 or text GOOD2TALKON to 686868
- **We Connect**: 1.888.377.0002 for **Domestic** students
- **We Connect**: 1-877-234-5327 for **International** students

Emergency Housing/Shelters

Toronto

Central Intake 24.7 referrals to shelters for men and women in Toronto 1-877-338-3398

Central Family Intake 24.7 referrals to family shelters in Toronto 416-397-5637

Peel

Central Intake 24.7 referrals to shelters in Peel Region 905-676-0257

24/7 crisis line Embrace Shelter in Peel 905-403-0864

York Region

Central Intake 24.7 referrals to shelters for men and women in York Region 1-877-464-9675 ext. 76140

Food Banks

[Seneca Student Federation Food Bank](#) (available on campus)

[Food Banks and Community Food Programs – Toronto Central](#)

[The Food Bank of York Region](#)

[Food Banks Canada](#) (search for support in your region)

Please Note: While we do our best to keep these contacts up to date, these are community partners whose information may change.

For other community resources or specific treatment programs, you may wish to consult with a member of the Student Support Intervention Specialist (SSIS) team. Find booking information [here](#).