

CS: Crisis Help

Version 1

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Seneca Counselling Services is not an emergency service and operates Monday-Friday, 9:30 a.m. - 4:00 p.m. If you are experiencing a crisis, please consult our contact list below:

On-Campus

- [Security and Emergency Management](#): 416.764.0911

Off-Campus

- In an emergency, call 911

For after-hours, non-emergency health and wellness supports, please contact:

- For information on available services in Toronto, call 211
- Telehealth Ontario: 1-866-797-0000
- [Assaulted Women's Helpline](#): 1 (866) 863-0511 or text (416) 863-0511
- [Toronto Rape Crisis Centre](#): (416) 597-8808
- [Support for Male Survivors of Sexual Abuse](#): 1 (866) 887-0015
- [Emergency Housing Central Intake](#): Toronto (416) 338-4766, Peel (905) 676-0257
- [LGBT Youthline](#): 1 (800) 268-9688 or text (647) 694-4275
- [Hope for Wellness](#): 1 (855) 242-3310 (for Indigenous peoples)
- [Indian Residential School Survivors Line](#): 1 (866) 925-4419
- [Keep.meSAFE](#): 011 (416) 380-6578 (for International students)
- [Good2Talk](#): 1 (866) 925-5454 or text GOOD2TALKON to 686868
- [Dialogue](#): 1.855.853.0565 for students
- [Suicide Crisis Helpline](#) (Canada): call or text 9-88
- [Distress Centre Toronto](#): 416.408.4357 or text 45646
- Distress Centre of York: 416-310-COPE (2673)
- Distress Centre of Durham: 905-666-0483