

# CS: Emergency & After-Hours Resources

Version 4

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## Student Support: Emergency & After-Hours Resources

Your safety and well-being are our top priorities. While Seneca Counselling Services is available during weekday hours (Monday–Friday, 9:30 a.m. – 4:00 p.m.), we recognize that challenges can arise outside of these times. This page provides a resource list of emergency and after-hours supports, both on-campus and in the community, to ensure you can access help whenever you need it.

Whether you're experiencing a crisis, seeking emotional support, or looking for housing or legal resources, the services below are here for you. **If you are in immediate danger or need urgent help, please contact emergency services by calling 911 or go to your nearest hospital emergency room.**

## In Case of Emergency

Immediate Emergencies (24/7)

- Call 911 for police, fire, or ambulance
- On-Campus Security and Emergency Management: 416.764.0911
- Canada Suicide Crisis Helpline: Call or text 988
- Nearest hospital emergency room if in immediate danger

## Non-Emergency Support

On-Campus Services

Note: These services operate during business hours and are not emergency services.

- Seneca Counselling Services  
Hours: Monday–Friday, 9:30 a.m. – 4:00 p.m.  
For appointments, visit [Counselling Services](#)

## After-Hours Support

On-Campus Services

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

## Off-Campus Non-Emergency Supports

Health & Mental Wellness

- Telehealth Ontario: 1-866-797-0000 (medical advice)
- Keep.meSAFE (for international students): 011-416-380-6578
- Dialogue (student access to virtual healthcare): 1-855-853-0565
- Good2Talk (post-secondary students): 1-866-925-5454 or text GOOD2TALKON to 686868 <good2talk.ca/ontario>

General Community Info

- 211 Ontario: Dial 211 or visit [211ontario.ca](#)

## 24/7 Crisis Helplines

These helplines provide confidential, immediate support.

General Mental Health & Distress

- Distress Centre Toronto: 416.408.4357 or text 45645
- Distress Centre of York Region: 1-855-310-COPE (2673)
- Distress Centre Durham: 905.666.0483
- Gerstein Crisis Centre (Toronto): 416.929.5200  
[gersteincentre.org](#)

Gender-Based & Sexual Violence Support

- Assaulted Women's Helpline: 1-866-863-0511 or text 416-863-0511  
TTY: 1-866-863-7868  
[awhl.org](#)
- Toronto Rape Crisis Centre: 416-597-8808  
[trccmwar.ca](#)
- Male Survivors of Sexual Abuse: 1-866-887-0015  
[counsellinggccs.com](#)
- Talk4Healing (Indigenous women): 1-855-554-HEAL  
[talk4healing.com](#)
- Hope for Wellness (Indigenous peoples): 1-855-242-3310  
[hopeforwellness.ca](#)
- Women's Support Network of York Region: 905-895-7313  
[womenssupportnetwork.ca](#)

## Emergency Housing & Shelter Access

Central Intake Numbers

- City of Toronto: 416-338-4766
- Peel Region: 905-450-1996
- York Region: 1-877-464-9675 ext. 76140

Shelters (Violence, Abuse, or Homelessness)

- Yellow Brick House: 905-727-1944 / 1-800-263-3247  
[yellowbrickhouse.org](#)
- Embrace: 905-403-0864 / 1-855-676-8515  
[embrace.ca](#)
- North York Women's Shelter: 1-866-863-0511  
[nyws.ca](#)
- The Redwood: 416-533-8538

[theredwood.com](http://theredwood.com)

- Ernestine's Women's Shelter: 416-746-3701  
[ernestines.ca](http://ernestines.ca)
- Interval House: 1-888-293-5516  
[intervalhouse.ca](http://intervalhouse.ca)
- YWCA Arise Shelter: 416-929-3316  
[ywcatoronto.org](http://ywcatoronto.org)

Find local shelters: [sheltersafe.ca](http://sheltersafe.ca)

#### Legal Support for Survivors

- Independent Legal Advice for Survivors of Sexual Assault  
[ontario.ca page](http://ontario.ca/page)
- Barbara Schiffrer Commemorative Clinic  
[schiffrerclinic.com](http://schiffrerclinic.com)

#### Community Counselling Services

Free or low-cost counselling for survivors of violence and abuse.

- Family Services Toronto: 416-595-9618  
[familyservicetoronto.org](http://familyservicetoronto.org)
- Catholic Family Services Toronto: 416-921-1163  
[cfstoronto.com](http://cfstoronto.com)
- Rexdale Women's Centre: 416-745-0062  
[rexdalewomen.org](http://rexdalewomen.org)
- COSTI Family & Mental Health Services: 416-658-1600  
[costi.org](http://costi.org)
- Toronto Rape Crisis Centre: 416-597-1171
- Women's Support Network of York Region: 905-895-3646

#### Child Protection Services

Report suspected child abuse or neglect to a Children's Aid Society.

- Children's Aid Society of Toronto: 416-924-4646 / 1-866-527-0833  
[torontocas.ca](http://torontocas.ca)
- Peel Children's Aid Society: 905-363-6131  
[peelcas.org](http://peelcas.org)
- York Region Children's Aid Society: 905-895-2318 / 1-800-718-3850  
[yorkcas.org](http://yorkcas.org)

#### Additional Community Resources

- Ontario Coalition of Rape Crisis Centres:  
[sexualassaultsupport.ca](http://sexualassaultsupport.ca)
- Sexual Assault/Domestic Violence Treatment Centres:  
[sadv/treatmentcentres.ca](http://sadv/treatmentcentres.ca)