

Other helpful numbers

Version 8

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Telehealth Ontario: 1.866.797.0000

TTY: 1.866.797.0007

Poison Control: 416.813.5900

ServiceOntario: Health Card Services Office 1.800.267.8097

Assaulted Women's Helpline: 416.863.0511; 1.866.863.0511

Mental Health Crisis Response: 416.289.2434

Outside of **Counselling Services** and **Accessible Learning Services** hours of operation, if you are in crisis or have any immediate concerns, contact any of the following resources for assistance:

Good2Talk: 1.866.925.5454

Mental Health Helpline: 1.866.531.2600

Toronto Distress Centre: 416.408.HELP (4357)

Talk Suicide: 1.833.456.4566 or text 45645

Spectra Helpline: 416.920.0497 or 905.459.7777 for residents in Brampton and Mississauga.

TTY: 905.278.4890; Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese

Community Crisis Line Scarborough and Rouge Hospital : 416.495.2891 for residents north of Steeles Avenue, east to Port Union Road, west to Victoria Park and south to the lake. 24/7 telephone crisis support

Durham Crisis and Mental Health Line: 905.666.0483

Distress Centre Halton: 905-849.4541 for residents in Oakville
905.681.1488 for residents in Burlington
905.877.1211 for residents in Milton/ Halton Hills

For further support, [check out togetherall](#), a safe peer-to-peer mental health community that is accessible online 24-7. It's free to all students and staff. In a time in which social isolation, loneliness and anxiety are already increasing mental health issues, COVID-19 is creating additional challenges. At togetherall, members can share feelings and concerns with each other while underpinned by our team of clinicians who are experienced and prepared to provide health anxiety support. During uncertain times, we must come together as a community.

tags : medical-centre