

GTA MENTAL HEALTH RESOURCES

February 2026

GENERAL CRISIS Resources for ADULTS and YOUTH. Use these services if in a crisis. Available 24/7 - unless indicated, and free.

DISCLAIMER: This directory was compiled by volunteers. No liability is assumed for the misuse of this information. Please use your own discretion when it comes to confidentiality issues and entrusting sensitive information to external sources. You are responsible for your choices and actions. There may be wait lists given the demand of support needed. Resources also change over time. Video conferencing now means you can join a group anywhere in the world which comes with its own risks.

IN AN EMERGENCY, if a person's unusual behaviour suggests that they are a danger to themselves or others, **Call 911** but ask for the Mobile Crisis Team to come with the police (duty hours of the Mobile Crisis Team 11:00 a.m. to 9:00 p.m.) (In 2017, Mitchell Till of the 52 Division Mobile Crisis Team was helpful.)

Toronto Distress Centre:

416-408-HELP (4357) Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu, open Monday to Friday, 10am to 10pm.
Brampton 877-298-5444
Brampton & Mississauga 905-459-7777
TTY 905-278-4890

Gerstein Centre:

416-929-5200 Gerstein Crisis Centre provides crisis intervention, wellness and recovery activities, and training and education. 24/7 telephone support; in-person mobile crisis team, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. Over-the-phone interpretation services are available 24/7 in over 180 languages through RIO Network.

Assaulted Women's helpline:

crisis counselling, safety planning, emotional support, information and referrals accessible
Phone numbers: GTA 888 793 0982
Toll-free/Toll free TTY 1 888 793 0982
Text: #SAFE (#7233)

Talk for Healing:

Dedicated to aboriginal people - but they make exceptions. Dedicated to Indigenous women and children; but they make exceptions. There are several programs offered by agency based in Thunder Bay. Crisis Line: 1-888-200-9997

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CAMH (Centre for Addiction and Mental Health):

CAMH's 24/7 Psychiatric Emergency Department is located in the Crisis & Critical Care Building at 1051 Queen Street West and provides 24/7 emergency assessment and treatment for adults age 16+ with mental health and substance use issues.

Suicide Crisis Helpline 24/7/365 (call or text): **9-8-8**

The Emergency Department does not provide crisis counselling or general information over the phone. **For emergencies, please call TeleHealth** at 1 866-797-0000 and TTY at 1 800 387-5559; call 911; or proceed to your nearest emergency room.

Kids Help Phone: Phone and web counselling for youth (20 and under) 24/7. 1-800-668-6868
Text: 686868

Youthdale Crisis Service CRISIS HOTLINE:

416-363-9990 Agency dedicated to serving children, youth, young adults and families struggling with complex mental health needs. CST offers follow-up services, including mobile crisis support and brief counselling services.

Crisis support 7 days a week; otherwise Mon-Fri 9 am – 5 pm.

Good2Talk:

Confidential and anonymous helpline for youth 17 to 25. Open 24/7.

Call: 1-866-925-5454 to speak with a professional counsellor.

Text GOOD2TALKON to 686868

Connect with a trained, volunteer crisis counsellor or find a peer-to-peer community here: <https://good2talk.ca/ontario/>

LGBT Youth Line:

An online peer support for LGBTQ youth (29 and under) including text, chat, and email support.

Hours volunteers are available: Sun-Fri 4pm-9:30pm EST

Text: 647-694-4275 E-mail: askus@youthline.ca or Livechat at: www.youthline.ca

Trans Life Line:

Peer support hotline for transfolk (phone only) Call 1-877-330-6366. Mon-Fri 1-9pm EST. 211 Community and Social services helpline. Phone or text

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Seniors Safety Line:

24 hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect. Callers receive emotional support, safety planning, information and referrals in over 200 languages.

Available 24/7/365 Call us 1-866-299-1011. TTY 1-866-299-0008.

The remainder of this resource is organized according to: ADULT needs, and CHILDREN/YOUTH needs.

Most importantly: REACH OUT to what you need. Outdated stigma and fear only too often cause people to suffer in silence. Reach out to family, neighbours, a service, a distress line, or a professional.

Costs: The services identified are often **free**, have a nominal charge or may cost a typical rate. The resources are organized from no cost (at the top of each sub section) to expected cost.

IF you need an OHIP covered psychiatrist/psychotherapist for mental health support:

1. Contact your family doctor, they are good resources, and can be seen relatively quickly.
2. If you don't have a family doctor, a number that can be called to find one in your area is 416-967-2626 or www.cpso.on.ca.
3. Ambulance services are trained in mental health crisis issues if there is an emergency, as is the emergency department of any hospital.

For excellent Mental Health Information:

Mayo Clinic:

mayoclinic.org for reviewing a diagnosis or the side effects of drugs.

CAMH McLaughlin Information Centre:

This information centre provides help with referrals, specialists and a telephone support line staffed by volunteers providing informal and/or peer support, on-line information and print materials.

Tel: 416 595-6111 or toll free 1-800-463-6273. mclaughlininformation@camh.net

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Seniors:

The Home and Community Care Support Services (now HCCSS was once known as the LHIN) is the provincial agency that assesses people in their homes for on-going assistance, such as, Personal Support Workers, nursing, and ultimately placement assistance in long-term care institutions. The HCCSS has an assessor available for mental health situations. <https://www.ontario.ca/page/home-community-care>.

Reach out to Ontario Health at Home to request home care services, they are responsible for assessing your care needs, determining your eligibility for the home care services they provide, and developing a care plan for you if you are eligible for their services. They also provide information about referrals if you are not eligible. Find care in your area at: <https://ontariohealthathome.ca/find-my-local-office/> or call 310-2222 (no area code)

ADULT RESOURCES

General Addiction Support

St Michaels Mental Health & Addiction Management Resources:

<https://unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions/#st-michaels-hospital-resources-8>

RAAM = Rapid Access Addiction Medicine at Women's College Hospital:

Free immediate addiction support covered by OHIP, for men and women. to the hospital on a Monday, Tuesday or Thursday between 10am and 12pm (but before 11:30am for registration). **Booked appointments** Monday – Friday: 9:00 a.m. – 4:00 p.m. Phone: 416-323-7559 x 6 Any kind of addiction, including alcohol.

<https://www.womenscollegehospital.ca/care-programs/substance-use-service>

Salvation Army:

Offers addiction services for men and women including a residential setting through the Harbour Light Ministries. Office: 160 Jarvis St. **Visit their website to find the appropriate location and services:**

salvationarmy.ca/what-we-do/in-your-community/social-services/addiction-services/

Rainbow Services:

416-535-8501CMH press 2; support for LGBTQ persons looking for drug and alcohol counseling.

Recovery Dharma:

Using Buddhist practices and principles to heal addiction. <https://recoverydharma.org/>

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Smart Recovery Toronto:

Helps families learn about addiction, and develop strategies.

<https://smartrecoverytoronto.com/get-started/>

Refuge Recovery:

(Buddhist inspired.) <https://refugerecovery.org/>. Canadian chapter has open meetings at the Shambhala Meditation Centre of Toronto. Go to:

<https://toronto.shambhala.org/programs/>.

Crystal Meth Anonymous:

<https://crystalmeth.org/>

Marijuana Anonymous Toronto:

<http://matoronto.org/>

Narcotics Anonymous Toronto:

NA Helpline 1-888-811-3887. <https://www.torontona.org/>

Sexaholics Anonymous:

<https://www.sa.org/>

MAARS (Metro Addiction Assessment Referral Service) at the Centre for Addiction and Mental Health (CAMH):

Offers substance use assessment and referral services **free** of charge to anyone who lives in Toronto. At MAARS they serve adults of all ages, backgrounds, orientations and cultures, and place special emphasis on reaching out to people who may have difficulty finding the right resources. 416-535-8501 and press 2,

<https://www.camh.ca/en/patients-and-families/programs-and-services/metro-addiction-assessment-referral-service-maars>

Alcoholism

Alcoholics Anonymous:

Greater Toronto Area. <https://www.aatoronto.org/>

AA Toronto Agnostics: Alcoholics Anonymous minus God.

<https://www.aatorontoagnostics.com/>

Adult Children of Alcoholics:

Toronto <https://acatoronto.org/>

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Al-anon and Alateen:

Al-anon supports families and loved ones suffering from alcoholism.

Alateen is a TEEN group. For Southern Ontario. <http://al-anon.alateen.on.ca/>

Options for Addiction Detoxification and Treatment:

Detoxification is often a prerequisite for treatment. No referral is required for detoxification.

Detoxification

St. Michael's Withdrawal Management:

This program offers residential, day and community withdrawal management services to support individuals through withdrawal from alcohol or other drugs. We offer counselling, assessment and referral to various treatment programs.

1-866-366-9513

Michael Garron Hospital Withdrawal Management Services:

operates on two different sites that offer women's or men's withdrawal management services. Both the Women's Withdrawal Management Services and Men's Withdrawal Management Services are open 24/7. They are open to individuals who self-refer or who are referred by a clinician or member of the community. Referrals for the Women's and Men's Withdrawal Management Services are accepted every day from 8 a.m. to 11:30 p.m. through Central Access for Addiction Services Toronto at 1-866-366-9513. <https://www.tehn.ca/programs-services/mental-health-addiction/substance-use-and-withdrawal-management-services>

Treatment

North Bay Recovery Home:

North Bay Recovery Home is an long-term addiction treatment center located in North Bay, Ontario. North Bay Recovery Home primarily focuses on treating men and women ages 16 or older suffering from an alcohol and/or drug addiction. Their facility has 22 Ministry of Health & Long Term Care **FREE** funded beds and 5 fee for service beds totally a capacity of 27 patients. 1-705-472-2873

<https://www.addictionresource.ca/listing/addiction-services-north-bay/>

Renascent Wright Centre:

Renascent offers evidence-based, trauma-informed care that addresses drug and alcohol addiction and concurrent mental health issues providing comprehensive

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treatment programs to give clients and their families support from the detox process through to aftercare. Fee for service. New #: 1-866-232-1212

<https://renascent.ca/about-us/tour-our-centres/>.

Bellwood Health Services:

Treatment at Bellwood is holistic, and addresses psychological wellbeing, physical health, ones social world, and spiritual life. This comprehensive biopsychosocial approach is reflected in their inter-professional team of counsellors, doctors, nurses, occupational therapists, nutritionists, family therapists, and physical health staff. Fee for service. EXPENSIVE. Phone:416-495-0926 Toll-Free:1-800-387-6198

www.edgewoodhealthnetwork.com/locations/bellwood.

Inexpensive Low Cost or No Cost Therapy and Counseling

Mood Disorders Association of Ontario:

Free support programs for individuals/families living with anxiety, depression or bipolar disorder. <https://mooddisorders.ca/>

Sherbourne Health Centre:

Open to all but committed to underserved populations, particularly LGBTQ, **free**.
<https://sherbourne.on.ca/>

Woodgreen Community Services:

Free Virtual Phone Counseling - 416-645-6000x1990. Virtual Sessions/Intake; Call on wednesdays between 4 PM – 6:15 PM to book. Intake person takes details and counsellor will call client back - latecomers get put over to next day's session. Offers opportunity to talk to a licensed mental health professional for 45min. They have 5 counsellors on staff. First come first served. No catchment area barrier.

<https://www.woodgreen.org/programs/walk-in-counselling-wic>

In-person Sessions

Location: 815 Danforth Ave

Walk-in on Tuesday between 4 PM and 6:15 to book a session

AbilitiCBT:

Fill-in a 7 minute on-line form and a therapist will respond within a few days. Free. This program was designed in response to the Pandemic and helps with anxiety, depression, grief, loss. Online modules are set to your own pace, and check-ins are made by your assigned therapist. This is a Cognitive Behavioral Therapy program.
<https://abiliticbt.com/home>

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Family Service Association of Metro Toronto: (416) 595-9618

Provide professional counseling for individuals and families living in Toronto. Services available in languages other than English. Fees are sliding scale based on income and begin at \$10 per hour. LGBTQ arm of FST is called David Kelley Services.

www.familyserVICEToronto.org <http://www.familyserVICEToronto.org>

Open Path Psychotherapy Collective:

Open Path Psychotherapy Collective is a nonprofit network of mental health professionals dedicated to providing in-office and online mental health care. Clients are required to pay a one time membership fee (\$89) to access low cost therapy. Student interns offer therapy at a flat rate of \$40, Registered therapists offer therapy at \$50-90 for individual sessions and \$50 – 100 for couples.

<https://openpathcollective.org/>.

Affordable Therapy Network:

Free consultations, sliding scale for fully registered therapists range \$80-120. Cost for student/intern therapists is: \$40 - \$65 for numerous listed therapists; pro-bono and pay what you can is sometimes available. <https://affordabletherapynetwork.com>

Low cost therapy through Toronto Training Institution student clinics:

Gestalt Institute of Toronto: student therapists cost (\$45) – reduced rate is upheld for one year. 416-964-9464 x18 or register online <https://gestalt.on.ca/low-cost-therapy-clinic/>

Toronto Institute for Relational Psychotherapy: (sliding scale between \$60 to \$90) No phone, go to website. <https://www.tirp.ca/lowcost>.

Centre for Training in Psychotherapy: The CTP has a referral service for members of the public who require psychotherapy at a reduced fee. Therapists in Training, who are near completion of their CTP training, are able to offer psychotherapy at a reduced fee. No phone. Referral service address: ctptherapyreferralservice@gmail.com. <https://ctp.net/ctp-referral-service/>

LGBTQ support

The 519 Community Centre: Offers variety of services and support, Free. <http://www.the519.org/programs/community-counselling>

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PFLAG (Toronto chapter) Phone and group-based support for parents, family, and friends of LGBTQ youth. Contact by online form or by email: office@torontopflag.org or <https://pflagcanada.ca/>

Out & Proud Program: Children's Aid Society of Toronto supports the inclusive and positive services for LGBTQ children and youth served by CAS of Toronto, as well as LGBTQ families and care providers. If you have a concern about a child at risk, they are available 24 hours a day, 7 days a week. (Central Office Number) 416-924-4646 or TF 1-866-527-0833 <https://www.torontocas.ca/edi/out-and-proud/>

HIV/AIDS

Toronto People with AIDS Foundation: Since 1987, the Toronto PWA Foundation has been helping men, women, trans men, trans women, and children live with HIV/AIDS. Telephone: (416) 506-1400 Email: info@pwatoronto.org website: <https://www.pwatoronto.org/>

Casey House Outpatient Day Program: Offers therapy groups, social programming, harm reduction services. Intake line: 416-962-7600 ext. 8000 Website: <https://caseyhouse.ca/our-health-services/outpatient-day-health/>

HQ Toronto:

HQ is a collaboration of diverse agencies committed to the health of cis guys into guys and two-spirit, transgender and non-binary people. We're also partner with hospital and primary health care partners in Toronto to provide innovative and holistic health services. Situated on the 8th floor of 790 Bay. Walk-in's M-Th 12PM-7:30PM F12PM-5:30PM. Telephone: 416.521.4445 Email: info@hqtoronto.ca Website: <https://hqtoronto.ca/>

David Kelly Services: for LGBTQ+ individuals, couples and families living with or affected by HIV/AIDS: 416-595-9618. Parkdale Community Health Centre: 416-537-2455. Website: <https://familyservicetoronto.org/our-services/programs-and-services/david-kelley-services/>

Elder Services

Pat's Place: Temporary short-term safe haven for people 60 years of age and older who are being abused emotionally, physically, sexually, financially or in other ways by a family member can use Pat's Place. Pat's Place is open to women, men and transgendered persons. People who move to Pat's Place must be able to care for themselves. People who move to Pat's Place can stay for up to 60 days. To make a referral, either for

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yourself or someone else, call our Service Access Unit: 416 595 9618
<https://familyservicetoronto.org/our-services/programs-and-services/pats-place/>

Sex Abuse

The Gatehouse:

The Gatehouse is a community-based charity providing essential support, resources, and community to survivors of childhood sexual abuse. Some programs have a cost, as do the therapists in their clinic. <http://thegatehouse.org/> Email: programs@thegatehouse.org Phone: 416-255-5900 x222

Violence against Women

The VAW Program:

Works from a feminist, intersectional, anti-oppressive and trauma-informed framework, to promote non-violence and to work towards the eventual elimination of violence against women. The VAW Program assists women who have experienced abuse during the course of their lives. Abuse may have occurred in childhood, during a past relationship, or it may be an ongoing concern in a current relationship.

Service Access Unit:

416-595-9618 to arrange an appointment with a VAW counsellor or register for an in-house group program. If you are in an abusive same-sex relationship, for services supporting LGBTQ+ individuals, couples and families: you can contact: Service Access Unit: 416-595-9618 <https://familyservicetoronto.org/our-services/programs-and-services/violence-against-women/> .

ShelterSafe:

An online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter that can offer safety, hope, and support. Our objective is to ensure that women can seek safety when they need it. [Sheltersafe.ca](http://sheltersafe.ca) allows you to quickly identify a shelter in a specific geographic area along with its 24-hour emergency phone number. We want to ensure that women get the services they need as quickly as possible. Abused women are most at-risk of extreme violence when they are preparing to leave an abusive relationship. Women do not need to stay at a shelter to receive services, such as safety planning.

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Trauma Programs

Women's College Hospital Trauma Therapy Program:

Free for men/women identifying with a history of trauma, covered by OHIP, referral required. There are two programs: *The Trauma Therapy Program*, for patients residing within the M postal code or re-referrals for patients previously seen in TTP, and the *Trauma Therapy Network of Ontario*, for patients residing outside of the M postal code. A referral from a Physician or Nurse Practitioner who is involved in your ongoing care is required.

<https://www.womenscollegehospital.ca/care-programs/mental-health/trauma-therapy-program/>

Intellectual Disability

Community Living Toronto:

<https://cltoronto.ca/supports-and-services/>. Offer a wide range of supports and services for people with an intellectual disability, and their families. Support people of all ages, and our services are organized into three main streams: specialized services, community participation supports and respite, and supported living.

Information and Membership Services : 647-426-3220 or email contactus@cltoronto.ca. Please note: All applications for adult (18 and over) residential, community participation and case management must go through Developmental Services Ontario.

Head or Brain Injury

Community Head Injury Resource Services (Toronto):

Phone: 416-240-8000 email: chirs@chirs.com. CHIRS offers a variety of services including adult day services, clinical groups, community support services, residential services, Cardsharks+ (art program), neuropsychological services, and neuropsychiatric services. <http://www.chirs.com>

Bereavement

Bereaved Families of Ontario (BFO):

Toronto is a local charitable organization offering support to a person(s), family or group dealing with grief from the death of a loved one. Free one-on-one sessions and peer support groups are based on a peer support model where people with similar grief experiences can come together to share, reflect, grow, support and inspire.

<https://www.bfotoronto.ca/> Intake: (416) 440-0290 email: info@bfotoronto.ca

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CHILDREN'S and YOUTH RESOURCES

These resources often, if not always involve family support along with the children/youth. They are FREE for kids and youth.

General support (see descriptions)

The Garry Hurvitz Centre for Community Mental Health at SickKids:

General Inquiry: 416-924-1164 email: info@sickkidscmh.ca Intake: 416-924-1164 ext 8708 email: mentalhealthaccess@sickkidscmh.ca Website: <https://sickkidscmh.ca/>

The community mental health centre at SickKids works to promote optimal social, emotional, and behavioural well-being in infants, children, youth, and their families, and to contributing to the achievement of healthy communities. Offers FREE in-patient, outpatient and psychiatric assessment services for women, men, adolescents, families, LGBTQ, individuals, families and groups. Most services available by self-referral. Services do not have fees but a health card may be required.

For Children and Youth:

“We encourage you to call us and speak to one of our intake workers. You do not need permission or consent from a parent or guardian to contact us if you are 12 years of age or older. All of our services are free, and unless we are concerned about your safety or someone else's, any conversation you have with SickKids CCMH staff will be kept confidential. Please call 416-924-1164, ext. 8708.”

Central Toronto Youth Services (CTYS):

CTYS' Community Counseling Programs offer support to youth ages 12-17 and their families through outreach, individual counseling, family counseling and group work. Intake - CALL 416-924-2100 Website: <https://ctys.org/>

Covenant House:

Phone: 416-598-4898 x 5824 Covenant House offers a range of support, housing and aftercare, awareness and prevention presentations, early intervention training, for youth aged 16 to 24, who are experiencing or are at risk of homelessness and sex trafficking; also for their family and natural supports. The shelter is open 24/7. For questions, call 416-593-4849, drop-in centre is open Monday-Sunday from 12-6:45pm. For questions, call 416-204-7037. Health clinic is open from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m. Monday to Friday, and until 7 p.m. on Tuesdays. For questions, please call 416-204-7995 Confidential, 24-7 Canadian Human Trafficking Hotline [1-833-900-1010](tel:1-833-900-1010) Website: <https://covenanthousetoronto.ca/the-problem/sex-trafficking/>

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Skylark Children, Youth & Families:

Phone: 416-482-0081 and press 6. A leading Toronto-based charity dedicated to children, young people and their families struggling with complex mental health and developmental needs. Skylark offers free individual and family counselling, day treatment programs, and drug education sessions.

<https://www.opencounseling.com/canada/toronto/counseling-agency/skylark-children-youth-families>

Strides Toronto:

416-438-3697 or 416-321-5464 to speak to someone directly Strides Toronto offers a variety of programs and services for children, youth and families. Resources for many childhood challenges, including autism supports, gender-based violence, parenting supports, prenatal and infant support services, tele-psychiatric consultation for service providers and families, youth outreach for 12 – 24 year olds & their families re employment, housing, counseling and food banks. <https://stridestoronto.ca/>
Phone: 416-438-3697. Email: contactus@stridestoronto.ca

“As a child or young person receiving our services, you have rights outlined by the Ontario government. Read about those rights here or visit ontario.ca/RightsResource.”

WoodGreen Community Services:

416-925-9250 WoodGreen Community Services is an accredited, not for profit children’s mental health centre serving youth (12-24 years of age) and their families. <https://www.woodgreen.org/turning-point-youth-services-and-woodgreen-have-integrated>.

Youthdale:

Intake Coordinator at 416-363-3751, ext. 2000. Services include Acute Support Unit, Step-Up/Step-Down Program, Transitional Age Unit, Live-In Treatment, and Day Treatment. Youthdale is a leading Toronto-based government funded, non-profit and charitable community agency dedicated to serving children, youth, young adults and families struggling with complex mental health needs. They serve children, youth, emerging adults (ages 6 to 24) and families from diverse backgrounds in the Greater Toronto Area, and offer a range of both community and inpatient resources. Families can self-refer. <https://www.youthdale.ca/>

Red Door:

Mission is to help to create a world where children with Autism Spectrum Disorder (ASD) and their families are able to access quality services and support irrespective of financial constraints. <http://reddoor4autism.org>.

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Wrap Around Services

What are Wraparound services: an intensive in-home program to keep families together. It is designed to prevent young people being brought into care or to return young people to their families. Wraparound aims to prevent out-of-home placement for at-risk youth, in families experiencing conflict or to help reintegrate youth back into their families and community after being removed and placed in care.

The Wraparound model has proven to produce positive results, based on these unique factors:

- *Each family directs its own plan, making it very specific to it.
- *Each plan is made to be flexible, allowing for it to be adjusted as time goes on.
- *Any aspect of a plan, or the entire plan, that does not meet the needs of the family are changed.

The individual/family always has:

- *A choice about the services they receive.
- *A voice in the manner in which they receive services.
- *The ownership of decisions that affect their lives.

There's a video about this service here: <https://www.youtube.com/watch?v=AELoL7KpfRo>

Wraparound is offered through:

YouthLink:

for youth ages 12-16, Information: 416-967-1773 ext.200

<https://youthlink.ca/services/our-programs/parenting-and-family-support/wraparound/>

Lumenus:

by referral for ages 25 and under.

<https://www.lumenus.ca/programs-and-services/wraparound/>

LGBTQ Youth

Toronto District School Board: Gender Independent Groups (GIG):

This is a trans support group that aims to provide a safe, supportive, and affirming space for children who identify as gender independent, trans, or still exploring their gender identity. The children's playgroup and youth drop-in group are divided into two subcategories: GIG for kindergarten to Grade 5 and GIG2 for Grade 6 to 9 where they are given a chance to express themselves without fear of judgement. Parents

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and guardians are able to discuss and share their experiences in navigating gender independence for their kids. Phone: 416-898-0895 For more information email: ilana.david@tdsb.on.ca Website: <https://www.tdsb.on.ca/About-Us/Innovation/Gender-Based-Violence-Prevention>

The 519 church Street Community Centre:

This downtown Toronto's LGBTQ community centre, is a City of Toronto agency that offers a comprehensive range of services and programs for the continually changing needs of the LGBTQ2S communities. They provide **free** counseling services and queer parenting resources to coming out groups, trans programming, and senior's support. Phone: 416-392-6874. <https://www.the519.org/>.

The Trans Youth Mentorship Program, a unique trans support group geared towards trans, twospirit, non-binary, and gender diverse youth ages 16 to 29. In addition to creating a safe space for trans youth to socialize, they also provide meaningful and empowering skills and training to increase their employment opportunities. Info@The519.org

Supporting Our Youth (SOY):

Led by Sherbourne Health, it provides holistic support for all queer and trans spectrum youth ages 29 years old and under. They offer free mental health and primary care services, nutrition and housing support, and individual or group mentorship programs to help them thrive while transitioning. <https://soytoronto.com/>.

As an innovative community development program, this trans support group prioritizes the most marginalized sectors in the community and those who need it the most, such as: racialized/BIPOC youth, someone experiencing homelessness, youth from another country or small town or someone who has been in the child welfare system. Phone – 416-324-5077.

<https://sherbourne.on.ca/supporting-our-youth-soy/>

Pride & Prejudice Program:

Supported by the Central Toronto Youth Services for Individual, group, and family counseling and services for LGBTQ youth (13-24). 416- 924-2100. Website:

<https://ctys.org/services-programs/pride-prejudice/>.

Queer Asian Youth:

Asian Community AIDS Services, workshops, forums, and social events for LGBTQ Asian youth (16-29). 416-963-4300. https://www.youthline.ca/support_near_you/queer-asian-youth-acas/

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The Triangle Program:

Supported by the Oasis Alternative Secondary School TDSB's alternative school program dedicated exclusively to LGBTQ youth (21 and under). 416-393-9830
Website: <https://triangleprogram.ca/>.

Housing and Employment for LGBTQ Youth

YMCA Sprott House:

Supported residential living dedicated exclusively to LGBTQ youth (16-24), including education and employment programming. 416-928-9622.
<https://ymcagta.org/find-a-y/ymca-sprott-house>

Health and Medical Care for LGBTQ Youth

AIDS Committee of Toronto:

Programs and resources for LGBTQ youth (16-29) living with, affected by, at risk or concerned about HIV. 416-340-2437. Email: ask@actoronto.org Website: <https://www.actoronto.org/>

Hassle Free Clinic:

Medical and counseling services in areas of LGBTQ sexual health. Cis gender youth and AIDS tests. 416-922-0566. Website: <https://www.hasslefreeclinic.org/>

Planned Parenthood Toronto:

Health & community services for LGBTQ youth (29 and under). 416-961-0113. Website: <https://ppt.on.ca/>

Sherbourne Health Centre:

Community health centre specializing in LGBTQ, newcomer, and urban health. 416-324-4100. Email: info@sherbourne.on.ca Website: <https://sherbourne.on.ca/>.

GTA MENTAL HEALTH RESOURCES

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