

TPM Mental Health Resources List

Emergency Mental Health Helplines:

9-8-8 is the national **Suicide Crisis Helpline** where you will reach a responder at one of nearly 40 local, provincial and territorial, and national crisis lines, who co-deliver the service. The service is available 24 hours a day, every day of the year. Call or text **988** if you are experiencing a mental health crisis and need a safe space to talk.

The Toronto Community Crisis Services (TCCS) provides free, confidential, in-person mental health support from mobile crisis worker teams. TCCS supports Toronto residents 16 years of age or older and is available 24 hours a day, seven days a week. The service provides a non-police-led, community-based, client centred, and trauma-informed response to mental health crisis calls and wellness checks. Call **211** or **911** to be connected to TCCS.

Gerstein Centre provides crisis intervention, wellness and recovery activities, and training and education. Crisis Workers are available 24-hours a day, 7 days a week at **416-929-5200**. You can also visit their website at gersteincentre.org for information on their wellness and educational programs.

Focus on Black and Racialized communities:

Tropicana Community Services offer culturally appropriate and supportive programs to those in need with a predominant focus on the Black, African, and Caribbean communities of Toronto. They offer individual and family starting at \$10 per session and Violence Against Women counseling is free. You can call them at **416-439-9009** or through their website at tropicanacommunity.org/our-services/wellness-mental-health/.

Black Mental Health Canada is dedicated to breaking barriers and ensuring equitable access to affordable mental health care for Black Canadians. In addition to offering programs and workshops like their Self Care Through Hair “First Responder” training for Black barbers, they also have a Mental Health Provider Directory and a resource list of free counseling services. You can contact them at **1-866-302-7358** or by emailing info@blackmentalhealth.ca or visiting their website: blackmentalhealth.ca/

Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. They provide Adult Case Management services for those living with serious mental illness as well as programs that promote wellness and rehabilitation. You can contact them at **416-787-3007** or info@acrossboundaries.ca or visit their website for more information: www.acrossboundaries.ca.

Pieces to Peace is a holistic wellness and therapy practice with Black therapists and wellness practitioners aiming to transform the mental health and general wellness of Black and racialized women, girls, femmes and non-binary people. They offer a matching service with a team of Black therapists. You can contact them at **437-900-7347** or contact@piecestopeace.ca or visit their website: piecestopeace.ca/.

This list was compiled by Theatre Passe Muraille’s Community Engagement Coordinator, Angela Sun. We welcome and appreciate any comments or suggestions at angelas@passemuraille.on.ca.

Healing in Colour is a directory of BIPOC therapists across Canada who have signed on to an Anti-Opressive statement of values. You can access the directory here: www.healingincolour.com.

Focus on Indigenous communities:

The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of their Residential School experience. The number is: **1-866-925-4419**. You can find out more about the work of the Indian Residential School Survivors Society at www.irsss.ca.

Talk4Healing is a help line that offers 24/7 help, support, and resources for Indigenous women by Indigenous women, all across Ontario with services in 14 different languages. You can call or text them at **1-855-554-HEAL**. They also offer a toll-free crisis line at **1-888-200-9997** as well as a live online chat service at talk4healing.com.

Anishnawbe Health Toronto is a fully accredited health centre that cares for Indigenous clients with both western and traditional approaches to health care. They provide a variety of psychological and counselling services in Toronto, including walk-in counselling. You can arrange for an in-take appointment at **416-360-0486** or visit their website at aht.ca for more information.

Native Canadian Centre of Toronto has a Community Health Navigator to assist Indigenous adults (25-58 years) with access to health services including one-on-one with Elders, talking circles, art therapy, and navigating various other health services. Please contact Mandy Mack at **416-964-9087 x273** or via email at mandy.mack@ncct.on.ca.

Focus on LGBTQ+ communities:

LGBT YouthLine is a Queer, Trans, Two-Spirit* youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. Youth Line offers confidential and non-judgmental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM. You can text them at **647-694-4275** or chat via their website: www.youthline.ca.

Friends of Ruby supports lesbian, gay, bisexual, transgender, queer, intersex and two-spirit youth (aged 16-29) through counselling, housing, practical assistance, and multiple activities. Their mental health team works from an integrative, trauma-informed, anti-oppressive and collaborative framework and the counselling team at Friends of Ruby reflects the diversity of the LGBTQI2S community. You can call them at **416-359-0237** or register through their website www.friendsofruby.ca.

The 519 is committed to the health, happiness and full participation of the LGBTQ2S communities. They provide a number of trans-specific support groups and initiatives. You can call their front desk at **416-392-6874** or email info@The519.org.

General Mental Health Resources:

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Family Services Ontario offers a virtual counselling program weekdays from 9 AM to 6 PM by calling **416-595-9618**. Their counsellors offer a single telephone session of about 50 minutes and is open to all persons 18 years of age and older. You can also leave a message and, as available, a counsellor will return the call between 11:30 AM and 6:30 PM daily. You can find more information on their issue-specific groups and programs on their website here: familyservicetoronto.org.

The Griffin Centre is an accredited, charitable, multi-service mental health agency providing flexible and accessible services to children, youth, transitional-aged youth, adults and their families. You can call **416-222-1153**, or email contact@griffincentre.org, or visit their website at www.griffin-centre.org for appointments or referrals.

Stella's Place provides peer support, clinical, online, employment, wellness, and recovery services for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges. You can book an online appointment with them to explore what programs may be helpful for you by calling **416-461-2345 x0**, emailing connect@stellasplace.ca, or visiting their website stellasplace.ca.