

CRISIS, MENTAL HEALTH & ADDICTION

Assaulted Women's Helpline (24 hrs)	1-866-863-0511
Centre for Addiction and Mental Health (CAMH) (24 hrs)	416-979-6885
Distress Centres of Toronto (24 hrs)	416-408-HELP (4357)
Connex Ontario Helpline (24 hrs)	1-866-531-2600
Mental Health, Addiction, Problem Gambling	1-866-531-2600
Gerstein Crisis Centre	416-929-5200
City of Toronto/York (24 hrs)	
Black Youth Helpline	416-285-9944
LGBT Youth Line	
Call (Sun – Fri, 6pm – 9pm)	1-800-268-9688
Text (Sun – Fri, 4pm – 9:30pm)	647-694-4275
Muslim Youth Helpline	1-866-627-3342
(3pm – 9pm)	
Ontario Problem Gaming (24 hrs)	1-866-531-2600
Scarborough Crisis Team (24 hrs)	416-495-2891
Scarborough/East York	
Toronto Rape Crisis Centre/	416-597-8808
Multicultural Women Against Rape (24 hrs)	
Kids Help Phone (24 hrs)	1-800-668-6868
Mental Health (24 hrs)	1-866-531-2600

SHELTER/STREET OUTREACH

(Walk-in Assessments)	416-392-0090
Central Intake Line (24 hrs)	416-338-4766 or 311

NEWCOMERS

COSTI (Dufferin St.)	416-658-1600
FCJ Refugee Centre	416-469-9754
Parkdale Intercultural Association	416-536-4420
Polycultural Immigrant and Community Services	
West Toronto	416-533-9471
Etobicoke	416-233-0050
Scarborough North	416-439-1293
Scarborough South	416-261-4901
YMCA Newcomer Information Centre	
Central	416-975-9168 x32400
North York	416-635-9622 x31070
Scarborough	416-609-9622 x30042
JVS Toronto	416-787-1151

FINANCIAL ADVOCACY

Credit (Counselling) Canada	1-800-267-2272
West Neighbourhood House	416-532-7586

LEGAL

Legal Aid Ontario (Mon – Fri, 8am-5pm)	1-800-668-8258
Downsview Community Legal Services	416-635-8388
Don Valley Community Legal Services	416-441-1764
Jane Finch Community Legal Services	416-398-0677
Kensington-Bellwoods Comm. Legal Services	416-924-4244
Neighbourhood Legal Services	416-861-0677
Parkdale Community Legal Services	416-531-2411
Rexdale Community Legal Services	416-741-5201
Unison Health and Community Services (Legal Clinic at Keele and Rogers Location)	416-653-5400
Scarborough Community Legal Services	416-438-7182
South Etobicoke Community Legal Service	416-252-7218
West Scarborough Community Legal Services	416-285-4460
West Toronto Community Legal Services	416-531-7376
Willowdale Comm. Legal Services	416-492-2437

HOUSING

Albion Neighbourhood Services	416-740-3704
South Office at LAMP	416-252-5990
East York East Toronto Family Resources Organization	
East York Housing Help Centre	416-698-9306
The Neighbourhood Organization	416-424-2900
Neighbourhood Information Post	416-924-2543
North York Housing Help/ Settlement Services	416-244-0480
Rent Bank	416-397-7386
Tenant Hotline	416-921-9494
The Housing Help Centre Services	416-285-8070
Unison Health and Community Services	416-653-5400
West Toronto Housing Help	416-531-0841
Woodgreen Housing Help	416-645-6000
City of Toronto	416-338-8888 x1
Neighbourhood Information Post	416-924-5491

HEALTH

The 4 Villages Community Health Centre	416-604-0640
Alliance for Healthier Communities	www.aohc.org
Anishnawbe Health Toronto	416-360-0486
Black Creek Community Health Centre	416-249-8000
Queen West Community Health Centre	416-703-8480
Davenport Perth Community Health Centre	416-658-6812
East End Community Health Centre	416-778-5858
Flemingdon Health Centre	416-429-4991
Hassle Free Clinic	416-922-0566
Health Care Connect (Service Ontario)	1-800-445-1822
LAMP Community Health Centre	416-252-6471
Muslim Welfare Canada, Medical Clinic	647-641-1027
Parkdale Community Health Centre	416-537-2455
Regent Park Community Health Centre	416-364-2261
Scarborough Centre for Healthy Communities	416-642-9445
Sherbourne Health Centre	416-324-4180
South Riverdale Community Health Centre	416-461-1925
Stonegate Community Association	416-231-7070
Toronto Public Health (Mon – Fri, 8:30am – 4:30pm) After hours	416-338-7600 311

DENTAL

Dentistry with Care (Free/Low Cost)	416-539-9887
Evangel Hall (call I&R Services)	416-504-3563
George Brown College Wave	
Dental Clinic	416-415-4547
Healthy Smiles Ontario	416-338-7600
Parkdale Community Health Centre (Under 17 and OW/ODSP emergency)	416-537-2455 x7
West End Oral Health Clinic	
Toronto Public Health – Dental Services	416-338-7600
399 The West Mall	416-338-1468
Stonegate Community Centre	416-338-1120
University of Toronto Dentistry Clinic	416-864-8000 x1
Urban Dental Clinic (Small fillings and simple extractions)	416-289-4349