

## Crisis Services

[Emergency](#) Dial 9-1-1 if you require emergency services or go to your nearest emergency department.

[Crisis and suicide prevention](#) Call or text [9-8-8](#) to access bilingual, trauma-informed, and culturally appropriate mental health and suicide prevention support. The service is free and can be accessed 24 hours a day, 7 days a week, 365 days a year. Trained crisis responders are there to listen and to provide non-judgmental, compassionate support, offering a safe space to talk. Translation services may be requested.

[211Ontario.ca](#) dial 2-1-1 is a service available by phone, text, online search, email or chat that connects people to local services, programs and community supports. 2-1-1 is free, confidential, and available in over 150 languages. Additional identity specific and culturally relevant supportive crisis lines can be accessed through this service.

[Distress Centre Durham](#) 905-430-2522 and 1-800-452-0688

Distress Centre Durham provides emotional support, crisis and suicide management and community education to those in distress.

- 24-hour telephone helpline service
- Crisis Call-Out Program
- Community Contact Call-Out Program
- Suicide survivor support groups
- Community training and education.

[Durham Mental Health Services](#) 905-430-2522 or 1-800-452-0688

Telephone support is available toll free, 24 hours per day, to support individuals in crisis and/or their supports. A community visit by the mobile crisis team can be arranged to support the individual in their preferred environment. Follow-up support, including linkage and referral to other community supports, are also available.

[Ontario Shores 24-7 Crisis Line](#) provides 24/7 access to crisis support. Call 1-800-263-2679



[Talk Suicide Canada](#) provides immediate crisis support to those of all ages. Call 1-833-456-4566 (24/7) or text 45645 (4:00 pm – 12:00 am ET).

[Frontenac Youth Services Crisis Response](#) offers phone and mobile crisis response for children, youth and their families. Call Frontenac Youth Services at 905-723-2802 or 1-888-579-5914 (9:00 am-5:00 pm Monday-Friday), or York Support Services Network at 1-855-310-COPE (2673) or (TTY) 1-866-323-7785 (Monday to Friday 5:00 pm-9:00 am, weekends, and holidays).

[Kids Help Phone](#) provides support via phone, text or chat to children, youth, and young adults. Call 1-800-668-6868 (24/7), text CONNECT to 686868 (24/7) or go to the website for live chat (7:00 pm-12:00 am).

[Good2Talk](#) offers a 24/7 helpline for post-secondary students. Students can get information and referrals about services for mental health, addiction and well-being, or speak anonymously with a professional counsellor. Call 1-866-925-5454.

[Durham Counselling Walk-in Clinic \(DCWIC\)](#) is a free, confidential "walk-in" clinic providing same-day single-session counselling for children and youth aged 3-19 years and their families. For more information call 289-509-0603 ext. 3203 or visit the website.

[LGBTQ Prideline Durham Helpline](#) provides emotional support, crisis intervention, and community referral information specific to the concerns and issues of the LGBTQ community. Call 1-855-87PRIDE (77433) from 6:00 – 10:00 pm daily.

[Trans Lifeline](#) provides 24/7 support to transgender individuals of all ages who are experiencing crisis. Call 1-877-330-6366.

[First Nations, Inuit, and Metis Crisis Text Support](#) provides Indigenous youth and adults with 24/7 support from First Nations, Inuit, and Metis crisis responders. Text "First Nations", "Metis", or "Inuit" to 68 68 68 (youth) or 741 741 (adults) and individuals will be connected with a corresponding crisis responder if available.

[First Nations and Inuit Hope for Wellness](#) offers 24/7 crisis intervention and counselling to First Nations and Inuit. Call 1-855-242-3310.