

## **COMMUNITY CRISIS SERVICES AND HOTLINES**

### **Telehealth Ontario**

1.866.797.0000

### **Durham Mental Health Services/Mobile Services**

Short term crisis beds, visits and 24 hour free and confidential support line for individuals 16+ with a history of mental illness.

905.666.0483 or 1.800.742.1890

### **Distress Centre Durham**

24 hour telephone counselling, crisis and suicide intervention and referral.

905.430.2522 or 1.800.452.0688

### **Durham Region Domestic Violence / Sexual Assault Care Centre (Lakeridge Health)**

24 hour crisis line. Counselling and referrals for male/female sexual assault victims, all ages.

905.576.8711

### **Durham Children's Aid Society**

For youth age 0 to 16 being abused or in fear for their safety.

905.433.1551 or 1.800.461.8140

### **Durham Rape Crisis Centre**

24 hour counselling and support groups for recent or past abuse.

905.668.9200

### **Family Services Durham**

1.866.840.6697

### **Community Access to Care – Durham**

1.800.263.3877

### **Herizon House - Ajax-Pickering**

Women's Centre 24 hour crisis line.

1.866.437.4066

### **The Denise House (Shelter) – Oshawa**

24 hour crisis line for abused women, counselling, children's programs.

905.728.7311 or 1.800.263.3725

### **Bethesda House (Shelter) – Bowmanville**

24 hour crisis line

905.623.6050 or 1.800.338.3397

### **Y's WISH**

YWCA crisis line and emergency shelter for women.

905.576.2997

### **Drug and Alcohol Registry of Treatment (DART)**

1-800-565-8603

### **Pinewood Centre**

24 hour crisis line /detox/walk-in (Oshawa)  
1.888.881.8878

**Ontario Problem Gambling Hotline**  
1.888.230.3505

**Pinewood Women's Residential Treatment Program**  
21 day residential treatment program for women ages 16+  
905.668.1858 or 1.800.825.6325

**Scarborough Distress Centre**  
416.408.HELP

**York Region Crisis Response Team (310-COPE)**  
905.310.2673

**Family Services York Region**  
1.888.223.3999

**York Region Support Services Network**  
1.888.695.0070

**Telecare Peterborough**  
1.705.745.2273

**Northumberland ACT Team**  
1.888-294-7579

**Call the Mental Health Service Information Ontario Line**  
Free. Confidential. Anonymous. 24 hours.  
1.866.531.2600

**Capacity Assessment / Public Guardian and Trustee**  
To report a situation involving an adult whom you believe to be mentally incapable and suffering,  
or at risk of suffering, serious harm.  
1.800.366.0335

**Ontario Association for Marriage and Family Therapy**  
1.800.267.2638

**Assaulted Women's Hotline**  
1.866.863.0511 outside 416 area  
TTY: 1.866.863.7868

**Mobile Crisis of Peel**  
905.278.9036

**Homewell Senior Care**  
1.877.509.8469  
905.509.8469

**Mood Disorder Association of Ontario**  
1.888.486.8236

**Kids Help Phone**

1.800.668.6868

**Fem'aide**

Ligne de soutien pour femmes touchées par la violence.

1.877.336.2433

**Women's Own Detox Crisis Line**

416.603.1462

**Telecare Distress Centre of Lindsay**

705-878-4411

**Telecare Distress Line of Greater Simcoe**

705-325-9534

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[aaurham.org](#)- online meetings because of Covid 19. Check website for times

[www.orscna.org-online](#) meetings because of Covid 19. Check website for times

[camh.ca/en/health-info /mental-health-and-covid-19](#). Resources for self care during Covid 19 outbreak.

Community resources are operating by phone or online services during this time