



Accessing Help Resources

Primary Healthcare

Every physician should have access to their own primary healthcare provider. Access a family doctor or nurse practitioner through the [Ontario Ministry of Health's Health Care Connect Program](#).

Mental Health Crisis or Emergencies

If this is an emergency, please go directly to the nearest emergency department to you as all are equipped to manage psychiatric emergencies.

Distress Lines available in the Greater Toronto Area:

When in need of someone to talk to. Operated by various agencies. Open 24 hours a day (unless otherwise indicated):

Anishnawbe Health Toronto Mental Health Crisis Line
416-360-0486

Assaulted Women's Helpline
416-863-0511 / 1-866-863-0511

Community Crisis Line Scarborough and Rouge Hospital
416-495-2891 for 24/7 telephone crisis support
Service borders: south to the lake, north to Steeles Ave, east to Port Union Road, and west to Victoria Park

Distress Centre Halton
905-849-4541 (Oakville); 905-877-1211 (North Halton) * 905-681-1488 (Burlington)

Durham Crisis and Mental Health Line
905-666-0483 / 1-800-742-1890

Gerstein Centre
416-929-5200

Spectra Helpline (Brampton/Hamilton)
416-920-0497 / 905-459-7777;
TTY: 905-278-4890
Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese

Toronto Distress Centres
416-408-4357(HELP)

Mobile Crisis Response Teams (24 hrs/7 days)

Peel Region

Mobile Crisis of Peel
(Mississauga, Brampton, Caledon)

905-278-9036

Credit Valley Hospital

Emergency Department: 905-813-4141

Hours: Monday-Friday, 9:00 am to 11:00 pm;
Weekends/Holidays, 11:00 am to 11:00 pm

The mobile crisis team only meets with individuals who are registered in the emergency departments at either Credit Valley Hospital or Mississauga Hospital.

Scarborough/East York

**Scarborough Hospital Regional Mobile Crisis Team
via Police Department**

(911) accessible through police (no direct number)

Toronto

Gerstein Centre Crisis Line

416-929-5200

Service borders: south to the lake, north to Eglinton, north to Highway 401 (between Bathurst and Bayview), east to Bayview to Danforth and then to Victoria Park, west to Islington Ave

York Region

**Community Crisis Response Service,
Distress Centre**

1-855-310-COPE (2673)

Greater Toronto Area Resources

Caribbean African Canadian Social Services (CAFCAN)

995 Arrow Rd, North York, ON M9M 2Z5
416-740-1056 / info@cafcan.org

Catholic Family Services of Toronto - North Toronto Office - Walk-In Counselling Program

245 Fairview Mall Drive, Suite 201
Toronto, ON M2J 4T1
416-222-0048

Manantial Neighbourhood Services - Emmanuel Church of the Nazarene

1875 Sheppard Ave W, Lower Level
Toronto, ON M3L 1Y6
416-915-0997, 905-851-7076

North York General Hospital - General Site - Mental Health Crisis

4001 Leslie Street
North York, ON M2K 1E1
416-756-6723

Regent Park Centre

50 Regent Park Boulevard
Unit 101 Toronto, ON M5 A0L5
416 466 8842

Regesh Family and Child Services

149 Willowdale Ave
Lower Level, Toronto, ON M2N 4Y5
416-495-8832 / info@regesh.com

SEAS Centre - North York Centre

3907 Don Mills Road
Toronto, ON M2H 2S7
416-490-6491

Non-emergent Mental Health Support

The OMA Physician Health Program

[Visit the Physician Health Program website](#)

The [Physician Health Program \(PHP\)](#) is a confidential program of the Ontario Medical Association that provides assistance to medical students, physicians, and residents who are experiencing a range of personal problems and stresses. Call 1.800.851.6606 from 8:45 a.m. to 5 p.m., Monday to Friday.

Employment Assistance Programs

Some medical faculty members may have access to their practice site's Employment Assistance Program.

Specifically for Learners

Postgraduate Wellness Office

The [PGME office has a Wellness office](#) that offers diverse resources

416-946-3074

PARO Distress Helpline

24-Hour Hotline: 1-866-HELP-DOC (435-7362)

[Visit the PARO website](#)

The PARO 24 Hour Helpline is available to residents, their partners and family members, as well as medical students.

Medical Students Can Also Access

Crisis supports (in addition to those listed above):

24/7 Emergency Counselling Services

[Good2Talk Student Helpline](#)

1-866-925-5454

Professional counseling, information and referrals helpline for mental health, addictions and students well-being.

[My Student Support Program \(My SSP\)](#)

1-844-451-9700

Outside of North America, call 001-416-380-6578.

Culturally-competent mental health and counselling services in 146 languages for all U of T students.

The Office of Health Professions Student Affairs
416-978-2764

U of T Counselling Services

St. George campus, [CAPS \(Counselling and Psychological Services\)](#)

416-978-8030 / info.hwc@utoronto.ca

Koffler Student Services Building

214 College Street, Main floor

UTM campus, [Health & Counselling Centre](#)

905-828-5255

Davis Building, Room 1123