



Canadian Mental
Health Association
Toronto

Phone, Text, and Online Mental Health Support



At CMHA Toronto, we are committed to protecting the health, safety and well-being of our community and every staff member, student, volunteer, service user, and family member we work with. With the amount of information and attention on COVID-19, we understand it can be causing feelings of distress, fear and anxiety.

To help you easily navigate available mental health supports, we have compiled a list of trusted healthcare professionals and mental health organizations providing phone, text and online support.

If you or someone you know is in crisis or immediate danger, call 911 or visit your local emergency room immediately.

For mental health support via phone:

- [Distress Centres of Greater Toronto](#)
CALL: 416-408-4357 (24/7 support)
- [Kids Help Phone](#)
CALL: 1-800-668-6868 (24/7 support)
- [Gerstein Crisis Centre](#)
CALL: 416-929-5200 (24/7 support)
- [Progress Place Warm Line](#)
CALL: 416-960-9276 (support from 8pm-12am)
- [WoodGreen Crisis Outreach Service for Seniors](#)
CALL: 416-217-2077 (support from 9am-5pm for people 65+)
- [Crisis Services Canada](#)
CALL: 1-833-456-4566 (24/7 support)
- [Mental Health T.O.](#)



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CALL: 1-866-585-6486 (support from Monday-Friday from 9am-7pm)

For mental health support via text:

- [Distress Centres of Greater Toronto](#)
TEXT: 45645 (24/7 support)
- [Kids Help Phone](#)
TEXT: 686868 (24/7 support)
- [Crisis Services Canada](#)
TEXT: 45645 (support from 4pm – Midnight ET)

For online mental health support:

- [Wellness Together Canada](#)
Free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed to everyone in Canada.
- [Big White Wall](#)
Safe, anonymous online mental health support from trained professionals to help with anxiety, depression and other common mental health issues.
- [BounceBack](#)
Free skill-building program managed by CMHA. It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.
- [WellCan](#)
AbilitiCBT – the free internet-based cognitive behavioral therapy (iCBT) program is available to help Ontarians 16 years or older understand and change the thoughts, feelings and behaviours that are causing problems.
- [MindBeacon](#)
For a limited time during COVID-19, the digital CBT program is available free of charge to support Ontarians 16 years or older experiencing mild to moderate symptoms of the following mental well-being conditions: depression, generalized anxiety, social anxiety, panic, PTSD and insomnia.
- [Stella's Place – BeanBagChat](#)
Download the “BeanBagChat” app to receive free, safe and engaging mental health peer support and counselling from partner organizations. (support from 12pm-9pm Monday-Thursday and 4pm-9pm Friday and Sunday for people aged 16-29)



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For community and social service operations during this time:

- [211](#)
CALL: 211
Provides free information and referral for callers to community and social services in the Central Region (Toronto, Peel, York and Durham) (24/7 support)
- [ConnexOntario](#)
CALL: 1-866-531-2600
Provides free, confidential health services information for people experiencing mental health and/or addictions issues. (24/7 support)
- [CMHA Toronto Quick Guide](#)
Contact information for various mental health organizations throughout the city of Toronto

**Please contact the service provider prior to visiting in-person to receive up-to-date information on their service delivery during this time.*