



Emergency / Crisis Services

If you or someone you know is experiencing a mental health or addiction crisis and **requires emergency assistance, call 9-1-1** or go to the nearest hospital.

If you or someone you know is experiencing a mental health or addiction crisis and needs support, contact:

Community Mental Health and Addictions Crisis Response Service

1-855-310-COPE (2673)

TTY number:

1-866-323-7785

24/7 service for people living in York Region, South Simcoe, or North York who are having a mental health crisis, and their family or friends.

Kids Help Phone

1-800-668-6868

24/7 counselling and information service for young people.

Addictions, Mental Health and Problem Gambling Treatment Services

1-866-531-2600

24/7 health services information for people experiencing addictions, mental health concerns and problem gambling.

Krasman Centre

1-888-777-0979

24/7 mental health support by a person with lived experience.

Telehealth Ontario

1-866-797-0000

24/7 general health service includes information about depression, suicide or other mental health concerns.

CARAH House

1-888-893-8333

or 705-728-5044

24/7 Mental Health Crisis line for South Simcoe.

Assaulted Women's Helpline

1-866-863-0511

Anonymous 24-hour crisis line for women in Ontario who have experienced any kind of abuse.

Mental Health and Addictions Service Coordination Council

A community approach for better care for the residents of York Region

Funding support provided by:



Canadian Mental Health Association
York and South Simcoe
Mental health for all



One Stop Shop Directory

Mental Health, Addictions and Housing Supports

Emergency/Crisis Services

Community agency partners in York Region have put together a “One Stop Shop Directory” for mental health, addictions and housing services.



Mental Health and Addictions Services listings:

to learn about mental health and addiction agency services near you

yssn.ca/streamlined-access

289-340-0348 or, toll free 1-844-660-6602

connexontario.ca

Addictions, Mental Health and Problem

Gambling Treatment Services: 1-866-531-2600

centralhealthline.ca

See individual listings

kidshelpphone.ca

1-800-668-6868

mindyourmind.ca

See individual listings

Housing Supports listings:

to learn about housing and available support services in York Region

york.ca/wps/portal/yorkhome/support/yr/housing

1-877-464-9675

TTY: 1-866-512-6228 or 905-895-4293

(for those with hearing disabilities)

shhc.ca/housing-help-York
(see individual listings by location)

211ontario.ca

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Financial, Employment and Community Supports listings:

to learn about government related assistance programs

york.ca/wps/portal/yorkhome/support

1-877-464-9675

TTY: 1-866-512-6228 or 905-895-4293

(for those with hearing disabilities)

211ontario.ca

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