

Finding Help

If you need help in an emergency or are in crisis:

1. **Visit your local emergency department or call 911**
 - a. Scarborough Hospital Regional Mobile Crisis Team via Police Department (911) accessible through police (no direct number)
2. Contact a distress centre in Ontario near you (phone numbers provided below)

Distress lines (most open 24 hours a day)

- **Toronto Distress Centres:** 416 408-4357 or 408-HELP
- **Gerstein Centre:** 416 929-5200
TTY: 905 278-4890; *Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese*
- **Assaulted Women's Helpline:** 416 863-0511; Toll-free: 1 866 863-0511
- **Kids Help Phone (up to age 30):** 1 800 668-6868; Languages: English and French
 - **To start using the text service text CONNECT to 686868.**
- **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 Avenue, east to Port Union Road, and west to Victoria Park
- **Durham Crisis and Mental Health Line:** 905 666-0483