

CRISIS AND EMERGENCY NUMBERS

Ontario

- Emergency - Call 911
- Go to your nearest hospital
- Go to your doctor
- Ontario Mental Health Helpline - 1-866-531-2600
- Ontario Drug and Alcohol Helpline – 1-800-565-8603
- Ontario Problem Gambling Helpline – 1-800-230-3505
- Search CMHA Locations- <http://www.cmha.ca/get-involved/find-your-cmha/>
- Call Telehealth Ontario - 1-866-797-0000
- CMHA Ontario Division
<http://www.ontario.cmha.ca/>
416 977 5580
- Ontario Association for Suicide Prevention Inc.
<http://www.ospn.ca/>
647 525 6277
- Distress Centres Ontario
<http://www.dcontario.org/services.html>
416 486 2242
Crisis Line
<http://www.crisisline.ca/>
- Within Ottawa 613 722 6914 or outside of Ottawa 1 866 996 0991
- The Ontario Mental Health Helpline
<http://www.mentalhealthhelpline.ca/>
1 866 531 2600
- Self-Help Resource Centre
<http://www.selfhelp.on.ca/>
416-487-4355
- Connex Ontario Health Services Information
<http://www.connexontario.ca/>
Mental Health Helpline: 1 866 531 2600
- Mental Health Crisis Line which is linked with the Crisis Team and they can be reached at 613-722-6914 or 1-866-996-0991