

# **COMMUNITY RESOURCE INFORMATION**

**Help Ahead** is the centralized resource and intake phone line for multiple trusted community-based mental health organizations in Toronto. Help Ahead has up-to-date information about the available programs and services and can find local supports to address the needs of your child and family. <https://www.helpahead.ca/> **1-866-585-6486**

**What's Up Walk-In Clinic** provides free mental health counselling for children, youth, young adults and their families, and family with infants.  
<https://www.whatsupwalkin.ca/resources/>

**Hong Fook Mental Health Association** – Youth and Family Services aim to promote the resiliency of East Asian youth (ages 12-29) and their family members and caregivers. The Short-Term Counselling Service offers 4 to 8 sessions for young people (aged 12-25) and their families in the languages of Cantonese, English, Korean, Mandarin and Tagalog. For an appointment, call: **647-534-8493**

**One Stop Talk** is a free, confidential service that lets children and youth aged 0-17 years call or connect online from anywhere in Ontario to get brief mental health services. Parents seeking services are encouraged to visit *One Stop Talk* with their child to ensure access to a session. <https://onestoptalk.ca/> **1-855-416-8255**

**Kids Help Phone Line** is a 24 hour/7 days per week crisis line that youth can contact for support: Online Chat: [www.kidshelpphone.ca](http://www.kidshelpphone.ca) Phone: **1-800-668-6868** Text: **686868**

**Black Youth Help Line** – available 9 AM – 10 PM [www.blackyouth.ca](http://www.blackyouth.ca) **416-285-9944**

**LGBT Youth Line** – Sunday – Friday 4 PM – 9:30 PM – PEER SUPPORT\*

Live chat: [www.youthline.ca](http://www.youthline.ca) Text: **647-694-4275** Call: **1-800-268-9688**

**Naseeha - Muslim Mental Health Help Phone** – 1-866-Naseeha (627-3342)

Call: 1-866-627-3342 (7 days/week 12-9 PM) Text: 1-866-627-3342 (Mon-Fri 12-9 PM)

**Hope for Wellness Help Chat** – offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada

Live chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca) Call: **1-855-242-3310 (24/7)**