

## Mental Health Resources: Support Help Lines



### **YSM TELE-COUNSELLING**



For the safety of our clients and to prevent the spread of COVID-19, we are now offering our mental health counselling over the phone. If you are feeling anxious or distressed, you are not alone. Our counselors are here to support you.

Connect with us by using one of the phone numbers listed below. A counselor will either be able to support you live or call you back as soon as possible.

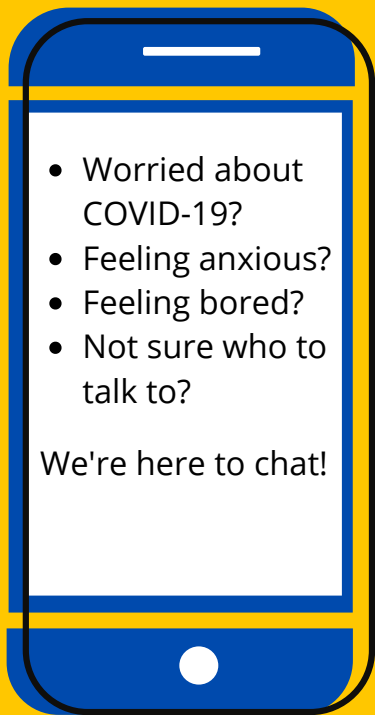
#### **Ages 16-24**

- 416 929-9614 ext 2269  
Monday-Thursday 10AM-4:30PM
- For inquiries about psychiatry please call 416 929-9614 ext. 2200

#### **Ages 25+**

- 416 929-9614 ext 3235  
or 3239  
Monday-Friday 10AM-4:30PM

**If you are in crisis and need immediate support, please contact Gerstein Crisis Centre 416 929-5200 or Toronto Distress Centre 416 408-4357 or text 686868**



# NON-CRISIS PEER SUPPORT PHONE LINE

647.875.8967

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**Peers are available to listen & chat:**

**Mondays - Fridays**

**12pm - 8pm**

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Community PEERS - Peers Elevating & Extending Resources & Supports - is a collective of youth and young adults who are invested in supporting the well-being of youth ages 13 - 29.

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For more information contact:  
Christina.alexio@toronto.ca



St. Stephen's  
Community House