

Support During the Holidays

We understand that the holiday season can be challenging. If you or your loved ones require immediate support, please reach out to the following resources:

Agency Name	Service nature	Service time	Contact method	Language
Toronto Community Crisis Service	For people experiencing or witnessing mental health crisis. Outreach service for wellbeing check within City of Toronto	24/7	Call 2-1-1 and ask for mental health support	Over-the-phone interpretation available
Distress Centre of Greater Toronto	For people with emotional distress, relationship issues/ mistreatment, or thoughts of suicide	24/7 10 am to 10 pm	416-408-4357 (408-Help) 905-459-7777	English Cantonese and Mandarin + a few other languages

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For You Telecare Family Service	For people in distress or in need of emotional support	24/7	416-241-5456	Korean
Suicide Crisis Helpline	For people with thought of suicide or plan to do so	24/7	Call or text 9-8-8	English/French + other language may be available by phone via interpreter
Kids Help Phone	For kids, teens and young adults who want immediate mental health support	24/7	Call 1-800-668-6868 or text 686868	English/French + other languages via interpreter