

Pinewood Addiction Services

Crisis intervention and support with substance abuse user concerns.
Toll free: 1-888-881-8878

Durham Rape Crisis Centre

Support and information to anyone who has experienced any form of sexual violence in their lives. Also available to family, friends, or partners supporting a sexual violence survivor.
Telephone: 905-668-9200

Kids Help Phone

Professional counselling, referral, and information service for children and youth.
Toll free: 1-800-668-6868 | Text: CONNECT to 686868
Online chat: kidshelpphone.ca

Assaulted Women's Helpline

Crisis counselling, emotional support, and safety planning.
Toll free: 1-866-863-0511 | Local: 416-863-0511

Elder Abuse Ontario

Senior safety line to support abused seniors and their families.
Toll free: 1-866-299-1011 | Local: 705-876-1122 ext. 327

Telehealth Ontario

Speak to a registered nurse to receive quick answers and advice regarding your health.
Toll free: 1-866-797-0000 | Available from 6:00 p.m. to 10:00 p.m.

Distress Centre Durham

Talk through any issue, problem, or feeling impacting your well-being.
Toll free: 1-800-452-0688 | Local: 905-430-2522 | Text: 258258
Available from 2:00 p.m. to 2:00 a.m.
Online chat: www.distresscentredurham.com

Durham Mental Health Services

For individuals experiencing a personal or situational crisis.
Toll free: 1-800-742-1890 | Local: 905-666-0483

iOS App



Android App



Prideline Durham Helpline

Managed by LGBTQ (lesbian, gay, bisexual, transgender, queer) staff providing emotional support and crisis intervention within topics such as bullying, family, coming out, social isolation, questioning sexuality, and mental health.
Toll free: 1-855-877-7433



NOURISH & DEVELOP **SOCIAL SUPPORT**

“ One of the most
important things
you can do on
this earth is to let
people know they
are not alone. ”
- Shannon Alder