

# Ontario



- Crisis Outreach & Support Team Hamilton: 905.972.8338

Niagara: 1.866.550.5205

- Assaulted Women's Helpline GTA 416.863.0511

- CMHA Middlesex Mental Health & Addictions Crisis

Centre 519.434.9191

- Distress Centre of Toronto 24/7 Crisis Line

416.408.HELP (4357)

- Distress Centres of GTA - Multilingual

Helplines Caledon: 1.877.298.5444 Brampton &

Mississauga: 905.459.7777

- Toronto Rape Crisis Centre & Multicultural Women

Against Rape 416.597.1171

- Victim Services of Peel . Crisis Intervention . 24/7

Helpline 905.568.8800