

CRISIS HELPLINES & RESOURCES (Info Only)

Police, fire, ambulance, emergency: Call 911 or visit your nearest local Hospital emergency department
12 Step resources: 1-888-340-1001 www.selfhelp.on.ca

211 Ontario.ca: Additional Treatment resources

www.VirtualCareClinic.ca – Virtual Urgent Care (offers assessments, diagnosis, treatment online). Ontario

CAMH - Centre for Addiction and Mental Health: 416-535-8501, Emergency Dept – 1051 Queen Street, West, Toronto, M6J 1H3, www.camh.ca

CMHA - Canadian Mental Health Association: 416-977-5580, www.ontario.cmha.ca

Mood Disorder Association of Ontario: 416-486-8046 www.mooddorders.on.ca

Mental Health crisis line: 1-888-893-8333 / **Mental Health Helpline** - 1-866-531-2600

CCAC (Home & Community Care Support Services) – Peel 905-310-2222 or 905-855-9090 / Toronto 416-506-9888 / Halton 905-855-9090 / Durham 905-668-6223

Kids Help Phone: 1-800-668-6868, www.kidshelpphone.ca

Children's Aid Society (CAS): 905-363-6131 (Peel) / 416-924-4646 (Toronto) / 905-333-4441 (Halton)

Positive Kids: 647-629-1151, www.positivekids.ca / info@positivekids.ca

Youthdale Psychiatric Crisis Support Team: 416-363-9990, www.youthdale.ca

Good2Talk (Anonymous helpline for post-secondary students): 1-866-925-5454, 24 hrs/7 days

Peel Safe Centre (Abuse & Violence Support): Available 24/7, call (905) 450-4650, pressing 2. scopeel.org

Crisis/Distress Centers: Peel 905-278-9036 / Toronto 416-408-4357 / Oakville 905-849-4541 / North Halton 905-877-1211 / Burlington 905-681-1488 / Milton 909-878-8555 / North Etobicoke 416-498-0043 / Durham 905-433-1121

Assaulted Women's Helpline: 416-863-0511; Toll Free 1-866-863-0511 www.awhl.org

Domestic abuse & Sexual Assault victims / Hope24/7: 416-597-8808, 1-800-810-0180

Senior Crisis Access Line: 416-217-2077

Suicide & Distress Hotline (Canada wide): 1-800-448-3000

Emergency Shelter, Central Intake: 416-338-4766; Toll Free 1-877-338-3398

Gerstein Centre / Mobile Crisis Support: 416-929-5200 crisis intervention to adults with mobile support/www.gersteincentre.org

Drug and Alcohol Helpline - 1-800-565-8603

Net Addiction: www.netaddiction.com

OGA (Online Gamers Anonymous): www.oganon.org/home

Ontario Problem Gambling Helpline - 1-888-230-3505

Drug, Alcohol, Abuse and Domestic helpline (Ontario): 1-800-565-8603, www.eMentalHealth.ca

ConnexOntario: 1-866-531-2600, www.connexontario.ca (Access to Addiction, mental health and problem gambling resources)

PEEL HOSPITALS AND HEALTH

Telehealth Ontario: 1-866-797-0000

Access safe, high-quality care and avoid unnecessary visits to the emergency room. This service is an easy way to get connected to care you or your loved ones need, but it does not replace your other touch point with your health care provider.

Connect with a registered nurse day or night for free, secure and confidential health advice:
1-866-797-0000

PEEL REGION HOSPITALS

Trillium Health Partners - Credit Valley Hospital

2200 Eglinton Ave W, Mississauga, ON L5M 2N1 / 905-813-2200

Trillium Health Partners- Mississauga Hospital

100 Queensway W, Mississauga, ON L5B 1B8 / 905-848-7100

William Osler Health System-Brampton Civic Hospital

2100 Bovaird Dr E, Brampton, ON L6R 3J7 / 905-494-2120

William Osler Health System-Etobicoke General Hospital

101 Humber College Blvd, Etobicoke, ON M9V 1R8 / 416-747-3400

Halton HealthCare-Oakville-Trafalgar Memorial Hospital

3001 Hospital Gate, Oakville, ON L6M 0L8 / 905-845-2571

PEEL EMERGENCY ACCOMMODATION

Women & Children

Interim Place I
Mississauga
905-403-0864

Interim Place II Malton
905-676-8515

Youth (ages 16-24)

Our Place Peel
905-238-1383

Families

Peel Family Shelter
905-272-7061

Salvation Army Family Resource Centre
905-451-4115

Males (All Ages)

Wilkinson Road Shelter
905-452-1335

Out of the Cold Program
905-457-3611

Women & Couples (No Children)

Cawthra Shelter
905-281-1272

PEEL FOOD RESOURCES

Mississauga Food Bank

Relieving hunger in Mississauga by providing and promoting access to healthy and appropriate food.

Our programs distribute FREE food to anyone in need. We are here to make sure that no one in Mississauga goes hungry.

Our network of over 50 neighbourhood food banks, pantries, breakfast clubs, hot meal programs, and other programs are located in every corner of Mississauga.

905-270-5589

www.themississaugafoodbank.org/

Seva Food Bank

we ensure equitable access to safe, nutritious and culturally appropriate food to people experiencing or at risk of poverty in the communities we serve.

WE SERVE RESIDENTS LIVING IN MISSISSAUGA'S L5B & L5C postal codes and the Malton Community.

Malton:
905-361-7382 ext.2

Wolfedale:
905-361-7382 ext.1

www.sevafoodbank.com

Eden Food for Change

is committed to increasing access to good food in a dignified manner, developing food skills to encourage healthy eating and empowering the community through education, outreach and advocacy.

Eden Food for Change primarily serves western Mississauga/people who live in the postal code areas starting with L5L, L5M and L5N.

905-785-3651

www.edenffc.org/

The Compass

We are a Food Bank & Outreach Centre located in and serving South Mississauga

905-274-9309

www.thecompass.ca/

Muslim Welfare Canada

and its Halal Food & Essential Items Bank has provided individuals and families with non-perishable food items and halal meat. Additionally, essential household items, clothing, footwear and winter gear are provided, based on availability.

Mississauga:
For more information or to register, please call 905-281-9730

www.muslimwelfarecentre.com

Knights Table Peel

To serve and empower vulnerable members of our community by providing food and access to resources in a safe environment. Located in Brampton.

905-454-8725

www.knightstable.org/

Ste. Louise Outreach and Foodbank

Our mandate is to feed the hungry, while leaving them with a sense of dignity.

905-454-2144

www.stelouisefoodbank.ca/registration

Salvation Army

Connect with your local chapter for support:

Erin Mills
905-820-6868

Brampton
905-451-8840

Cawthra
905-279-3941

Meadowvale
905-824-0450

From food hampers to helping put toys and clothes under the tree, The Salvation Army is providing practical assistance to those in need this Christmas.

