

# Mental Health and Actor Support Resources

The following Mental Health and Actor Support Resources have been provided by ACTRA Toronto.

## ACTRA Members

### **HAVEN Helpline**

Telephone 24/7: 1-855-201-7823

Chat 24/7: Lifeworks App

A national, bilingual incident report and counseling support line available to members of ACTRA, DGC (Directors Guild of Canada, and Equity (Canadian Actor's Equity Association).

### **Members and Family Assistance Program**

Telephone 24/7: 1-844-880-9142

TTY: 1-800-363-6270 (English) / 1-800-263-8035 (French)

Operators can connect you to counselling and other support services. Tell the operator you have access to the MFAP through AFBS. You will need to provide your ACTRA number and date of birth.

## Crisis Support and Helplines

### **Gerstein Crisis Centre**

Telephone 24/7: 416-929-5200

Website: <https://gersteincentre.org/>

The Gerstein Crisis Centre can help callers who are experiencing a mental health crisis to work out some effective ways of addressing their immediate problems and connect them to services that can offer ongoing support.

### **Distress Centres of Greater Toronto**

Telephone 24/7: 416 408-4357 or 408-HELP

Canada's oldest volunteer delivered crisis, emotional support and suicide prevention, intervention, and postvention service agency.

**Canada Suicide Prevention Service**

Telephone 24/7 (toll free): 1 833-456-4566.

Text (SMS): 4:00 pm to 12 midnight daily, text 45645

Website: <https://www.torontodistresscentre.com/>

National, dedicated crisis and suicide phone and text service.

**Kids Help Phone**

Telephone 24/7: 1-800-668-6868

Text (SMS) 24/7: Text CONNECT to 686868 (to chat with a Crisis Responder)

Chat 24/7: Go to website and click the “Chat” button at the bottom of the screen

Website: <https://kidshelpphone.ca/>

National support service which offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

**Good2Talk**

Telephone 24/7: 1-866-925-5454

Website: <https://good2talk.ca/>

Confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, with a primary focus on students aged 17 to 25.

**Trans Life Line**

Telephone: 1-877-330-6366

Hours: 7am-1am PST / 9am-3am CST / 10am-4am EST

Website: <https://www.translifeline.org/>

Peer support hotline run by and for trans and gender non-conforming persons.

**Black Youth Helpline**

Telephone (9a-10p ET): 416-285-9944 or 1-833-294-8650

Email: [info@blackyouth.ca](mailto:info@blackyouth.ca)

Website: <https://blackyouth.ca/>

National helpline for black youth and their families.

### **Fem'aide**

Telephone: 1-877-336-2433

Website: <https://femaide.ca/>

Fem'aide offre aux femmes d'expression française aux prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité 24 heures par jour, sept jours par semaine.

### **LGBT Youth Line**

Telephone (6p-9p ET): 1-800-268-9688 Text (4p – 9:30 p ET): 647-694-4275

Email: [askus@youthline.ca](mailto:askus@youthline.ca)

Website: <https://www.youthline.ca/>

A support line of 2SLGBTQ+, trained, volunteer peer supporters for youth in Ontario.

### **Toronto Pflag**

Telephone: 416-406-6378 (9p – 9pm ET)

Website: <https://www.torontopflag.org/support-phone-line>

A volunteer, telephone support service for 2SLGBTQIA+ individuals, and their families and friends.

### **Hope for Wellness**

Telephone: 1-855-242-3310

Website: <https://www.hopeforwellness.ca>

A 24/HR, 7 days a week help line for Indigenous folks across Canada in need of immediate mental health counselling and crisis intervention.

### **Talk for Healing**

Support Line: 1-855-554-HEAL Crisis Line: 1-888-200-9997

Website: <https://www.beendigen.com/programs/talk4healing/>

A 24/7 support, crisis and referrals resource for Indigenous women, by Indigenous women, all across Ontario.

## **Community Health Centres**

### **Anishnawbe Health Toronto**

Website: <https://aht.ca/>

A Community Health Centre for First Nations, Inuit and Métis Peoples (status or non-status and their families), that offers both Western and Traditional care.

### **The Artist Health Centre**

Website: [https://www.uhn.ca/MCC/Clinics/Artists\\_Health\\_Centre/](https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre/)

The Al & Malka Green Artists' Health Centre is a facility in the Family and Community Medicine Program at Toronto Western Hospital. The Centre specializes in addressing the specific healthcare needs of artists.

### **Planned Parenthood**

Telephone: 416-961-0113

Website: <http://ppt.on.ca/>

Planned Parenthood is a pro-choice community health centre that offers sexual health, mental health, and primary care services to youth.

### **Women's Health in Women's Hands**

Website: <https://www.whiwh.com/>

A Community Health Centre for racialized women living in Toronto and surrounding municipalities.

### **Taibu**

Website: <http://taibuchc.ca/en/>

A Community Health Centre TAIBU provides primary health care and related services for Black populations across the Greater Toronto Area as its priority population and residents of the local community of Malvern.

## **OTHER SUPPORT SERVICES**

### **519 Community Centre**

Website: <https://www.the519.org/>

Downtown Toronto community agency providing a range of programs and services to LGBTQ2S communities in Toronto and beyond.

### **Across Boundaries**

Website: [www.acrossboundaries.ca](http://www.acrossboundaries.ca)

Community health clinic that provides mental health and addiction services for racialized communities living in the GTA (Greater Toronto Area) within an anti-racism, anti-Black racism and anti-oppression framework.

**Black Health Alliance**

Website: <https://blackhealthalliance.ca/>

The Black Health Alliance is a community-led registered charity working to improve the health and well-being of Black communities in Canada.

**Community and Senior Care at Woodgreen**

Website: <https://www.woodgreen.org/services/community-senior-care/>

The Community and Senior Care team at Woodgreen supports individuals to participate fully in their community and age independently through a variety of programs.

**Native Canadian Centre of Toronto**

Website: <https://ncct.on.ca/>

The Native Canadian Centre of Toronto provides culturally centred services and programs to support the health and economic, social, cultural wellbeing of Indigenous people.

**The Native Women's Resource Centre of Toronto**

Website: <https://nwrct.ca/>

The Native Women's Resource Centre of Toronto offers housing, family, employment, advocacy, and youth programming for Aboriginal women and their children in the Greater Toronto Area.

**Stella's Place**

Telephone: 416-461-2345

Website: <https://stellasplace.ca/>

Free mental health and support services for youth and adults ages 16 to 29 in the Greater Toronto Area.

## **SEXUAL ASSAULT/GENDER BASED/DOMESTIC VIOLENCE – Primary Care**

### **Chantel's Place at Trillium Hospital**

Telephone (non-urgent inquiries): 905-848-7580 ext. 2548

Website:

<https://www.trilliumhealthpartners.ca/patientservices/womens/Chantels-Place/Pages/default.aspx>

Chantal's place offers acute medical care, forensic and/or counselling services for survivors of recent sexual assault. Clients are admitted through the Mississauga Hospital site Emergency Department.

### **Domestic Abuse and Sexual Assault (Dasa) at Mackenzie Health Hospital**

Website:

<https://www.mackenziehealth.ca/programs-services/domestic-abuse-and-sexual-assault-dasa>

The DASA Care Centre of York Region provides free care for victims/survivors of domestic abuse and sexual assault including emergency care following abuse or an assault, examination, testing, follow-up care, counselling, and other services as needed.

### **Sexual Assault/Domestic Violence Care Centre at Women's College Hospital**

Website:

<https://www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre/>

This care center offers a comprehensive service that assists people over the age of 14, who are victims/survivors of sexual assault and domestic/intimate partner violence.

## **SEXUAL ASSAULT/GENDER BASED/DOMESTIC VIOLENCE – Other Supports**

### **Assaulted Women's Helpline**

Telephone: 1-866-863-7868

Website: <https://www.awhl.org/>

A free, anonymous and confidential 24-hour crisis and support telephone line to all women in the province of Ontario who have experienced any form of abuse.

### **Family Service Toronto – Male Survivors of Sexual Abuse**

Telephone: 416-595-9618

Website:

<https://familyservicetoronto.org/our-services/programs-and-services/male-survivors-of-sexual-abuse/>

Up to 8 free counselling sessions for male survivors of sexual assault for folks aged 16+ and living in Ontario.

### **Ontario Coalition of Rape Crisis Centres**

Website: <https://sexualassaultsupport.ca/about-ocrcc/>

The Ontario Coalition of Rape Crisis Centres (OCRCC) is a network of sexual assault centres across Ontario that offer counselling, information and support services to survivors of sexual violence, including childhood sexual abuse and incest.

### **Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR)**

Website: <https://trccmwar.ca/>

The TRCC/MWAR)DASA is grassroots collective run by women and non-binary people who offer peer support to survivors of gender-based or sexualized violence

## **ONLINE RESOURCES & APPS**

### **Hope by CAMH**

Website: <http://www.camh.ca/hopebycamhapp>

Hope by CAMH is a free smartphone app that provides suicide prevention information, tools and crisis resources to support and guide individuals when they are experiencing thoughts of suicide.

### **You Feel Like Sh\*t**

Website:

[https://philome.la/jace\\_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html](https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html)

An interactive flow chart for people who struggle with self-care, executive dysfunction, and/or who have trouble reading internal signals.

### **Bounce Back Ontario**

Website: <https://bouncebackontario.ca/>

Free resources for adults and youth 15+ experiencing low mood, depression, and anxiety.

### **The Blind Stigma**

Website: <http://theblindstigma.com/>

A documentary film that discusses mental health within the Black community.

### **Calltime: Mental Health (BC)**

Website: <https://www.calltimentalhealth.com/>

Campaign to support BC motion picture workers and their families, reduce the stigma related to mental health and substance use, and increase awareness of available services and benefits.

## **ADDITIONAL RESOURCES**

### **211 Ontario**

Telephone 24/7: 211 (2-1-1)

A helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services.

### **Canadian Mental Health Association**

Website: <https://toronto.cmha.ca/find-help/>

Distress lines available in Toronto.

### **Distress and Crisis Ontario**

Website: <https://www.dcontario.org/about-us/>

Distress lines available across Ontario.

### **Centre for Addiction and Mental Health (CAMH)**

Website: <https://www.camh.ca/en/health-info/crisis-resources>

Crisis Resources list.