

## **Resource Sheet**

### **1. YMCA**

YMCA centres exist across Ontario, dedicated to the growth of all persons in spirit, mind, and body. YMCAs centres offer health and fitness, child care, education, education and training, and youth engagement services.

To find the local information for your YMCA centre: <https://ymca.ca/Locations>

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

### **2. Centre for Addiction and Mental Health**

Drug, alcohol, and mental health information and support line.

- Toll-Free: 1-800-463-6273
- Website: <http://www.camh.net/>

### **3. Legal Aid Ontario**

Legal Aid Ontario provides legal services to low-income individuals.

- Toll Free: 1-800-668-8258
- Website: <https://www.legalaid.on.ca/en/>

### **4. Distress and Crisis Ontario**

Distress and Crisis Ontario provides 24-hour support, 7 days a week to provide crisis, emotional support, suicide prevention, and intervention service support over the phone.

To find the local information for your Distress and Crisis Ontario: <http://www.dcontario.org/>

Locations <https://www.dcontario.org/locations/>

Chat & Call features available on the site via Main Menu/Get Help/Chat with Us