

Resource List

CONNEX ONTARIO	Toll free: 1-866-531-2600 http://www.connexontario.ca/	ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling.
GAMBLER'S ANONYMOUS TORONTO	Toll Free: 1-855-222-5542 https://www.gatoronto.ca/	Regular group meetings for men and women who desire to stop gambling. GamAnon is mutual aid and support for spouses, family or close friends of compulsive gamblers.
DISTRESS CENTERS OF GREATER TORONTO	416-408-4357 Live chat: https://www.dcoft.com/	Live answer service 24/7. Responders are available to chat and text regarding all issues related to distress, crisis, and suicidal thoughts, prevention and intervention.
GOOD2TALK	Toll free: 1-866-925-5454 https://good2talk.ca/	Good2Talk provides free, confidential and anonymous services for post-secondary students experiencing problems with mental health, substance use or well-being.
KIDS HELP PHONE	Toll free: 1-800-668-6868 https://kidshelpphone.ca/	Live answer service 24/7. Confidential support over chat, call or text for young people in Canada regarding all issues related to mental health, substance use or well-being.
DISTRESS AND CRISIS ONTARIO	Find a Distress Centre near you: https://www.dcontario.org/#	Administrative support that collects Ontario-wide information on distress and crisis centers and puts that in one convenient spot for support across the province.
RESPONSIBLE GAMBLING COUNCIL	Find Gambling Help for Canadians: https://www.responsiblegambling.org/for-the-public/problem-gambling-help/help-for-canadians/	