

ETOBICOKE

Mental Health Supports available within

7
Days

Waiting for an appointment to help you with your mental health and/or substance use concerns can feel like forever.

While you wait, here are some recommended services and supports to get you feeling better. Some services are available immediately and all are available within seven days.

Your Doctor will check off what is recommended based on your concerns.

A referral has been made to one-Link for you to speak with a service coordinator for what services and supports are right for you at this time. You can contact them directly to book this appointment at 905-338-4123 in the language you are most comfortable speaking.

Affix clinic stamp here

**Are you in crisis? Call call Toronto Distress Centre 416-408-4357
or go to your nearest Emergency Department.**

Want to talk to someone? 24/7 options:

Toronto Distress Centre
<https://www.torontodistresscentre.com/home-resources>
Call: **416 408-HELP (4357)** Toll free: **1 (833) 456-4566**
or Text: **45645**, service available 4:00pm-12:00am

Want to text/chat?

Big White Wall® provides 24/7 online support and online courses to help you improve your mental health. This service is anonymous. Visit: **www.bigwhitewall.com**

Want to learn how to stop feeling low? Stressed? Anxious?

Contact Bounce Back® and a trained coach will contact you within 72 hours to get you started with skill building workbooks. Available in multiple languages.
Visit: **www.bouncebackontario.ca** Call: **1-866-345-0224**

Want to talk in person to a counsellor?

LAMP Community Health Services Visit: **185 Fifth St, Etobicoke, Mondays from 1:00-3:30pm** Call: **416 252-6471 x235**

Want to attend a group with peers?

MDAO (Mood Disorders Association of Ontario) runs drop in support groups at Eatonville Library on the first Wednesday of each month, from 6:00-8:00pm.
Call: **1-866-363-6663** for details.

