



4th RECORD

Resource Sheet

Toronto



Health Clinics

Planned Parenthood Toronto

For sexual health, mental health, and primary care

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

Phone: (416) 961-0113

Youthlink

To gain support for emotional well-being, mental health, and intellectual development

<https://youthlink.ca/>

Phone: (416) 967-1773

City of Toronto

To find a health/sexual clinic in Toronto

<https://www.toronto.ca/community-people/health-wellness-care/>

Phone: 416-338-7600

Toronto Central Health Line

To locate health centers and programs for Indigenous peoples

<https://www.torontocentralhealthline.ca/listServices.aspx?id=10071>

The 519

To secure services for members of the LGBTQ2S communities, from counseling services to drop-ins and peer support

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

Phone: 416-392-6874

Helplines

The Lesbian Gay Bi Trans Youth Line

For confidential and non-judgemental peer support through our telephone, text and chat services

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

Phone: 416-962-2232 or Toll Free: 1-888-687-9688

Assaulted Women's Helpline

For counselling, emotional support, information and referrals

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

Phone: 1-866-863-0511 or 1-866-863-7868

Gerstein Crisis Centre

For adults 16+ in the City of Toronto who are dealing with mental health, concurrent, or substance use issues and are currently in crisis

<https://gersteincentre.org/about-us/>

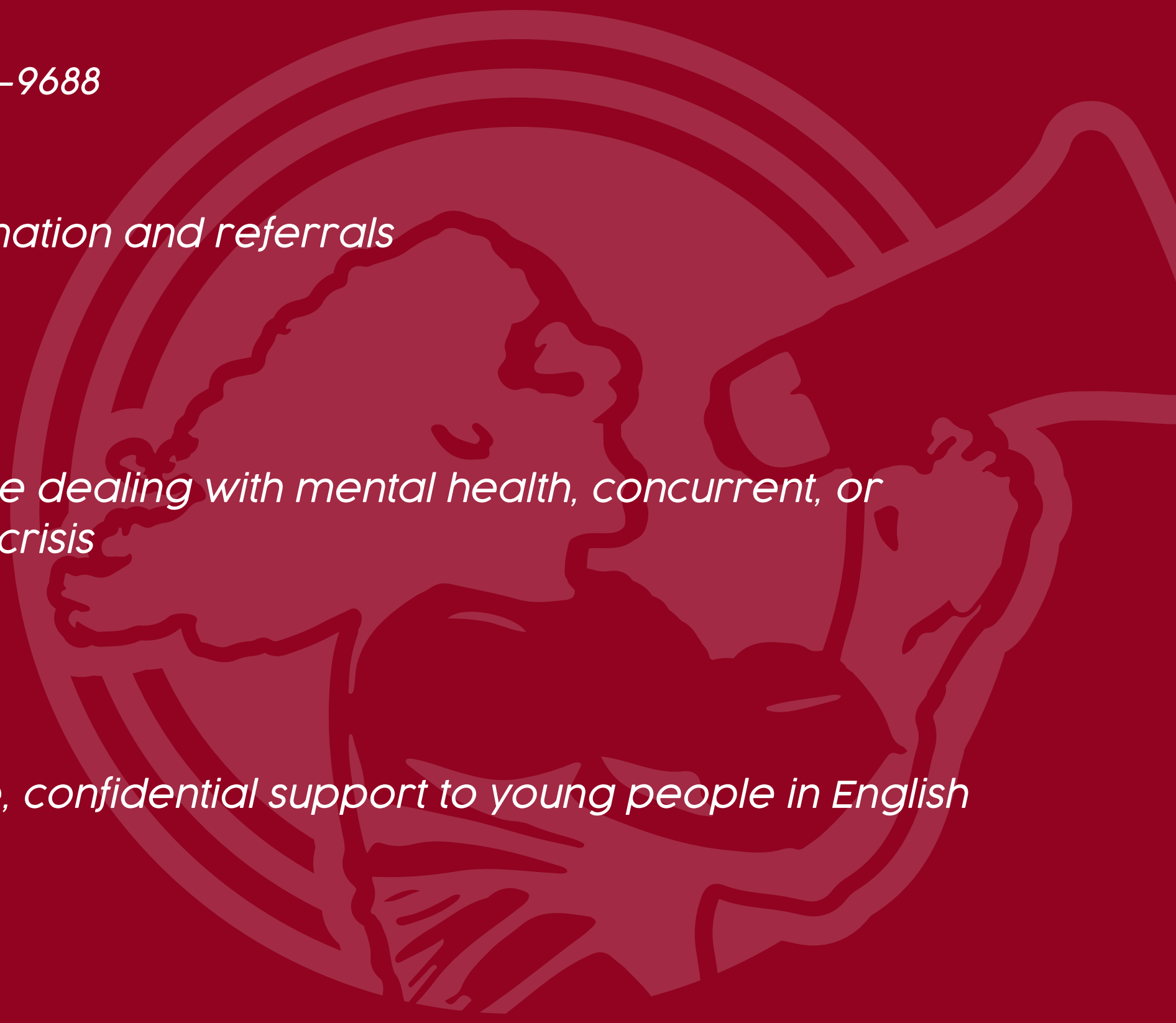
Phone: 416-929-5200

Kid's help Phone

24/7 e-mental health service offering free, confidential support to young people in English and French

<https://kidshelpphone.ca/>

Phone: 1 (800) 668-6868



Wellbeing

Teen Health Source

To find queer youth friendly spaces across Toronto

<https://teenhealthsource.com/blog/social-spaces-for-queer-youth-in-toronto/>

University Settlement

For free social, settlement, childcare, and recreational services

<https://universitysettlement.ca/about-us/>

Canoeing the Toronto Islands

To paddle (or learn to paddle) in Toronto

<https://paddletoronto.com/>

Phone: 416-203-2277

Toronto Food Festivals

to learn about the city's many food festivals

<https://www.todocanada.ca/food-festivals-toronto/>

Art Gallery of Toronto

To check out some art in downtown Toronto; free admission after 6:00 PM on Wednesdays

Phone: 416-979-6648

Shelters

Eva's Satellite

Harm reduction shelter for youth (16 – 24)

<https://www.evas.ca/where-we-are/evas-satellite/>

Phone: 416-977-4497

Eva's Phoenix

50 bed transitional housing for youth ages 16-24, prioritizing those who are homeless, at risk of being homeless, or precariously housed

<https://www.evas.ca/where-we-are/evas-phoenix/>

Phone: 416-338-4766

Info@evas.ca

Eva's Place

A 40-bed emergency shelter for homeless youth age 16-24 that provides support to youth who need to return to home or to transition to housing in the community

Phone: 416-338-4766

Info@evas.ca

Friends of Ruby

Provides support to lesbian, gay, bisexual, transgender, queer, intersex, and two-spirit youth ages 16-29 through counseling, practical assistance, and multiple activities

Phone: 416-359-0237

Info@friendsofruby.ca

