

Need help during the holidays?

CHS is closed from December 23, 2016 at 5pm to January 3, 2017 at 9am



NEED FOOD?

Food Banks Canada Phone: 416-203-0050 (Voice) www.foodbanksCanada.ca
Daily Bread www.dailybread.ca
Food Link Hotline Phone 416-392-6655



NEED SHELTER?

Emergency Shelter Central Intake 311; 416-338-4766 (Voice)
Toll Free: 1-877-338-3398 (Voice)
Out Of The Cold Toll Free: 1-877-338-3398 (Voice) www.ootc.ca
City of Toronto's Central Intake for Shelter cfi@toronto.ca



NEED MENTAL HEALTH SUPPORT?

Mental Health Hotline Phone: 1-866-531-2600 (Voice) www.mentalhealthhelpline.ca
CAMH-Emergency Services Phone: 416-979-6885 (Voice) www.camh.ca



CAN'T SLEEP? FEELING LONELY ISOLATED OR DISTRESSED? NO ONE TO TALK TO?

The WarmLine: Chat online, text or call a peer support worker
Text 647-557-5882 Friday, Saturday, Sunday 8pm-midnight EST
Call 416-960-9276 Every night 8pm-midnight EST www.warmline.ca



Ontario Online & Text Crisis Services (2pm – 2am)
Text 741741 (charges may apply) Chat online <https://torontodistresscentre.com/ontx>

Distress Centre: 24-hour distress & crisis telephone 416-408-4357



NEED EMERGENCY ASL INTERPRETER?

OIS Emergency Interpreting Service
Phone: 1-866-256-5142 TTY: 1-866-831-4657
E-mail: ois@answerplus.ca SMS/Text: 905-971-0564 (charges may apply)