

**Immediate supports**  
**Help Available 24.7 (365 days/yr) and Helplines**

**For emergency** (someone is already seriously hurt or injured): **911** or **Hospital Emergency Room**

**For crisis** (you need immediate support for potential hurt or injury, such as thoughts of harm)

- **Peel Crisis Service (Age 16+)** 905-278-9036 and Toll Free: 1-888-811-2222
- **Peel Children's Centre Crisis Response Service 0-18 yrs** 416-410-8615  
[peelcc.org/en/services/family-crisis](https://peelcc.org/en/services/family-crisis)

**Indigenous Hope for Wellness Helpline: 1-855-242-3310, [hopeforwellness.ca](https://hopeforwellness.ca)**

**Talk4Healing:** Indigenous women's support and resources: online [Chat](#) 1-855-554-4325. (call or text)

**Black Youth Helpline: 1-833-294-8650 [Here](#)**

**Naseeha Helpline:** 1-866-627-3342 or Text: 1-866-627-3342

**LGBT+ Youth Line: Call 1-800-268-9688 or Text 647-694-4275 [Youthline.ca](https://youthline.ca)** (web chat)

**Kids Help Phone** 1-800-668-6868 Or text "CONNECT" to 686868

[Kidshelpphone.ca](https://kidshelpphone.ca)

**Assaulted Women's Helpline:** 1-866-863-0511 [awhl.org](https://awhl.org)

**Peel Children's Aid Society: 905-363-6131 [peelcas.org/aboutus.asp](https://peelcas.org/aboutus.asp)**