



The Breathing Space Therapy

Accessible mental health care for individuals and couples across Ontario

Toronto Crisis & Support Lines

■ Emergency & Immediate Help

Call **911** or go to your nearest **hospital emergency department**.

If you cannot travel safely, call 911 and request a wellness check.

■ 24/7 Crisis Lines – Toronto & GTA

9-8-8 Suicide Crisis Helpline: Call or text 9-8-8

Gerstein Crisis Centre: 416-929-5200 (24/7 Mobile Crisis Response)

Distress Centres of Greater Toronto: 416-408-4357 (HELP) | Text 45645

ConnexOntario (Mental Health & Addictions): 1-866-531-2600 | connexontario.ca

■ Women, Family & Youth Supports

Assaulted Women's Helpline: 1-866-863-0511 | Text #SAFE (#7233) | TTY 1-866-863-7868

Toronto Rape Crisis Centre: 416-597-8808

Victim Services Toronto: 416-808-7066

Children's Aid Society of Toronto: 416-924-4646 (24/7)

Kids Help Phone: 1-800-668-6868 | Text CONNECT to 686868

Good2Talk: 1-866-925-5454 | Text GOOD2TALKON to 686868

■ Community & Addiction Supports

CAMH (Centre for Addiction & Mental Health): 416-535-8501 | camh.ca

Street Haven Women's Shelter: 416-967-6060

Fred Victor Centre: 416-364-8228

Naseeha Muslim Helpline: 1-866-627-3342 | Text 1-866-627-3342 | naseeha.org

Hope for Wellness (Indigenous Support): 1-855-242-3310 | hopeforwellness.ca

ConnexOntario (for detox & gambling): 1-866-531-2600

■ The Breathing Space Therapy

Trauma-informed individual and couples psychotherapy.

Integrating somatic, DBT, and faith-based care in a safe, inclusive environment.

- 647-338-0655
- info@thebreathingspacetherapy.com
- www.thebreathingspacetherapy.com
- Book online: breathingspacetherapy.janeapp.com

Scan to Book an Appointment



If you are in immediate danger, call 911 or go to your nearest emergency department.
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