



The Breathing Space Therapy

Accessible mental health care for individuals and couples across Ontario

## Peel Region 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 – Peel Region

**24.7 Crisis Support Peel Dufferin:** 905-278-9036 / 1-888-811-2222

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

**Distress Centres of Greater Toronto (Peel):** 905-459-7777 (Brampton/Mississauga) | 1-877-298-5444 (Caledon) | TTY 905-278-4890

### ■ Women, Family & Youth Supports

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

**Victim Services of Peel:** 905-568-1068 (24/7)

**Peel Children's Aid Society:** 905-363-6131

**EveryMind (Child & Youth):** 905-278-9036 (press 1)

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

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

### ■ Community & Addiction Services

**CMHA Peel Dufferin:** 905-451-2123 / 1-877-451-2123

**Naseeha Muslim Helpline:** 1-866-627-3342 | Text 1-866-627-3342

**CAMH (Toronto):** 416-535-8501

### ■ 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](mailto:info@thebreathingspacetherapy.com)

■ [www.thebreathingspacetherapy.com](http://www.thebreathingspacetherapy.com)

■ Book online: [breathingspacetherapy.janeapp.com](https://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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