

Support Contacts

If you or someone you know is in crisis, please contact the following supports:

CMHA Peel 24/7 Support Line: 905-278-9036

Caledon Line: 1-888-811-2222

Crisis support for those under 18 yrs of age: 416-410-8615 Here 24/7: 1-844-437-3247

For Canada-wide crisis support, call or text 988.

If you need access to urgent counselling or services please contact the following agencies:

Family Services of Peel - 905-453-5775

Catholic Family Services Peel - 905-450-1608

Tangerine Walk in Counselling - 905-795-3530

CMHA 905- 451-2123

Distress Centre of Peel – 905-278-7208

Distress Centre of GTA - 905-459-7777, Caledon 1-877-298-5444

Kids Help Phone – 1-800-668-6868

Family Transition Place 519-941-4357 - Orangeville

Peel Postpartum Family Support Line – 905-459-8441

Spectra Community Support Services (multilingual) – 905-459-7777,
905-584-7770, 416-920-0497

Telecheck for 55 years + - 416-646-8450

Assaulted Women’s Helpline - 1-866-8630511

Grief: Bereaved families of Ontario: 905-848-433 Victim Services of Peel - 905-568-1068

Shelters peelregion.ca/housing/shelters 905-450-1996 Peel Police - 911 or Non emergency 905-453-3311

FOOD BANKS:

KNIGHTS TABLE CALL 905-454-8725

EDEN FOOD FOR CHANGE CALL 905- 785-3651

THE COMPASS FOODBANK CALL 905-274-9309

MEALS ON WHEELS:

BRAMPTON – 905-453-4140 CALEDON – 905 857-7651 MISSISSAUGA – 905-821-3254