

Toronto Youth Mental Health Support Resources

Organization name	What they do/Who they are?	Contact Details
CAMH Rainbow Services (LGBTQ) https://www.camh.ca/en/your-care/programs-and-services/rainbow-services-lgbtq	Counselling provided to LGBTQ2I+ people concerned about drug and alcohol use. Individuals who are over the age of 18 can access service directly. No referral is required.	416-535-8501 (GTA) 1-800-463-2338 To Access CAMH Clinical Services, 416-535- 8501, press 2
Teen line https://teenlineonline.org/about-us/	The Teen line provides personal teen-to-teen education and supports to youth nation-wide.	1-800-852-8336 Text TEEN to 839863
LGBT Youthline https://www.youthline.ca/	Youth Line offers confidential and non-judgemental peer support through our telephone, text, and chat services. Peer support volunteers available from Sunday to Friday, 4 – 9:30 PM.	647-694-4275
Umbrella Mental Health Network https://www.umhn.ca/	A Toronto-based network of queer and trans-identified mental health professionals who work primarily in the LGBTQ2I+ space.	647-678-6543 info@ymhn.ca
Central Toronto Youth Services (Pride & Prejudice) https://ctys.org/program/pride-prejudice/	Pride & Prejudice (P&P) offers unique programs for LGBTQ2I+ youth aged 13 – 24.	416-924-2100 mail@ctys.org



<p>David Kelley LGBTQ Counselling Program https://familyservicetoronto.org/our-services/programs-and-services/david-kelley-services/</p>	<p>The David Kelley LGBTQ Counselling Program offers trauma-informed, anti-oppression practices to help empower LGBTQ+ individuals, couples and families, as well as people living with, affected by or concerned about HIV/AIDS, and to enhance participation in their communities and in the broader society.</p>	<p>416-595-9618 sau@familyservicetoronto.org</p>
<p>Supporting Our Youths (SOY) https://soytoronto.com/about/</p>	<p>Supporting Our Youth (SOY) is an innovative community development program of Sherbourne Health. SOY works to support the health and well-being of all queer and trans spectrum youth 29 years old and under through our groups, programs, and events and by providing one-on-one support.</p>	<p>416-324-5077 soy@sherbourne.on.ca.</p>
<p>Canadian Mental Health Association https://ontario.cmha.ca/documents/mental-health-services-for-gender-diverse-and-sexual-minority-youth/</p>	<p>Provides mental health services for Gender-Diverse and Sexual Minority Youth</p>	<p>416-977-2813 1-800-875-6213 info@ontario.cmha.ca</p>

