



Useful Links and Resources

**If you are in crisis, call 911 or go to your nearest
Emergency Department.**

Access All Carea Sites Toll Free: 1-877-227-3217

Oshawa Location: 905-723-0036

Whitby Children and Youth Mental Health Team: 289-509-0603 x3200

Ajax Site: 905-428-1212

Pickering Site: 905-420-0333

Carea's Indigenous Counselling and Support Services:

Indigenous Child & Youth Mental Health and Addictions Worker

(Contact: 905-723-0036 x 1222)

Crisis and Helplines

Distress Centre Durham – 18 and older

905-430-2522 or 1-800-452-0688

Text to 258258, available 2pm-2am

[Web chat](#): available 2pm-2am

Durham Mental Health Services

905-668-0483 or 1-800-742-1890

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

Pride Line

1-855-877-7433 (1-855-87PRIDE)

Frontenac Youth Services

905-723-2802

Mondays – Thursdays 10 a.m. - 5:30 p.m.

Fridays 9 a.m.- 4:30 p.m.

Durham Rape Crisis Centre

905-668-9200

Support Services for Male Survivors of Sexual Abuse

1-866-887-0015

Assaulted Women's Helpline

1-866-863-0511

From a cell phone, press: #7233 (#SAFE)

[Talk4Healing](#)

1-855-554-4325 (1-855-554-HEAL)

24/7 help, support, and resources for Indigenous women, by Indigenous women, all across Ontario.

Femaide (French Services for assaulted women)

1-877-336-2433

Alcoholics Anonymous in Durham Region

24/7 Help Line: 905-728-1020

Narcotics Anonymous (Central Lake Ontario Area)

1-888-811-3887

Victim Support Line

- for victims of crime and their families have access to a wide range of services, including counselling, financial assistance and other supports

Toll-free: 1-888-579-2888

Getting help if you are experiencing violence – [click here](#)

Walk-in Counselling

Durham Counselling Walk-In Clinic (DCWIC) - ages 3 to 19 and their caregivers
Clinic Coordinator: 289-509-0603 x 3203

Frontenac Youth Services - Quick Access Clinic – ages 12-18

905-579-1551 or 1-877-455-5527

Referral must first be completed through Central Intake: 1-888-454-6275.

Frontenac's Intake Coordinator will then invite attendance to the Quick Access Clinic
Virtual sessions, with in-person support on an appointment basis.