

## Resource List

<b><u>Topic / Heading</u></b>	<b><u>Service Demographic (for office only)</u></b>	<b><u>Resource</u></b>
<i>IPV + Abuse</i>  <b>Experiencing Abuse?</b>		Hope24/7 905-792-0821 or 1-800-810-0180
		Assaulted Women's Helpline 416-863-0511 or 1-866-863-0511
		Catholic Cross-cultural Services 905-457-7740 905-273-4140
		Chantel's Place 905-848-7580 x2548
		Embrave 905 - 403- 9691
		Every mind Mental Health Services 905-451-4655
		Family Transition Place 1-800-265-9178 or 905-584-4357 519-941-4357 <a href="http://www.adminfamilytransition.ca">www.adminfamilytransition.ca</a>
		MOYO (HIV Services) 905-361-0523 or 1-866-896-8700
<i>Mental Health &amp; Crisis Response</i>  <b>Need counselling or in crisis?</b>	Mental Health/Crisis & Addictions	CAMH 1-833-456-4566
	Mental Health/Crisis	CMHA 905-278-9036 or 1-888-811-2222
	Youth 12 - 18	CMHA Peel - Impact (Youth Substance Abuse) 905-451-2123 <a href="http://www.cmhapeel.ca/impact">www.cmhapeel.ca/impact</a>
	Addictions + MH	Credit Valley Addictions and Concurrent Disorders Centre: 905-813-4402
	Mental Health/Crisis	Crisis Services Canada 1-833-456-4566
	Problematic Substance Use	Drug and Alcohol Helpline 1-800-565-8603

	Men's Treatment Centre (Halton Recovery House)	Hope Place Men's Treatment Centres: 905-878-1120
	Women's Treatment Centre	Hope Place Women's Treatment Centres 905-875-3214, ext. 103
		Hope Place Centres / Community Based Treatment Centre Oakville 1-877-399-7299 or 905-465-3324
		Indus Community Services of Peel Brampton: 905-459-4776 Mississauga: 905-275-2369
	Sex Workers	Maggie's TO (sex workers) 416-964-0150
		Muslim Community Services (Brampton North) 905-790-1910
		PCHS (Punjabi Community Health Services) Brampton: 905-790-0808 Molton: 905-677-0889 admin.brampton@pchs4u.com
	Distress Line  Multilingual lines – Mon.- Fri. 10am -10pm  Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu.	Spectra Community Support Services Brampton & Mississauga: 905-459-7777 Caledon: 1-877-298-5444 TTY: 905-278-4890 Telacare: 416-920-0497 Seniors (55+): 289-569-1201
<i>Legal</i>  <b>Need Legal help?</b>		Mississauga Community Legal services 905-896-2050
		North Peel & Dufferin Community Legal Services 905-455-0160
		Leaf 416-595-7170 or 1-888-824-5323
		Legal Aid Ontario 1-800-668-8258

<i>Shelter</i>  <b>Looking For Shelter Space?</b>		Honey Church (FLRC) 905- 451- 4115
		Embrave 905-403-9691
	Youth	Our Place Peel (Youth) 905-238-1383
		Angela's Place 905-791-3887
		Cawthra Road Shelter 905-281-1272
	Guelph/Wellington/ Dufferin	Community Torchlight Emergency Shelter (Guleph/Wellington/Dufferin) 519-767-6594
		Peel Family Shelter 905-272-7061
		Family Transition Place Orangeville: 519-941-4357 Brampton: 905-584-4357 Crisis Line: 1-800-265-9178
		Wilkinson Road Shelter (Men only) 905-452-1335, 905-272-7061
		Choice Youth Centre (Orangeville) 1-866-947-5970
		Street Helpline Peel 1-877-8484-8481
		Support Housing In Peel 905-795-8742
<i>Food Banks</i>  <b>Looking for food?</b>		Caledon Food Bank 905-951-2300 info@ccs4u.org
		Eden Food Bank 905-785-3651 info@edenfoodbank.org
		Foodpath 905-270-5589 info@themississaugafoodbank.org
		Knights Table 905-454-8725

		Malton Neighbourhood Services - Food Pantry 905-677-6270 www.mnsinfo.org
		Salvation Army Brampton: 905-451-8840 Mississauga: 905-279-3941 Orangeville: 519-943-1203
		Shepherd's Cupboard 519-925-2600, ext. 350
		St Louise Outreach 905-454-2144
		The Compass 905-274-9309 info@thecompass.ca
		The Open Door 905-276-9136 theopendoor@hotmail.com

## Youth Specific Resources

Topic	Resources
<i>IPV + Abuse</i> <b>Experiencing Abuse?</b>	Hope24/7 905-792-0821 or 1-800-810-0180
	Assaulted Women's Helpline 416-863-0511 or 1-866-863-0511
	Embrave 905-403-9691
	Every Mind / Sexual Abuse Treatment 905-451-4655
	Family Transition Place Orangeville: 519-941-4357 Brampton: 905-584-4357 Crisis Line: 1-800-265-9178
	Radius Child & Youth Services 1800-663-9888

<p><i>Mental Health &amp; Crisis Response</i></p> <p><b>Need counselling or in crisis?</b></p>	<p>Catholic Family Services  Brampton: 905-813-2398  Mississauga: 905-897-1644  Dufferin: 1-888-940-0584</p>
	<p>Child &amp; Adolescents Mental Health Services  905-813-4421</p>
	<p>CMHA Peel - Impact  905-451-2123 <a href="http://www.cmhapeel.ca/impact">www.cmhapeel.ca/impact</a></p>
	<p>Embrace  905-403-9691</p>
	<p>Every Mind  905-795-3500</p>
	<p>India Rainbow Community Services of Peel  905-459-4776 or 905-275-2369</p>
	<p>Kids help phone  1-800-668-6868 or Text 686868</p>
	<p>LGBT YouthLine  1-800-268-9688 or 647-694-4275  <a href="http://www.youthline.ca">www.youthline.ca</a></p>
	<p>Nexus  905-795-3518</p>
	<p>Sheena's Place (disordered eating)  416- 927-8900</p>
	<p>Spectra Helpline  905-459-7777</p>
	<p>Tangerine  905-795-3530</p>
	<p>Youth Beyond Barriers  905-890-5222, ext. 1254</p>
<p><i>Shelter</i></p> <p><b>Looking For Shelter Space?</b></p>	<p>Choice Youth Centre  1-866-947-5970</p>
	<p>Embrace  905-403-9691</p>
	<p>Family Life Resource Centre  (Brampton): 905-451-4115</p>

	Family Transition Place Orangeville: 519-941-4357 Brampton: 905-584-4357 Crisis Line: 1-800-265-9178
	Our Place Peel: 905-238-1383
	Peel Family Shelter: 905-272-7061
	Support Housing In Peel: 905-795-8742
	Street Helpline: 905-848-4357
	Vita Center (Pregnant and Parenting youth): 905-503-7933
<i>Drop in</i> <b>Looking for a Drop in?</b>	Eclipse 905-790-7707
	Positive Space Network (2SLGBTQ Drop in) 905-339-3525, ext. 295 or 289-208-0886
	The Dam 905-826-6558