

## Helpful resources – emergency services

Kids Help Line  
1-800 668 6868  
<http://www.kidshelpphone.ca>

H.E.Y.Y Help Line for Toronto Youth  
416 423 4399

Distress Centres  
416 408 4357  
<http://torontodistresscentre.com>

Parent Help Line  
1-888-603-9100

St. Joseph's Health Centre  
416 864 5094  
<http://www.stjoe.on.ca>

St. Michael's Hospital  
416 864 5094  
<http://www.stmichaelshospital.com>

Women's College Hospital  
416 323 6300  
<http://www.sunnybrookandwomens.on.ca>

Assaulted Women's Help Line  
416 863 0511  
<http://www.awhl.org>

The Centre for Addiction and Mental Health  
416 535 8501  
<http://www.camh.net>

Pine River Institute  
Residential treatment centre and for youth 13 to 19 years of age who are in crisis.  
[www.pineriverinstitute.com/](http://www.pineriverinstitute.com/)

Alanon  
416-410-3809

Alateen (Alanon)  
416-410-3809

Bay Centre For Birth Control and Women's Health  
416 323 0642

Hassle-Free Clinic  
416 922 0566

College St. Women's Centre for Health and Education and Counselling  
416 929 1816

Dad's and Daughters  
A site dedicated to helping fathers be involved in their daughters lives  
<http://www.dadsanddaughters.org>

Parents in Transition  
416 932 2743  
<http://www.parentsintransition.org>

Turning Point Youth Services  
416 925 9250

Youthdale Treatment Centres  
416 368 4896

Oolagen Youth Service  
416 395 0660  
<http://www.oolagen.org>

Central Toronto Youth Services  
(416) 924-2100  
[www.ctys.org](http://www.ctys.org)

## **Eating Disorder Program**

Sheena's Place  
416 927 8900  
<http://www.sheenasplace.org>

Toronto General Hospital (Dr. A Kaplan)  
416 340 3032  
<http://www.uhn.ca>

Hospital for Sick Children  
416 813 7195  
<http://www.sickkids.ca>

North York General  
416 756 6000 x 665  
<http://www.nygh.on.ca>