

Community Supports (GTA & Canada)

Immediate Help (Keep this list handy)

• 9-8-8 Suicide Crisis Helpline (Canada): Call or text 9-8-8 — 24/7 • Distress Centres (GTA): 416-408-4357 (Toronto) • 905-459-7777 (Peel) • 211 Ontario: Dial 2-1-1 for local services, crisis lines, shelters; 24/7, multi-language • Naseeha (Islam-informed helpline, Canada/US): 1-866-627-3342 — 24/7 • Nisa Helpline (for women): 1-888-315-6472 (NISA) • Kids Help Phone (youth/young adults): 1-800-668-6868; Adults can text 741741 for a responder • MEASS Muslim Children's Aid & Support Services): 416-907-9407 (Toronto)

Safety Note

If you or someone is in immediate danger, call 9-1-1 or go to the nearest emergency department.