



Who to Call & Where to Get Help in Malton

Organization	What They Offer and Languages Spoken	Phone Contact & Website
CMHA Peel Branch Resource Centre	Information and Referral for any mental health concern. Range of services for individuals with a serious mental health issue. Languages: Hindi, Italian, Punjabi, Vietnamese	905-451-2123 www.cmha.ca/bins/index.asp
Mobile Crisis of Peel Saint Elizabeth Health Care	24 hour mental health crisis response including crisis telephone line, crisis mobile visits, police/crisis service for non-emergency, high-risk mental health crises, short term crisis support. Languages: Hindi, Italian, Punjabi, Urdu	905-278-9036 & 905-848-7754 www.saintelizabeth.com
Peel Addiction Assessment And Referral Centre (PAARC)	Assessment, planning, community treatment and support. Special program for seniors with addictions. Languages: Hindi, Punjabi, Urdu	905-629-1007
Punjabi Community Health Services	Mental health and addictions supports in the community to individuals and families. Languages: Hindi, Punjabi, Tamil, Urdu	905-790-0808 & 905-794-0089 www.punjabiservices.com
Reconnect Mental Health Services	Individual community support and connection with prevention, recovery, rehabilitation programs and housing supports. Languages: Gujarati, Hindi, Punjabi, Urdu	416-248-2050 www.reconnect.on.ca
Region of Peel Outreach Team – Street Help Line	Range of mental health, addictions, financial, housing and health supports to individuals at risk of becoming homeless, or homeless.	1-877-848-8481
Supportive Housing in Peel (SHIP)	Supportive housing, short-term residential crisis support beds, central intake, employment. Languages: Hindi, Italian, Punjabi, Tamil, Urdu	905-795-8742 www.shipshey.ca
Telecare Distress Centre	Distress and crisis phone line 24 hours a day, 7 days a week Languages: Hindi, Portuguese, Punjabi, Spanish, Urdu	905-459-7777 www.telecaredistresscentre.org
William Osler Health Centre	Emergency Department 24/7 at Etobicoke and Brampton Hospitals; inpatient, outpatient and community mental health and addictions services for children and youth, adults and seniors. Languages: Gujarati, Hindi, Italian, Punjabi, Tamil, Urdu	Mental Health: 416-494-2120 Ext. 33586 Emergency Department: 416-747-3528 www.williamoslerhc.on.ca

Service Information (interpretation in 150 languages): Mental Health 1-866-531-2600; Drug/Alcohol: 1-800-565-8603; Problem Gambling: 888-230-3505