

KeepSafe Connections

Dial 211 to be directed to *any* resource for immediate assistance

Dial 911 for an emergency situation

Post Secondary HelpLines

Good2Talk: 1-866-925-5454
Trevor Project – LGBTQ Suicide Helpline:
(or chat or text online) 1-866-488-7386
Mental Health Helpline/Chat/Email
1-866-531-2600

Distress Centres

(Call any of them, even if not from the area)

Oakville: 905-849-4541
Peel: 905-278-7208
Toronto: 416-408-4357
North Halton 905-877-1211
Telecare Burlington 905-681-1488

Multilingual Distress Lines

Punjabi, Hindi, Urdu, Spanish, Portuguese
905-459-7777
Mandarin & Cantonese 416-920-0497

Talk to a Nurse: Telehealth Ontario

1-866-797-0000

Mobile Crisis

(sends a team out to a person in need)

Halton:

Crisis Outreach and Support Team (COAST):
1-877-825-9011

Toronto: 416-929-5200

Peel: 905-278-9036

Abuse and Violence

Halton Regional Police Victim Services Unit:
905-825-4777
Victim Services of Peel: 905-568-1068
Assaulted Women's Helpline: 416-863-0511
1-866-863-0511
Sexual Assault and Rape Crisis of Peel
(905) 273-9442
Sexual Abuse: Chantal's Place
905-848-7580 Ext 2548
SAVIS Halton 24hr crisis line: 905 875-1555

Kids and Young Adults (ages 5-23)

Kids HelpPhone (or online chat) 1-800-668-6868

Addictions

Drugs and Alcohol Registry of Treatment (DART)
1-800-565-8603
ADAPT – Drug, Alcohol, and Gambling Addictions
905-639-6537 ext. 0

Housing/Shelters/Food

Halton Women's Place Shelter 905-878-8970
Access Halton Emergency Shelter 905-825-6000
Region of Peel Family Shelter 905-272-7061
Women's Interim Place Shelter 905-403-0864
Our Place Peel (up to age 21) 905-238-1383
Wilkinson Road Peel (Male) 905-452-1335
Cawthra Shelter Peel (Women and Couples)
905-281-1272
Student Union Food Bank – At Sheridan College

On Campus

Student At Risk Intervention Team (SARIT)

During office hours:

Trafalgar: B104: 905-845-9430 Ext 2521
Davis: B230: 905-459-7533 Ext 5400
Hazel McCallion 905-845-9430 Ext 2528

Sheridan College Health Services

Trafalgar 905-845-9430 Ext 2550
Davis 905-459-7533 Ext 5153

Sheridan Security

Trafalgar/STC 905-815-4044
Davis 905-874-4344

Or use Emergency Blue phones found both inside and outside all campuses.

Hospitals

Credit Valley & Trillium (HMC) 905-848-7100
Oakville-Trafalgar Memorial 905-845-2571
Brampton Hospital (Davis) 905-494-2120