

2SLGBTQ+ Specialized Support Resources for People Experiencing Homelessness

LGBT Youth Line

- Chat service: <https://www.youthline.ca/get-support/ways-we-support/>; text: **647-694-4275**
- Telephone, text and chat peer support by and for 2SLGBTQ+ youth (up to 29 years old).
- Services run from **Sunday to Friday, 4:00 to 9:30 p.m.**

Toronto PFLAG

- **24-hour** phone line operated by volunteers who provide support and suggest community resources and reading material for 2SLGBTQ+ people, their parents, family and friends.
- Telephone: **416-406-6378**

Trans Lifeline

- Peer-support phone service run by and for transgender and gender expansive folks. Phone answered daily from
- Hours: **10:00 a.m. to 5:00 a.m.**
- Telephone: **1-877-330-6366**

Sherbourne Health Walk-In Counselling Services:

- Services include primary care, counselling, 2SLGBTQ+ youth programming
- Sherbourne's Mental Health Team offers free-of-charge, walk-in, mental health counselling **every Tuesday afternoon.**
- Telephone: **416-324-4100**
- Email: **info@sherbourne.on.ca**
- For more information: **sherbourne.on.ca**

Egale

- Individual counselling, homelessness and suicide crisis services for 2SLGBTQ+ youth up to age 29. Call to schedule an appointment.
- Telephone: **(416) 359-0237**
- Telephone for Outside Toronto for Phone Counselling and Referral: **1 (844) 44-Egale**

The 519

- Services include community drop-ins, housing services, arts, culture, and counselling services for 2SLGBTQ+ youth and adults.

- For more information: www.the519.org

Lumenus (formerly Griffin Centre) reachOUT:

- Family and individual counselling services for 2SLGBTQ+ youth ages 9-18:
- Telephone: **416-222-1153** or sign up through their website:
- Website: <https://www.lumenus.ca/programs-and-services/reachout/>

Lumenus (formerly Griffin Centre) The Studio:

- Drop-in centre for 2SLGBTQ+ youth and youth of colour (ages 12-26) to participate in activities, workshops, and field trips.
- Staff also provide one-on-one support for housing, physical/mental health, education, employment, and legal matters.
- Hours: **Monday to Friday 3:30 to 7:30**
- Location: 65 Wellesley Street E. Unit 500, Toronto Ontario, M4Y 1G7
- Facebook: <https://www.facebook.com/theStudioSTARS/>
- Website: <https://www.lumenus.ca/programs-and-services/the-studio/>

Friends of Ruby:

- Offers a wide range of services for youth aged 16-29, including mental health support, drop-in programs, case management, and a 2SLGBTQ+-specific housing program
- Telephone: **416-359-0237**
- Website: <https://www.friendsofruby.ca/programs-and-services/>
- Location: 489 Queen St. E. (Lower Level – LL01) Toronto, On. M5A 1V1

Sherbourne Health

- Offers a range of youth and adult services drop-in and support group services
- For more information on the various services and their eligibility requirements, go to: <https://sherbourne.on.ca/community-health-programs/community-groups/>

YMCA Sprott House

- Offers a 2SLGBTQ+-specific housing program for youth aged 16-25
- Telephone: **416-928-9622**
- Website: <https://www.ymcagta.org/find-a-y/ymca-sprott-house>

Central Toronto Youth Services

- Telephone for Counselling Service for 2SLGBTQ+ youth ages 12-24 and their families:
(416) 924-2100 x 245