Depression: Ontario and Toronto resources

Crisis support, navigation and coverage prompts

General health information only. This page does not diagnose a condition or replace an assessment by a qualified clinician.

Version 1.0 · Publication date: 20 November 2026 · Clinically reviewed by Dr. Eduardo Jacques

Urgent and crisis support

Immediate danger: call 911 or go to the nearest emergency department. **Canada suicide crisis support:** call or text 988. Health811, CAMH and ConnexOntario can help with navigation but do not replace emergency services.

Ontario navigation

Health811 — call 811 for confidential health advice and service navigation. **CAMH** — Ontario academic hospital information and crisis resources. **ConnexOntario** — confidential mental-health, addiction and gambling service navigation. **Ontario mental-health services** — provincial information and pathways.

Care and coverage prompts

OHIP may insure medically necessary physician and hospital services, but the exact service, setting, provider and billing rules matter. Psychotherapy, counselling, psychology, social work, peer support and other allied-health services may be publicly funded, program-dependent, employer/private-insurance funded or privately paid. Prescription medicines outside hospital are generally not covered by OHIP; Ontario Drug Benefit, OHIP+, Trillium, Exceptional Access and private plans vary by eligibility and product. Confirm fees, referral requirements and eligibility directly.

Links

Ontario mental-health services
CAMH depression information
ConnexOntario
Ontario crisis and support information

Privacy and copyright: This original guide has no PHI fields, uploads, accounts, cookies or storage. Source links are provided for education; third-party terms apply. Do not copy source text.