



Whitby Public Library

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Community Information from the Whitby Public Library can help you find valuable resources and organizations in our community. This document contains contact information for many medical and emergency services in Whitby and the surrounding area.

Dial 911 for emergency ambulance, fire and police services.

211 Ontario – Ontario’s Community and Social Services Helpline

- **Website:** <https://211ontario.ca/>
- Live chat available Mon-Fri 7 am to 9 pm EST in English and French
- Navi the chatbot is available 24/7 in English.
- Dial 211 to speak to real people 24/7 in 150+ languages.

Durham Regional Police Services (non-emergency line)

- **Phone:** 905-579-1520 OR 1-888-579-1520

Assaulted Women’s Helpline

- **Website:** <https://awhl.org/home>
- **Phone (GTA):** 416-863-0511
- **Phone (Toll-Free):** 1-866-863-0511
- **Phone (Toll-Free TTY):** 1-866-863-7868
- **Text:** #SAFE (#7233) on Bell, Rogers, Fido or Telus mobile phones.

Canadian Human Trafficking Hotline

- **Phone:** 1-833-900-1010
- **Website:** www.canadianhumantraffickinghotline.ca/
- Chat option available on website
- Operates 24/7

Central Lake Ontario Area Narcotics Anonymous

- **Phone:** 1-888-811-3887
- **Website:** <https://www.cloana.org/>

ConnexOntario

- **Phone:** 1-866-531-2600
- **Website:** <https://connexontario.ca/>
- Confidential service that helps people in Ontario who need support and information about mental health, gambling and addiction.

Distress Centre Durham

- **24 Hour Help Line Phone:** 1-800-452-0688
- **Daytime Phone:** 905-430-2522
- **Website:** <https://distresscentredurham.com/>
- Provides emotional support, crisis/distress/suicide management and more.

Domestic Violence and Sexual Assault Care Centre

- **Phone:** 905-576-8711 extension 33286
- **Website:** <https://www.lakeridgehealth.on.ca/en/ourservices/domestic-violence-and-sexual-assault-care-centre.asp>
- Information and emotional support for anyone who has experienced sexual assault or domestic violence.

Durham Mental Health Services

- **Phone:** 905-666-0483 or 1-800-742-1890
- **Website:** <https://dmhs.ca/>
- Offers a range of crisis supports

Durham Rape Crisis Centre

- **24-hour Phone:** 905-668-9200

- **Website:** <https://drcc.ca/>
- Individual and group counselling
- Support and information line
- Police, legal, medical accompaniment and advocacy

Fem'aide

- **Phone:** 1-877-336-2433
- Pour les femmes aux prises avec la violence et à leur entourage.

Hope for Wellness Helpline

- **Phone:** 1-855-242-3310
- **Website:** <https://www.hopeforwellness.ca/>
- Available 24/7 to all Indigenous people across Canada
- Chat on their website or call their helpline.

Kids Help Phone

- **Phone:** 1-800-668-6868 or text CONNECT to 686868
- **Website:** <https://kidshelpphone.ca/>
- Available 24/7 to all people in Canada
- Primarily supports youth, adults can use the resources on the website or text 741741

Legal Aid Ontario

- **Website:** <https://www.legalaid.on.ca/>
- **Phone:** 1-800-668-8258
- **GTA Phone:** 416-979-1446
- Provides legal help in English and French for financially eligible low-income Canadians

Male Survivors of Sexual Abuse 24/7 Crisis Line

- **Phone:** 1-866-887-0015
- Immediate crisis and referral services for men.

Ontario Poison Centre

- **Phone:** 1-800-268-9017 or 416-813-5900
- **Website:** <https://www.ontariopoisoncentre.ca/>

Seniors 24/7 Safety Line

- **Phone:** 1-866-299-1011

Talk4Healing

- **Website:** <https://www.beendigen.com/programs/talk4healing/>
- **Phone:** 1-888-200-9997
- Live chat is available on the website
- Available for Indigenous women and their families

Victim 24/7 Support Line

- **Phone:** 1-888-579-2888
- For victims of crimes and their families

Victim Services Directory—Ontario

- **Website:** <https://ovss.findhelp.ca/>
- **Phone (toll-free):** 1-888-579-2888
- **Phone (GTA):** 416-314-2447
- Victim Support Line open 24/7

YMCA Durham Crisis Line

- **Phone:** 905-576-2997 OR 1-888-576-2997

- Crisis line open 24/7

Find a doctor

Health Care Connect

- **Phone:** Call 811, Select your language preference and press 2 to find a doctor or nurse practitioner accepting new patients in your community.
- **Website:** <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>
- A program to help Ontarians find a family health care provider or a nurse practitioner

General Health Information

Health811—Healthcare in Ontario

- **Website:** <https://health811.ontario.ca/static/guest/home>
- Connect with a registered nurse day or night for free, secure and confidential health advice.
- **Phone:** 811
- **Phone (TTY):** 1-866-797-0007
- Chat is available on their website.

More Information

For more information on resources and organizations in Whitby and the surrounding area, visit <https://www.informdurham.com/>

Contact the Whitby Public Library

Contact any branch of the Whitby Public Library for more information, or for assistance with your research questions.

Central Library

- **Phone:** 905-668-6531 extension 2020
- **Email:** askreference@whitbylibrary.ca

Brooklin Branch

- **Phone:** 905-655-3191
- **Email:** askbrooklin@whitbylibrary.ca

Rossland Branch

- **Phone:** 905-668-1886
- **Email:** askrossland@whitbylibrary.ca