

QUEER-SPECIFIC RESOURCES

Where to go when you're looking for help

Updated: June 2025

2SLGBTQIA+ communities have long been underserved in many areas of health care and support. This resource sheet connects people with programs that are tailored to the needs of these communities and that promote equitable, affirming and compassionate services. It lists health care services, mental health supports, housing options, programs for older adults and social/community resources in Toronto.

Health Care Services

CAMH Gender Identity Clinic

60 White Squirrel Way, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/gender-identity-clinic-adult

Tel.: 416 535-8501, press 2

Services: Specialty outpatient services for individuals and their primary care practitioners in Ontario regarding gender identity and expression, including gender-expansive, trans and non-binary identities; interdisciplinary team includes social work, psychiatry and psychology staff with expertise in trauma-informed mental health and addiction care

Eligibility: Age 17+

Referral: Physician referral required

Notes: Average wait period is eight months

Hassle Free Clinic

66 Gerrard St. East, 2nd floor, Toronto

www.hasslefreeclinic.org

Tel.: 416 922-0566

Services: Free sexual health care, including STI testing and treatment, anonymous HIV testing with counselling, access to PrEP, PEP and DoxyPEP through affirming Freddie clinicians; support for health care system navigation, safer sex and sexuality counselling, mental health services, peer support, holistic health options; free vaccinations for hepatitis A/B and HPV for people under age 26; separate men's and women's clinics

Fees: Free

Notes: A gendered service model may affect access and comfort for some trans and two-spirited people; clients are encouraged to access the clinic where they feel most comfortable

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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camh

Sherbourne Health – Primary and Family Health Care

333 Sherbourne St., Toronto

www.sherbourne.on.ca/primary-and-family-health-care

www.sherbourne.on.ca/calendar/trans-care-clinic

Tel.: 416 324-4100

info@sherbourne.on.ca

Services: Treatment of short-term and chronic illnesses (including HIV) and preventative care such as checkups, vaccinations, screening; gender-affirming care and system navigation support for people who are homeless, underhoused or stay in shelters; limited spots available

Eligibility: Registration required for medical services; first come, first serve; must arrive before noon to be seen

Referral: Self-referral

Fees: Free

Notes: Registered clients can make appointments to see their primary care provider by phone; online appointment booking is available for some physicians; services accessible without an OHIP card

Community/Social Support Programs

ACT Toronto

543 Yonge St., Toronto

www.actoronto.org/programs-services/social-programs

Tel.: 416 340-8484

ask@actoronto.org

Services: Safer sex supplies, social support programs for people with HIV; women's support program, positive youth outreach, gay men's coffee night, lunch programs, social support network

Eligibility: People with HIV, people concerned about their risk, people seeking guidance on mental health or substance use

Fees: Free

CAMH – Rainbow Services

60 White Squirrel Way, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/rainbow-services-2slgbtq

Tel.: 416 535-8501 press 2 (Access CAMH)

Services: Group therapy for 2SLGBTQ+ people concerned about their substance use; virtual group therapy, individual support (virtual or in-person) for reaching substance use goals, relapse prevention, psychiatric consultations, programs for people with both mental health and substance use concerns

Eligibility: Outpatient service for people age 18+

Referral: Self-referral accepted through Access CAMH

Fees: Free

Christie Ossington Neighbourhood Centre

50 Sousa Mendes St. and 973 Lansdowne Ave., Toronto

www.conccommunity.org

Tel.: 416 538-8080

genc@conc.ca

Services: George Chuvalo Neighbourhood Centre provides drop-ins, support, training for 2SLGBTQIA+ youth, adults and families, including programs around employment, peer-led groups for people with developmental

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disabilities; Breaking Barriers program offers services across the centre's shelters, housing and drop-in programs; case manager support for life management, health, income security, settlement, sustainable housing

Fees: Free

DKS Counselling

355 Church St. and 128A Sterling Rd., Toronto

Tel.: 416 595-9618

sau@familyservicetoronto.org

Services: Short-term counselling and support for individuals, couples and families through three programs: Male Survivors of Sexual Abuse Program; LGBTQ+ Counselling Program; HIV/AIDS Counselling Program

Eligibility: Age 16+

Egale Toronto

120 Carlton St., Toronto

www.egale.ca www.egale.ca/resources/#category=resources

Tel.: 416 964-7887

info@egale.ca

Facebook: [Egale Canada](#)

Services: National organization working to improve the lives of 2SLGBTQI people through research, education, awareness and advocacy; focus on inclusive policies, human rights and equality across Canada and globally

Fees: Free

Planned Parenthood Toronto

36B Prince Arthur Ave., Toronto

www.ppt.on.ca/counselling

Tel.: 416 961-0113

ppt@ppt.on.ca

Services: Youth-centred clinical services include contraception consultations, pregnancy and abortion care, referrals, ongoing support; individual and group counselling, gender-affirming mental health care, peer-led sexual health education

Eligibility: Ages 13–29

Fees: Free visits; low-cost treatments

Sherbourne Health

333 Sherbourne St., Toronto

www.sherbourne.on.ca/community-health-programs/2slgbtq-family-resources

Tel.: 416 324-4100

communityprograms@sherbourne.on.ca

Services: Helps 2SLGBTQ+ people explore options for building their families, including surrogacy, adoption and pregnancy; offers psychotherapy, youth programs, acute respite care

Eligibility: Age 29 and under

Notes: In-person and virtual workshop

Fees: Free

The 519

519 Church St., Toronto

www.the519.org

Tel.: 416 392-6874

Info@The519.org

Services: Free, community-led programs and services for 2SLGBTQ+ people, including support around housing, health, legal aid, financial assistance; tailored services for trans people, youth and older adults

Fees: Free

Toronto Bi + Network

519 Church St. and 333 Sherbourne St., Toronto

www.torontobinet.org

info@torontobinet.org

Facebook: Toronto Bi+ Network -TBN

Services: Supportive community for 2SLGBTQ+ people; peer support, social connection, information, referrals; includes gender-specific support groups (Bi+ men and Bi+ women); outreach, education, advocacy on bi+ and queer issues

Cultural and Specialized Programs

Across Boundaries

51 Clarkson Ave., Toronto

www.acrossboundaries.ca/services

Tel.: 416 787-3007 ext. 222

Services: Mental health and addiction services for QTBIPOC people using-racism and anti-oppression frameworks; case management, counselling, support groups, housing services across Toronto for people involved in the criminal justice system

Eligibility: Youth (15–29) and adults (29+) with diagnosed serious mental illness

Notes: Services in many languages, including African, Caribbean, South Asian, Central Asian, Latin dialects

Alliance for South Asian AIDS Prevention – Sexual Health Education Services

120 Carlton St., Toronto

www.asaap.ca/supportservicespathwaystocare

Tel.: 416 575-7605

sexualhealthcoordinator@asaap.ca

Services: Culturally informed education focused on information about sexual health, such as STI & HIV testing, prevention, management

Fees: Free

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Asian Community AIDS Services

260 Spadina Ave., Toronto

www.acas.org

Tel.: 416 963-4300

info@acas.org

Facebook: ACAS (Asian Community AIDS Services)

Services: Supports East and Southeast Asian communities in GTA and Ontario with HIV services, education, harm reduction, programs for youth, migrants and people who are LGBTQ2SIA+

Fees: Free

Asian Queer Alliance Toronto

www.asianqueeralliance.ca

asianqueeralliance@gmail.com

Instagram: @asianqueeralliance

Services: Programs that empower queer Asian people of marginalized genders; educational workshops, peer mentorship, skill-building opportunities, access to essential resources such as housing, financial, legal supports

Fees: Free

CNIB (formerly Canadian National Institute for the Blind)

www.cnib.ca/en/event/pride-connection?region=on

Tel.: 1 800 563-2642

stephanie.pilon@cnib.ca

Services: National peer support group for adults who are blind or partially sighted and identify as LGBTQ2S+; monthly virtual meetings to share experiences, hear guest speakers and engage in group discussions

Eligibility: Registration required

Fees: Free

2-Spirited People of the 1st Nations

145 Front St. East, Toronto

www.2spirits.org

Tel.: 416 944-9300

info@2spirits.org

Facebook: 2-Spirited People of the 1st Nations

Services: Advocacy and support for two-spirited people and First Nations, Métis and Inuit community members; education, health care, harm reduction kits, community development initiatives

Eligibility: Two-spirited First Nations, Métis and Inuit people in the GTA living with or affected by AIDS

Fees: Free

Education and Counselling

CAMH Library

1025 Queen St. West, Toronto

www.camh.ca/en/health-info/camh-library

Tel.: 416 535-8501 ext. 36991

library@camh.ca

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Services: Supports learning, health promotion and dynamic knowledge exchange through access to CAMH's research, clinical programs and library resources; spotlight on Pride during the month of June

Eligibility: Open to health care professionals and the public

Fees: Free

Notes: Monday to Friday, 10:00 a.m.–4:00 p.m.

CAMH – RBC Patient and Family Learning Space

1025 Queen St. West, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/patient-and-family-learning-space

Tel.: 416 535-8501 ext. 33995

pfls@camh.ca

Services: Interactive hub for patients, families and the community to access reliable information about mental health, substance use and recovery; in-person and virtual services, resources in print, web and app formats

Fees: Free

Toronto Public Library – Pride Collection

22 Yorkville Ave., Toronto

www.torontopubliclibrary.ca/books-video-music/specialized-collections/pride-collection.jsp

Tel.: 416 393-7660

Services: Books and movies for Toronto's 2SLGBTQ+ communities; all library branches carry 2SLGBTQ+ materials, but the most comprehensive collection is at the Yorkville branch

Eligibility: Toronto library card

Fees: Free

Youth Programs

Across Boundaries – Transitional Aged Youth

51 Clarkson Ave., Toronto

www.acrossboundaries.ca/services

Tel.: 416 787-3007

Services: Support and services for transition-aged youth with mental health and/or substance use issues

Eligibility: Ages 15–29

Fees: Free

Notes: Call to book an appointment

Black Queer Youth Collective

www.blackqueeryouthcollective.org

info@blackqueeryouthcollective.org

Facebook: [Black Queer Youth Collective](#)

Services: Grassroots group that provides opportunities and support to Black queer and trans youth in the GTA

Fees: Free

Notes: Monitor social platforms for the latest news, events and engagement opportunities

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Black Youth Helpline

1111 Finch Ave. West, Toronto
www.blackyouth.ca info@blackyouth.ca
 Tel.: 416 285-9944

Facebook: [Black Youth Helpline](#)

Services: Culturally responsive, professional support to help youth, families and schools understand and address core challenges; thorough assessment to guide next steps; multicultural youth helpline, stay-in-school initiatives, parent and family support (counselling, coaching guidance, community development initiatives), system navigation assistance

Fees: Free

Friends of Ruby

489 Queen St., Toronto
www.friendsofruby.ca/programs-and-services/drop-in-services-and-programming/#
 Tel.: 416 359-0237
info@friendsofruby.ca

Services: Drop-in centre that helps 2SLGBTQI youth in the GTA find trauma-informed counselling, practical support, case management, harm reduction and a sense of community

Eligibility: Ages 16–29

Fees: Free

LGBT Youthline

333 Sherbourne St., Toronto
www.sherbourne.on.ca/mental-health-harm-reduction/mental-health-services
 Tel.: 416 324-410
askus@youthline.ca

Services: Counselling by counsellors who are trained in active listening, anti-racism, harm reduction and topics related to gender and sexuality

Eligibility: Age 30 and under

Fees: Free

Notes: Visit website for chatbox

Lumenus

1124 Finch Ave. West, Unit 1, Toronto
www.lumenus.ca/programs-and-services/provincial-youth-outreach-worker
 Tel.: 833 586-3687
info@lumenus.ca

Services: Mental health and substance use counselling, case management, connection to community services for youth and their families in northwest Toronto

Referral: Self-referral or caregiver-referral

Fees: Free

Yorktown Family Services – Rainbow West

1541 Jane Street and 2010 Eglinton Ave. West, Toronto

www.yorktownfamilyservices.com/programs/rainbow-west

Tel.: 416 645-7575 ext. 2054

Ren@yorktownfamilyservices.com

Services: Helps 2SLGBTQ+ youth access mental health supports in an inclusive, safe environment

Eligibility: Ages 12–29

Fees: Free

Notes: Jane location: Tuesdays, 4:30–6:30 p.m.; Eglinton location: Thursdays, 4:30–6:30 p.m.

Older Adult Programs

Prime Timers Toronto

473 Church St., Ste. 115, Toronto

www.chapters.theprimetimersww.com/toronto

info@primetimerstoronto.ca

Services: Diverse group of older gay, bisexual and trans men who gather in a supportive atmosphere to enjoy social, educational and recreational activities

Fees: \$36 annual membership

Senior Pride Network Toronto

519 Church St., Toronto

www.seniorpridenetwork.ca

spntoronto@gmail.com

Facebook: [Senior Pride Network Toronto](#)

Services: Volunteer group focused on improving services for older 2SLGBTQI+ people in Toronto; meet regularly to collaborate on projects, advocacy, education that support the community

Fees: Free