

AFTER HOURS / CLOSURE RESOURCES

In case of an acute emergency dial 9-1-1, or visit your nearest emergency room.

<p>The Credit Valley Hospital 2200 Eglinton Avenue West Mississauga, ON L5M 2N1 Phone: <u>(905) 813-2200</u></p>	<p>Mississauga Hospital 100 Queensway West Mississauga, ON L5B 1B8 Phone: <u>(905) 848-7100</u></p>	<p>Brampton Civic Hospital 2100 Bovaird Drive East, Brampton, ON L6R 3J7 Phone: <u>(905) 494 2120</u></p>
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To ensure daily availability or hours of operation, please call beforehand

<p><u>Trillium Urgent Care Clinic (accepts UHIP)*</u> 150 Sherway Dr. Toronto, ON</p> <p><u>CLOSED DUE TO COVID-19</u></p>	<p><u>Apple Tree Medical Clinic (accepts UHIP)*</u> Phone: 647-722-2370</p> <p>Go to the website to book a Virtual Appointment. https://appletreemedicalgroup.com/</p>
<p><u>South Common Mall Walk-n Clinic</u> 2110 Burnhamthorpe Rd W, Unit 3, Mississauga, ON Phone:(905) 472-8911</p> <p><u>Phone Appointments ONLY</u></p> <p>Mon to Fri: 9:30am-9:00pm Sat: 9:30am-6:00pm, Sun: 10:30am-5:00pm Visit Fee \$75.00 if you do not have a valid Ontario Health Card</p>	<p><u>Hurontario Square Medical Centre</u> 2500 Hurontario (Dundas) Phone: 905-897-6160</p> <p><u>Phone Appointments ONLY</u></p> <p>Mon/Wed/ 9:30am-7:30pm Tues 9:30 am -4pm/Thurs 9:30 am -7pm Fri 9:30am-6pm Visit Fee \$110.00 if you do not have a valid Ontario Health Card</p>
<p><u>MCI The Doctor's Office</u> 2575 Dundas St. West Suite 15, Mississauga , ON Phone: 905-820-3310</p> <p>Check website for details regarding appointments https://mcithedoctorsoffice.ca/</p> <p>Mon/ Friday 9am-9pm, Sat 9am-5pm, Sun 9am-3pm Visit Fee \$110 CASH ONLY if no Ontario Health Card</p>	

Ensure you have your health card or coverage card with you at all times.

In case of emergency, please call 911 and/or go to the nearest hospital. If your medical concern is non-urgent, please visit the nearest clinic as hospital waiting times can be long.

UHIP

Please notify the Sun Life Call Centre at 1.888.206.9004 if you or your dependent is admitted to the hospital for more than 48 hours.

You or your health care provider can always [contact Sun Life](#) for additional details about what is covered by your plan.

Please call 1-888-206-9004 Monday - Friday, 8:00am – 8:00pm ET

The following telephone services are available 24 hours a day, 7 days a week

My Student Support Program (My SSP) | 1-844-451-9700

My SSP (keep.meSAFE) offers students immediate and confidential access to culturally relevant counselling in their native language, day or night. Students have the option of connecting with a professional counsellor via an app or by mobile phone, online chat, video, email or in person. Available 24/7 for all University of Toronto students.

24/7 Crisis Support peel (CMHA): 905-278-9036

They help stabilize and support those in mental health and addiction crisis, a crisis support worker will speak to you over the telephone to assess the nature of the crisis and to put a plan in place to ensure safety and support.

Good2Talk: 1-866-925-5454

Offers free, confidential and anonymous professional counselling, mental health information and connections to local resources for college and university students

Spectra Helpline/ Distress Center of Greater Toronto (Multilingual) 24/7:

905-459-777 (Brampton & Mississauga) / **1-877-298-5444** (Caledon) / **905-278-4890 (TTY)**

Community Support Services provides the Region of Peel a 24/7 anonymous and confidential multilingual Distress and Crisis line service

Distress Center Peel: 905-278-7208

24 hour telephone support, crisis intervention and suicide prevention involving individuals who are suffering from mental or emotional illnesses ranging from depression to irrational behavior.

Sexual Assault Center of Peel: 1-800-810-0180

Offers 24-hour crisis line, online chat, and in-person counselling and support, referrals, information about sexual abuse and assault.

Interim Place: 905-403-0864

Provides shelter, support, counselling and advocacy to help abused women and their children

Mobile Peel Crisis Services: 905-278-9036

If you are in a mental health crisis, we can help. Open 24 hours a day, 7 days a week. Includes a crisis telephone line, mobile crisis team, and follow-up short-term counselling as required.

Telehealth Ontario: 1-866-797-0000

Offers health advice and general health information from a Registered Nurse

Poison Control: 1-800-268-9017

Free & Confidential health advice about medications/plants and other substances that can make you ill