A crisis can be triggered by an unexpected event, like a recent break-up, or a job loss. It might be something that you have been coping with for a while that becomes too much to manage, like stress at work or school, feeling alone, or thoughts of suicide. You may be having symptoms of depression, anxiety, other mental health concerns or an addiction.

You have options. We can help. By phone and in person. Your place or ours.

Sudbury Mental Health & Addictions Centre - Cedar St.
Health Sciences North

Our service is staffed 24 hours a day, 365 days a year by staff with specialized training in Crisis Intervention.

Call us, drop in, or have us visit you.

Call us: 705.675.4760
Drop in: 127 Cedar Street
We can visit you: Our Mobile Crisis team can visit you in the community at a safe location.

If you need immediate medical care, we can meet you in the Emergency Department at Health Sciences North.
Call us, drop in, or have us visit you.

Call us: 705.675.4760
Crisis Line open 24hrs/7days a week/365 days a year.

Drop in: 127 Cedar Street
Safe and private. No appointment necessary.
Drop-in open 7 days a week 8:30am to 10:00pm

Have us visit you - mobile service
Mobile services are available 7 days a week 10:00am - 10:00pm.
The Mobile Crisis Team is available to all citizens in the City of
Greater Sudbury. We will come see you at a safe location - home,
school, shelters, treatment facilities, and/or a familiar agency that
you visit and feel safe.

Crisis Services are free for people living or visiting in the Sudbury &
Manitoulin Districts.

We work with individuals of all ages and with your family and other supports if you
agree to have them involved.

If your situation is life-threatening or you need immediate medical
care, go to your local Emergency Department; staff will help you
get in contact with us.

Crisis Intervention Services
705.675.4760.
You have options. We can help.

Sudbury Mental Health & Addictions Centre - Cedar St.
Health Sciences North

Crisis Intervention Services
127 Cedar Street. 7 days a week.
Office Hours: 8:30am to 10:00pm
Mobile Hours: 10:00am to 10:00pm everyday.

24-hour Crisis Line 705.675.4760