



Mental Health Resources

Quick Link Menu: [Nation Wide](#), [Alberta](#), [British Columbia](#), [Manitoba](#), [New Brunswick](#), [Newfoundland and Labrador](#), [Nova Scotia](#), [Ontario](#), [Prince Edward Island](#), [Quebec](#), and [Saskatchewan](#), [Northwest Territories](#), [Nunavut](#), and [Yukon](#)

NATIONWIDE

Canadian Mental Health Association (CMHA) - National

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

Our Vision: Mentally healthy people in a healthy society.

Our Mission: As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Phone: 416-646-5557

Url: <http://cmha.ca>

Email: info@cmha.ca

Main Website: <https://cmha.ca/>

Find Your CMHA: <https://cmha.ca/find-your-cmha>

Mental Health Resources: <https://cmha.ca/document-category/mental-health>

Hope for Wellness Help Line – Indigenous, Metis, First Nations, Inuit

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada.

It is available 24 hours a day, 7 days a week to offer: counselling, crisis intervention.

Experienced and culturally competent Help Line counsellors can help if you: want to talk, are distressed, have strong emotional reactions, or may be triggered by painful memories.

Call the toll-free Help Line at **1-855-242-3310** or connect to the online chat at <https://www.hopeforwellness.ca/>

Website: <https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

National Hotlines

Canadian Mental Health Crisis Line

(888) 353-2273

Crisis Society Mental Health Line

310-6789 (no area code needed)

24-Hour Crisis Line

(403) 266-HELP (toll free)

Mental Health Help Line

(877) 303-2642 (toll free)

Kids Help Phone

Helpline for kids and teens; counseling, listening, referrals, info [E/F]

1-800-668-6868

<https://kidshelpphone.ca/>

National Inquiry into Missing and Murdered Indigenous Women and Girls - Emotional Assistance



Toll-free 24/7 crisis call line providing support for anyone who requires emotional assistance related to missing and murdered Indigenous women and girls [E/F]
1-844-413-6649
<https://www.rcaanc-cirnac.gc.ca/eng/1448633299414/1534526479029>

Additional Mental Health Resources

Canadian Association for Psychodynamic Therapy

Website: <https://psychodynamiccanada.org/find-a-therapist/mental-health-resources/>

E-Mental Health - Information and resources, including a directory of mental health facilities, professionals and support groups; mental health and medication information sheets; and assessment tools.

The Mood Disorders Society of Canada (MDSC) - Resources for mental health, including a directory of services, organizations and resources; mental condition information brochures; and peer and trauma support.

Mental Health Canada - Information and resources, including a directory of mental health professionals; mental health resources; articles and reports; and mental health and medication information.

Canadian Mental Health Association (CMHA) - Information and resources on mental health conditions and addictions; and services and supports, searchable by province.

The Centre for Suicide Prevention - Information and resources on suicide prevention, including workshops, webinars, articles, and toolkits

[Back to top of Nation Wide Resources](#)

ALBERTA

Anderson Hall – Access 24/7, Adult Intake Services – Edmonton

Provides a single point of access to adult addiction and mental health community-based programs. Access 24 / 7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization.

Location Info: East facing entrance along 102 St on main floor of Anderson Hall. Upon arrival in lobby, buzz for entrance, check-in with reception desk to the right. Located across the St from the Royal Alex Hospital on the east side

Address: 10959 102 Street, Edmonton, Alberta, T5H 2V1

Phone Number: 780-424-2424

Website: <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1077952&serviceAtFacilityID=1122569>

Addiction and Mental Health Helpline – Alberta Wide

The Addiction and Mental Health Help Line is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling. The service is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists. It operates 24 hour a day, seven days a week and is available to all Albertans.

Location Info: Alberta Wide

Phone: 1-866-332-2322 (toll free within Alberta) for addiction and mental health support.

Website: <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399>



CMHA – Edmonton

Website: <https://edmonton.cmha.ca/>

Location Info: Edmonton; Business Hours: Monday to Friday 8:30 am – 4:30 pm (closed Noon – 1:00 pm)

Phone: (780) 414-6300

Address: 300 – 10010 105 Street NW, Edmonton, AB T5J 1C4

Distress Line: 780-482-HELP (4357)

24-hour CRISIS line providing immediate support. Call now if you or someone you know is in crisis: contemplating suicide, feeling overwhelmed, or experiencing abuse.

[Back to top of Alberta Resources](#)

BRITISH COLUMBIA

Health Link BC - Mental Health & Substance Use

Resources: There are numerous mental health and substance use related services and resources available to British Columbians. Below is a short list of these resources. To search for all available services in the province, use the [HealthLinkBC Directory](#). If you need help finding a service or a resource, call 8-1-1 any time of the day, any day of the year.

Website: <https://www.healthlinkbc.ca/mental-health-substance-use/resources>

Your Health Authority: To learn more about mental health or substance use information and services in your area, visit your Health Authority website listed below.

- [First Nations Health Authority: Mental Wellness and Substance Use](#)
- [Fraser Health: Mental Health and Substance Use](#)
- [Interior Health: Mental Health and Substance Use](#)
- [Island Health: Mental Health and Substance Use](#)
- [Northern Health: Mental Health & Substance Use](#)
- [Provincial Health Services Authority: BC Mental Health & Substance Use Services](#)
- [Vancouver Coastal Health: Mental Health and Substance Use](#)

HealthLink BC - Directory

The HealthLink BC Directory provides listings for health services provided by the provincial government, provincial health authorities, and non-profit agencies across the province. You can search for walk-in clinics, emergency rooms, hospitals, mental health programs, home care programs, pharmacy services, laboratory services, and more. Search by keyword or try our Guided Search to narrow down your search results by category. For help searching the directory, call 8-1-1 any time of the day, any day of the week to speak with a health service navigator.

Website: <https://www.healthlinkbc.ca/services-and-resources/find-services>

Here To Help - Mental Health & Substance Use Information - BC Wide

Mental health and substance use information you can trust. Seven agencies came together for this project as the BC Partners, because we recognize that people need to have access to quality information on mental health, mental illness, and substance use problems.

Mailing Address: c/o 905-1130 West Pender St, Vancouver, BC, V6E 4A4 CANADA

Phone: Support or community referrals: **310-6789** (no area code required)

General Email: bcpartners@heretohelp.bc.ca

Website: <https://www.heretohelp.bc.ca/>

[Back to top of BC Resources](#)



First Nations Health Authority (FNHA)

The FNHA is the first and only provincial First Nations Health Authority in Canada. We are working to transform and reform the way health care is delivered to BC First Nations.

Main Website: <https://www.fnha.ca/about>

FNHA - Mental Wellness and Substance Use

Website Link: <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

Note: The information and material here may trigger unpleasant feelings or thoughts of past abuse. Please contact the **24 Hour KUU-US Crisis Line at 1-800-588-8717** if you require emotional support.

Fraser Health

Main Website: <https://www.fraserhealth.ca/>

Fraser Health is one of five regional health authorities in B.C. working together with the Ministry of Health. We are responsible for the delivery of hospital and community-based health services to over 1.8 million people in 20 diverse communities from Burnaby to Fraser Canyon on the traditional territories of the Coast Salish peoples. Our communities include a diverse multicultural population and approximately 62,000 Indigenous Peoples, associated with 32 First Nation communities and 5 Métis chartered communities. (2016 census data)

Fraser Health - Mental Health and Substance use

Website: <https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use#.YASEpsVKhs->

Fraser Health Crisis Line: 604-951-8855 or toll-free 1-877-820-7444

Trained volunteers provide toll-free telephone support and crisis intervention counselling, 24 hours a day, seven days a week. You can also call for information on local services or if you just need someone to talk to. [Learn more about the Fraser Health Crisis Line.](#)

Culturally sensitive crisis line for Aboriginal peoples: 1-800-KUU-US17 (1-800-588-8717)

KUU-US Crisis Response Services provides culturally sensitive support and counselling to Aboriginal peoples 24 hours a day, seven days a week. [Learn more about KUU-US Crisis Response Services Line.](#)

Alcohol and drug information and referral service: 604-660-9382 or toll-free 1-800-663-1441

Available to anyone needing help with any kind of substance use issues, 24 hours a day, seven days a week. Provides information and referral to education, prevention and treatment services, and regulatory agencies.

[Back to top of BC Resources](#)

Interior Health - Mental Health & Substance Use

Interior Health provides many Mental Health and Substance Use (MHSU) services. We strive to ensure that our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Website: <https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.aspx>

Interior Crisis Line Network: If you are in **crisis call 1-888-353-2273 for immediate assistance** (24 hours, 7 days per week).

Access Mental Health & Substance Use Services: To reach your local Mental Health and Substance Use Centre for community-based supports, call: 310-MHSU (6478).

Click for a complete list of MHSU centres: [Mental Health & Substance Use \(MHSU\) Centres](#)

[Back to top of BC Resources](#)



Island Health

Island Health provides health care services through a network of hospitals, clinics, centres, health units, and long-term care locations. We serve more than 850,000 people on Vancouver Island, the islands in the Salish Sea and the Johnstone Strait, and the mainland communities north of Powell River and south of Rivers Inlet.

Website: <https://www.islandhealth.ca/>

Mental Health and Substance Use Services

Island Health offers innovative services for treatment and support for those impacted by mental health and substance use issues.

If you are experiencing a crisis or an emergency, the [Vancouver Island Crisis Line](#), available 24/7: **1-888-494-3888**.

Main Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

To access services or seek referral to any of our mental health programs and locations, visit our [Mental Health and Substance Use Referral Pages](#).

Access telephone numbers:

- [Campbell River](#): 250-850-2620
- [Comox Valley](#): 250-331-8524
- [Cowichan Valley](#): 250-709-3040
- [Nanaimo](#): 250-739-5710
- Oceanside: 250-951-9550
- [Port Alberni](#): 250-731-1311
- [Port Hardy](#): 250-902-6051
- [Port MacNeill](#): 250-956-4461
- [Southern Gulf Islands](#): 250-538-4711
- [Victoria](#): 250-519-3485
- [Westshore/Langford](#): 250-370-5799
- [Westcoast](#): 250-726-1282

For facilities that provide these services, see [Mental Health and Substance use locations](#).

[Back to top of BC Resources](#)

Northern Health - Mental Health and Substance Use

The Mental Health and Substance Use Program provides a wide range of programs and services to assist persons and their family experiencing difficulties with mental health and/or substance use. Services vary from short-term assessment and treatment to long-term programs for those with serious and persistent mental illness and/or substance abuse problems. Many mental health and substance use services are available through your primary health care team. [You can contact your team directly](#) to find out what services they offer.

Emergency Contacts

If you or someone you know needs help, call one of these numbers:

- **Emergencies**: 9-1-1
- **Crisis**: 1-800-SUICIDE (1-800-784-2433)
- **Kelty Mental Health Support**: 310-6789
- **Missing Persons**: 9-1-1
- Find more [important contacts](#)

Email: MHSU.communications@northernhealth.ca (Note, this is a regional email. Please specify the community you live in when sending us an email)

Website: <https://www.northernhealth.ca/services/mental-health-substance-use>

[Back to top of BC Resources](#)



BC Mental Health & Substance Use Services

We provide highly specialized treatment for people across British Columbia with severe mental health and substance use/addiction issues, people in custody, and people who have been referred by the courts for assessment and treatment.

Website: <http://www.bcmhsus.ca/>

In an emergency or crisis : If you are in a crisis or emergency, or are worried that you or a loved one is at risk of harm, please speak with someone immediately:

- **Call 9-1-1 or go to the nearest emergency room** if you are afraid of hurting yourself or someone else, or if no other options are available.
- **Call 1-800-SUICIDE (1-800-784-2433)** if you or someone you know is having thoughts of suicide.
- **310Mental Health Support:** 310-6789 (no area code needed) to speak to a [crisis line](#) worker 24/7. Crisis line workers listen to you and offer support with no judgement. If you need to find a program or tips for your own mental health, they can help you find them.
- **Speak to your doctor or other trusted health professional** if you are worried about your own mental health and well-being. If you do not have a family doctor, you can find a walk-in clinic using [HealthLink BC's Guided Search Tool](#) or call 8-1-1 to speak with a nurse any time of the day or night.

In a non-emergency: If you have noticed changes in your mood or outlook, but don't feel you are in immediate danger, talk to your doctor. You can also visit our [B.C. Mental Health and Substance Use Resources page](#) for a list of websites, programs and other services that may help you.

Vancouver Coastal Health

While mental illness or substance use can seriously affect you and your family members, recovery is possible. Like most illnesses, getting early treatment is important. Mental health and substance use services provide a range of health care and support services in hospitals, community or in your own home. For other services in Vancouver, visit [Providence Health Care website](#).

Website: <http://www.vch.ca/your-care/mental-health-substance-use>

[Back to top of BC Resources](#)

MANITOBA

Mental Health Crisis and Non-Crisis Regional Contacts

Province-Wide Crisis Lines

[Klinik Crisis Line](#)

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

[Manitoba Suicide Prevention & Support Line](#)

1-877-435-7170 (1-877-HELP170)

[Kids Help Phone](#) (national line available to Manitoba Youth)

1-800-668-6868

[Klinik Sexual Assault Crisis Line](#)

204-786-8631 or 1-888-292-7565

TTY 204-784-4097



Manitoba Farm, Rural & Northern Support Services

supportline.ca - online counselling

1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310

Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut

Mental Health Crisis and Non-Crisis Regional Contacts

Interlake-Eastern Regional Health Authority

Web: www.ierha.ca/default.aspx?cid=13360&lang=1

CRISIS LINES

24-hour Crisis Line: 204-482-5419 or 1-866-427-8628

Mobile Crisis Services: 204-482-5376 or 1-877-499-8770

Adult 2:00 pm – 2:00 am

Youth 17 and under 1:30 pm – 9:00 pm

Crisis Stabilization Unit: 204-482-5361 or 1-888-482-5361

Community Mental Health Intake: 204-785-7752 or 1-866-757-6205

Northern Health Region

Web: <https://northernhealthregion.com/>

CRISIS LINES

Thompson Youth (17 and under) Mobile Crisis Team: 204-778-1472 or toll-free 1-866-242-1571

Mobile Team hours 12:00 noon – 12:00 midnight, 7 days/week

Hope North Crisis Response 204-778-9977, Mon-Fri 8:30-4:30

NON-CRISIS

Thompson General Hospital: 204-677-2381

Thompson Community Mental Health Intake: 204-677-5358 (Hours: M-F 8:30 am -4:30 pm)

Flin Flon Community Mental Health Intake: 204-687-1350 (Hours: M-F 8:30 am - 4:30 pm)

Flin Flon General Hospital after hours: 204-687-7591 (4:30 pm – 8:30 am, weekends)

The Pas Community Mental Health Intake: 204-623-9650 (Hours: M-F 8:30 – 4:30pm)

The Pas Health Complex after hours: 204-623-6431 (4:30pm – 8:30am, weekends)

[Back to top of Manitoba Resources](#)

Prairie Mountain Health

Web: <https://www.prairiemountainhealth.ca/index.php/mental-health>

CRISIS - SOUTH DISTRICT (formerly Brandon, Assiniboine)

Adult crisis line, 24/7: 1-888-379-7699

Youth Under 18 crisis line 24/7: 1-866-403-5459

Crisis Stabilization Unit: 1-855-222-6011 or 204-727-2555

Mobile Crisis Services: 204-725-4411

CRISIS - NORTH DISTRICT (former Parkland)

Adult and Youth Crisis Line, (24/7): 1-866-332-3030

NON-CRISIS - SOUTH

Adult Community Mental Health Intake: 1-855-222-6011 (M-F 8:30-4:30)

Created Jan 17, 2021



Youth (17 and under) Community Mental Health Intake, SEE:
www.prairiemountainhealth.ca/index.php/access-for-children-and-youth

NON-CRISIS - NORTH

Mental Health Intake (all ages):
Roblin: 204-937-2151
Ste. Rose du Lac: 204-447-4080
Swan River: 204-734-6601
Dauphin: 204-638-2118

[Back to top of Manitoba Resources](#)

Southern Health-Santé Sud

Crisis Services number: 1-888-617-7715

Mental Health: <https://www.southernhealth.ca/en/finding-care/>
Southern Health-Santé Sud: Web: <https://www.southernhealth.ca/>

Winnipeg Regional Health Authority including Churchill

Web: www.wrha.ca

CRISIS

Crisis Response Centre: 817 Bannatyne, Winnipeg; attend in person (review COVID restrictions)

Adult Mobile Crisis Service: 204-940-1781

Crisis Stabilization Unit: 204-940-3633

Youth Mobile Crisis Team: 204-949-4777

NON-CRISIS and INTAKE

Adult Community Mental Health Intake (new applications): 204-788-8330

Child & Youth Community Central Mental Health Intake: 204-958-9660

Seneca Mental Health Warm Line (7 pm – 11 pm daily)

For Seneca intake, 204-942-9276; see: www.sararielinc.com

Churchill Hospital General Ward: 204-675-8322

Churchill Health Centre: 204-675-8881

[Back to top of Manitoba Resources](#)

Provincially-funded Community Mental Health Agencies

Some organizations have satellite offices in communities outside of Winnipeg, supported by their regional health authorities. Please see their websites for more information.

Artbeat Studio: 204-943-5194

<http://artbeatstudio.ca/>

Anxiety Disorders Association Manitoba: 204-925-0600 or 1-800-805-8885

<http://www.adam.mb.ca/>

Canadian Mental Health Association Manitoba & Winnipeg: 204-982-6100

<https://mbwpg.cmha.ca/>

Canadian Mental Health Association Manitoba Central (Portage): 204-239-6590

<https://central.cmha.ca/>



Canadian Nursing Students' Association
Association des étudiant(e)s infirmier(ère)s du Canada
www.cnsa.ca / www.aeic.ca

Canadian Mental Health Association Parkland (Swan River): 204-734-2734

Canadian Mental Health Association (Thompson): 204-677-6050

<https://thompson.cmha.ca/>

Manitoba Schizophrenia Society: 204-786-1616

www.mss.mb.ca

Mood Disorders Association of Manitoba: 204-786-0987 or 1-800-263-1460

www.mooddordersmanitoba.ca

MDAM Post-Partum Warm Line: 204-391-5983

Obsessive-Compulsive Disorders Centre of Manitoba (OCDC Mb): 204-942-3331

www.ocdmanitoba.ca

Mental Health Education Resource Centre (MHERC): 204-942-6568 or 1-855-942-6568

www.mherc.mb.ca

[Back to top of Manitoba Resources](#)

NEW BRUNSWICK

CMHA - New Brunswick

Main Website: <https://cmhanb.ca/>

Provincial Programs Link: <https://cmhanb.ca/programs-services/provincial-programs/>

Chimo Helpline

Chimo is a provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents of New Brunswick. Our mission is to serve our community by providing a competent level of crisis intervention, referrals and vital information in a caring, confidential manner. We can help you by providing a listening ear, helpful information, crisis intervention and referrals to resources in the province of N.B.

Website: <http://www.chimohelpline.ca/>

Crisis Hotline: 1-800-667-5005

[Back to top of New Brunswick Resources](#)

NEWFOUNDLAND AND LABRADOR

Newfoundland/ Labrador Canada -Health & Community Services

Help Lines

<https://www.gov.nl.ca/hcs/findhealthservices/helplines/>

Newfoundland and Labrador HealthLine 811

Toll Free 1-888-709-2929

TTY 1-888-709-3555

<https://www.811healthline.ca/>

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Mental Health Crisis Line 24 hour

1-888-737-4668

Pediatric Telephone Advice Line

(709) 722-1126

Toll Free 1-866-722-1126

Children's Protection Services (24 Hour)

(709) 752-4619

Kid's Help Phone 24 Hour

1-800-668-6868

Naomi Centre 24 Hour (Shelter/support/safety for young women)

(709) 579-8432

Choices for Youth 24 Hour (Shelter/support/safety for young men)

(709) 757-3050

Sexual Assault Crisis Line 24 Hour

(709) 726-1411

CHANNAL Peer Support Warm Line

1-855-753-2560

Mental Health and Addictions System Navigator

1-877-999-7589

Domestic Violence Help Line

1-888-709-7090

CMHA

Help is Available. If you or someone you know is having a mental health crisis please contact the **Mental Health Crisis Line at (709) 737-4668** or toll free **1-888-737-4668**

Website: <http://cmhanl.ca/get-help/>

[Back to top of Newfoundland and Labrador Resources](#)

NOVA SCOTIA

Nova Scotia - Healthy Communities

Website: <https://novascotia.ca/dhw/healthy-communities/suicide-prevention-help.asp>

Suicide Prevention - Where To Go For Help

Call the Mental Health Crisis Line

1-888-429-8167 (toll free)

Telephone crisis support and mobile response support are offered for work, home, school, and community agencies Service is available 24 hours a day, 7 days a week.



Communities Addressing Suicide Together (CAST)

Nova Scotia Supports and Services

CAST works with communities in Nova Scotia to build and strengthen their capacity to address suicide at the local level.

Website: <https://novascotia.cmha.ca/programs-services/communities-addressing-suicide-together-cast/>

CAST helpful Links and Resources

<https://novascotia.cmha.ca/mental-health/find-help/>

Support Groups In Nova Scotia

S.O.S Nova Scotia

The S.O.S. group in Nova Scotia is a self help group that was developed to provide individuals and families who have suffered a loss of a loved one with a critical resource.

The group meetings are scheduled every second Wednesday of each month

Website: sosnovascotia.com

Bereaved Parents of Adult Children Support Group

The Group meets third Tuesday every month

Contact: Louise Smith (902) 576-2697 louisesmith_27@hotmail.ca

or Vince MacDonald (902) 462-4050 tapper@ns.sympatico.ca

The Canadian Mental Health Association (CMHA)

is a national voluntary association that exists to promote the mental health of all people. CMHA believes that everyone should have choices so that when they need to, they can reach out to family, friends, formal services, self-help groups or community-based organizations.

Website: novascotia.cmha.ca

[Back to top of Nova Scotia Resources](#)

ONTARIO

CMHA - Ontario

Website: <https://ontario.cmha.ca/documents/are-you-in-crisis/>

Are You in Crisis? If you are experiencing a mental health or addictions related crisis:

- Contact your doctor
- Go to the nearest hospital
- Find resources at [ConnexOntario](#)
- Call 911 or Telehealth Ontario at 1-866-797-0000

Feeling Suicidal or Think Someone Else Is? If you are thinking of suicide or think someone else may be, there is help. Call your local crisis line or mobile crisis team or the police, or go to the emergency room of your local hospital.

Suicide Prevention.

[The Centre for Suicide Prevention](#) is an education centre which equips individuals and organizations with the information, knowledge and skills necessary to respond to the risk of suicide.

Created Jan 17, 2021



[Ontario Association of Suicide Prevention](#) provides resources, education, facts and figures and news and upcoming events.

[The Canadian Association for Suicide Prevention](#) provides information on where to find support; including a guide for early responders and a prevention toolkit for schools. Their site also provides a listing of crisis centres.

ConnexOntario

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area. We are funded by the Government of Ontario.

Website: <https://www.connexontario.ca/>

Toll Free: 1-866-531-2600

Our business offices are located in London, Ontario

Office Number: 519-439-0174

Email: administration@connexontario.ca

Hours: Monday - Friday 8:30 a.m. - 4:30 p.m. EST/EDT

[Back to top of Ontario Resources](#)

PRINCE EDWARD ISLAND

CMHA - Prince Edward Island Division

Vision, Mission & Values: Our vision defines the overall outcome that we are working towards. Our mission describes our purpose and unique contribution. Our values are the key beliefs and principles that underlie our thinking and actions.

Location Info: As of June 15, CMHA-PEI is open for appointments (no drop-ins). We invite you to call **1-800-682-1648** Monday to Friday, 8:30am – 4:30pm to speak with our staff.

Visit between 9:00 a.m and 4:00 p.m. Monday-Friday (we are closed on statutory holidays and follow provincial services storm closures)

Address: 178 Fitzroy, P.O. Box 785, Charlottetown, C1A 7L9, Prince Edward Island, Canada

Phone: (902) 566-3034

Url: <http://pei.cmha.ca/>

Email: division@cmha.pe.ca

Contact Us Page: <https://pei.cmha.ca/home/about-cmha/contact-us/>

The Island Helpline - PEI

Our Mission Statement: "To serve Prince Edward Island by providing a competent level of emotional support, crisis intervention and links to community supports in a caring, confidential manner."

How does the Island Helpline help?: The Island Helpline plays an important role in our communities. We help callers by providing a listening ear, emotional support, crisis intervention and links to community resources available on PEI.

Who calls us?: Anyone who is going through a difficult situation and is in need of caring, confidential emotional support.

Call us at 1-800-218-2885

Website: <https://www.theislandhelpline.com/>

Chimo Helpline

Chimo is a provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents throughout Atlantic Canada, including PEI and New Brunswick. Our mission is to serve our community by providing a competent level of crisis intervention, referrals and vital information in a caring, confidential manner. We can help you by providing a listening ear, helpful information, crisis intervention and referrals to resources in the province of N.B.

Address: Chimo Helpline Inc., P.O. Box 1033, Fredericton, NB, E3B 5C2

Crisis Hotline: 1-800-667-5005

Website: <http://www.chimohelpline.ca/>

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QUEBEC

Ami-quebec Action on Mental Illness

AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. Our programs are free!

Address: 5800 boul. Decarie, Montreal, Quebec H3X 2J5

Website: <https://amiquebec.org/crisis/>

Crisis Intervention

Sometimes a situation requires urgent attention. If you or someone you love is in danger, call 9-1-1 or go to your local hospital. For crisis intervention numbers and links, please see below.

Montreal (North)

[Association Iris](#)

Counseling, short-term housing, mobile intervention, 24 Hour Crisis Line [F]
514-388-9233

Montreal (South-West)

[Centre L'Autre Maison](#)

Crisis intervention line, follow-up & counseling, short-term housing [E/F]
514-768-7225

Montreal (East)

[Équipe Mobile de Crise Résolution](#)

Mobile intervention, counseling, short-term housing, 24 Hour Crisis Line [E, mostly F]
514-351-9592

Montreal

[Suicide Action Montreal](#)

Education, bereavement support, 24 Hour Crisis Line [E/F]
1-866-277-3553

[Tracom](#)

Short-term shelter, community follow up, outreach, 24 Hour Crisis Line [E/F]
514-483-3033

Montreal (Centre/East)

[Le Transit](#)

Crisis intervention centre, short-term shelter, 24 Hour Crisis Line [F]
514-282-7753

Montreal (West Island)

[West Island Crisis Centre](#)

Crisis line, counseling, short-term housing, mobile intervention - all 24/7 [E/F]
514-684-6160



Listening Services

Do you need someone to talk to about mental illness or any other problem? The services listed below are there to help

QC

[L'Appui](#)

Listening service, support, and referrals for caregivers of elderly people [E/mostly F]
1-855-852-7784

[Interligne](#)

Info, listening, referrals, support re: sexual orientation by phone and web-chat [E/F]
514-866-0103
1-888-505-1010

[Ligne Pairs-Aidants J'écoute!](#) (Association québécoise pour la réadaptation psychosociale)

Listening service for those who are living or have lived with a mental illness. [F]
1-800-425-9301

[Ligne Parents](#)

24/7 phone counseling & support for parents of children & teens [E/F] QC
1-800-361-5085

Montreal

[Centre d'Écoute Le Havre](#)

Drop-in centre for talking to someone in complete confidentiality [F]
514-982-0333

[Écoute Entraide](#)

Listening line 7 days a week, 8am-midnight, peer support groups [F]
1-855-365-4463
514-278-2130

[Face à Face](#)

Free 8-week counselling, drop-in support groups, listening, assistance [E/F]
514-934-4546

[Revivre](#)

Help-line, education, resources, support groups, counseling [F]
1-866-738-4873

[Suicide Action Montreal \(SAM\)](#)

Listening line, education, bereavement support [E/F]
1-866-277-3553

[Tel-Aide](#)

Free, anonymous, non-judgmental listening centre for people in distress. Operates 24/7. [E/F]
514-935-1101

[Tel-Ainés](#)

Free, anonymous, and confidential listening line for 60+ [F]
514-353-2463

[Tel-Écoute](#)

Free, confidential, & anonymous listening line [F]
514-493-4512



[Tel-Jeunes](#)

24/7 support and helpline; phone counseling for kids and teens under 20 [E/F]
1-800-263-2266 (phone)
514-600-1002 (text)

[Vent Over Tea](#)

Free and confidential active listening service [E]
info@ventovertea.com

Montreal (Côte-des-Neiges)

[Multi-Écoute](#)

Listening, assistance, psychosocial support, immigrant populations [E/F/S/other]
514-737-3604

[Operational Stress Injury Social Support](#)

Peer support for Canadian Forces personnel, veterans, and their families [E/F]
Canada (local chapters across the country)
514-457-3440 x 3113 (Montréal Peer Support Coordinator)

Montreal (West Island)

[West Island Crisis Center](#)

Crisis line, counselling, short-term housing, mobile intervention - all 24/7 [E/F]
514-684-6160

[Back to top Quebec Resources](#)

SASKATCHEWAN

211 - Saskatchewan

Website: https://sk.211.ca/saskatchewan_247_hour_crisis_hotlines#9th

Suicide Prevention Lines

(Canada) Crisis Services Canada – Suicide Prevention and Support – 24/7 Hours: 1-833-456-4566
Prince Albert Mobile Crisis Unit – Mon - Fri 4 pm - 8 am, Sat - Sun 24 hours: 306-764-1011
Regina Mobile Crisis Services – Suicide Line - 24/7 Hours: 306-525-5333
Saskatoon Mobile Crisis – 24/7 Hours: 306-933-6200

General Crisis Counselling

(Canada) Canadian Human Trafficking Hotline - 24/7 Hours: 1-833-900-1010
(Canada) First Nations and Inuit Hope for Wellness Help Line – 24/7 Hours: 1-855-242-3310
(Canada) Indian Residential School Crisis Line – 24/7 Hours: 1-866-925-4419
(Canada) Trans Lifeline (Support for Transgender people): 1-877-330-6366
(Canada) Veterans Crisis Help Line – 24/7 Hours: 1-800-268-7708
(Central Saskatchewan) West Central Crisis and Family Support Centre – Mon - Fri 9 am - noon, 1 pm - 5 pm (After Hours: 306-933-6200): 306-463-6655
(North Saskatchewan) Northeast Crisis Line – 24/7 Hours: 1-800-611-6349
(North Saskatchewan) Piwapan Women's Centre - Crisis Line – 24/7 Hours: 306-425-4090
(North Saskatchewan) Pregnancy Crisis Line – 24/7 Hours: 306-446-4440
Prince Albert Mobile Crisis Unit – Mon - Fri 4 pm - 8 am, Sat - Sun 24 hours: 306-764-1011
Regina Mobile Crisis Services – Crisis Line – 24/7 Hours: 306-525-5333
Saskatchewan Farm Stress Line – 24/7 Hours: 1-800-667-4442



Saskatoon Mobile Crisis – 24/7 Hours: 306-933-6200

Crisis Units

(Central Saskatchewan) West Central Crisis and Family Support Centre – Mon - Fri 9 am - noon, 1 pm - 5 pm (After Hours: 306-933-6200): 306-463-6655

(North Saskatchewan) Piwapan Women's Centre – Crisis Line – 24/7 Hours: 306-425-4090

Prince Albert Mobile Crisis Unit Mon - Fri 4 pm - 8 am, Sat - Sun 24 hours: 306-764-1011

Regina Mobile Crisis Services – Mobile Crisis Hotline – 24/7 Hours: 306-757-0127

Saskatoon Mobile Crisis – 24/7 Hours: 306-933-6200

(South West Saskatchewan) Southwest Crisis Services – 24/7 Hours: 1-800-567-3334

Sexual Assault

(Central Saskatchewan) West Central Crisis and Family Support Centre - Victim Assistance & Support Team – 24/7 Hours: 306-463-1860

(North Saskatchewan) Northeast Crisis Line – 24/7 Hours: 1-800-611-6349

Prince Albert Mobile Crisis Unit - Sexual Assault Line – 24/7 Hours: 306-764-1039

(Saskatchewan) Regina Sexual Assault Centre – Sexual Assault Line – 24/7 Hours: 1-844-952-0434

(Saskatchewan) Saskatoon Interval House – Women's Abuse Crisis Line – 24/7 Hours: 1-888-338-0880

Saskatoon Sexual Assault and Information Centre - Sexual Assault Crisis Line – 24/7 Hours: 306-244-2224

Domestic Violence

(Central Saskatchewan) West Central Crisis and Family Support Centre – Victim Assistance & Support Team – 24/7 Hours: 306-463-1860

Lloydminster Interval Home – Domestic Violence/Abuse Crisis Line – 24/7 Hours: 780-875-0966

(North Saskatchewan) Northeast Crisis Line – 24/7 Hours: 1-800-611-6349

(North Saskatchewan) Piwapan Women's Centre – Crisis Line – 24/7 Hours: 306-425-4090 or 306-764-1011

(Regina) Family Service Regina – Mon - Fri 8:30 am - noon, 1 pm - 4:30 pm: 306-757-6675

Regina Transition House – Domestic Violence/Abuse Crisis Line – 24/7 Hours: 306-569-2292

(Saskatchewan) Saskatoon Interval House – Women's Abuse Crisis Line – 24/7 Hours: 1-888-338-0880

(Saskatoon) Family Service Saskatoon – Mon - Fri 9 am - 5 pm: 306-244-0127

(Yorkton) Shelwin House – Domestic Violence Crisis Line – 24/7 Hours: 1-888-783-3111

(South Saskatchewan) Moose Jaw Transition House – Domestic Violence Crisis Line – 24/7 Hours: 306-693-6511

(South West Saskatchewan) Southwest Crisis Services – Safe Shelter – 24/7 Hours: 306-778-3386

[Back to top of Saskatchewan Resources](#)

Mobile Crisis Services (MCS)

Our Crisis Counsellors are trained and can help you address your mental health issues 24 hours a day. We partner with community agencies to provide you with immediate and ongoing help.

Are you in Crisis?

- Having difficulty coping with daily problems
- Don't want to talk to friends or family
- Are you turning to alcohol or drugs to make yourself feel better
- Mood changes, less patience or angry outbursts
- Suicidal thoughts
- Need someone to talk to between appointments with counsellors
- Not feeling you are in touch with reality
- Overwhelmed and don't know where to turn

Mobile Crisis Services provides 24hr crisis counselling Call 306 525 5333

Websites: <http://www.mobilecrisis.ca/mental-health-and-crisis>

24/7 Help Lines - Call or Walk-In (1646 11 th Ave Regina Sk.)



Mobile Crisis Helpline: (306) 757-0127

Crisis Suicide Helpline: (306) 525-5333

Email Us [Online](#) Help

Child Abuse Line: (306) 569-2724

Farm Stress Line: 1-800-667-4442

CMHA - Saskatchewan Division

CMHA Saskatchewan Division

2702 12th Avenue, Regina, SK S4T 1J2

Phone: 1-800-461-5483 or 306-525-5601 (in Regina)

E-mail: contactus@cmhask.com

Main Website page: <https://sk.cmha.ca/>

Finding Help

Website: <https://sk.cmha.ca/our-services/finding-help/>

[Back to top of Saskatchewan Resources](#)

NORTHWEST TERRITORIES

Northwest Territories Government - Health and Social Services

Website: <https://www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery>

NWT Help Line

The NWT Help Line is available 24 hours a day, 7 days a week. It is 100% free, confidential and anonymous.

Call 1-800-661-0844.

Visit <https://www.facebook.com/NWTHelpLine/> for wellness information, tips, and community events.

Mental Wellness and Addictions Recovery Services / Supports for Residents

Community Counselling Program

The NWT Community Counselling Program (CCP) offers free counselling support for mental wellness, addictions recovery, and family violence. Residents now have same day, drop in access to counselling without long wait times. Residents still have the option to make an appointment with a specific counsellor and can still receive ongoing counselling support through the CCP. Learn more [here](#).

Applied Suicide Intervention Skills Training (ASIST)

In Canada, suicide is the second leading cause of death among youth and adults aged 15-34 years. Take the Applied Suicide Intervention Skills Training to learn what questions to ask if you think someone is at risk of harming themselves. Learn more [here](#).

Mental Health First Aid (MHFA) – Northern Peoples

1 in 5 people will experience a mental health concern in their lifetime. This means that someone you know probably needs you. You can help by taking the Mental Health First Aid training, which will give you the skills you need to make a difference. Learn more [here](#).

[Back to top of Northwest Territories Resources](#)



NUNAVUT

Nunavut - Department of Health

If you think that you or someone you know might have a mental health issue, call or visit your local health centre. You can also talk to someone you trust – a family member, teacher, Elder or wellness counselor, or call the Kamatsiaqtut Help Line for support: **(867) 979-3333** or toll free at **(1-800) 265-3333**.

Website: <https://www.gov.nu.ca/health/information/mental-health-0>

Help Lines

Nunavut Kamatsiaqtut Help Line (7PM-Midnight - 7 days a week)

Website: <http://nunavuthelpline.ca/>

Phone: 1-800-265-333

Kamatsiaqtut Help Line:

1-867-979-3333

Toll-free at 1-800-265-3333

Kids Help Phone:

1-800-668-6868 (24 hours).

Text "TALK" to 686868 to reach a counsellor

NWT Crisis Line:

1-800-661-0844 (9 p.m. -1 a.m. ET).

Mental Health Links

Mental Wellness - (National Aboriginal Health Organization)

Website: <http://www.naho.ca/>

Your Mental Health - (Canadian Mental Health Association)

Website: <https://cmha.ca/mental-health>

About Mental Wellness - (Canadian Alliance on Mental Illness and Mental Health)

Support Website: <https://www.camimh.ca/need-support/>

Mental Health and Addiction A-Z – (Centre for Addiction and Mental Health)

Website: <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index>

Mental Health Commission of Canada

Website: <https://www.mentalhealthcommission.ca/English>

[Back to top of Nunavut Resources](#)

YUKON



Canadian Nursing Students' Association
Association des étudiant(e)s infirmier(ère)s du Canada
www.cnsa.ca / www.aeic.ca

CMHA - Yukon

Main Website: <https://yukon.cmha.ca/>

Reach our Support Line

Call 1-844-533-3030

The Reach Out Support Line is a volunteer-based, confidential, non-judgmental and free support line run by the Canadian Mental Health Association, Yukon Division. The Reach Out Support Line operates with volunteers trained to listen and provide support that assists callers to find options and make a plan to move forward, no matter how big or small the issue.

[Back to top of Document](#)