

Mental Health Resources

If you or someone you know is dealing with a mental health or substance use problem, it's important to realize that you are not alone in this. Begin by reaching out to a trusted health professional.

You can also explore a directory of organizations that provide services and valuable resources. Here are some resources and services that may provide support.

Suicide Crisis

If you're facing a crisis, head to the nearest hospital or dial 911. If you are contemplating suicide, you can call or text 988 toll-free at any time.



9-8-8: Suicide Crisis Helpline

If you or someone you know is thinking about suicide, call or text 9-8-8. Help is available 24 hours a day, 7 days a week.

9-8-8: Suicide Crisis Helpline offers support that is:



Bilingual



Culturally Appropriate



Trauma-Informed



Available to anyone in Canada



Talk Suicide

📞 1-833-456-4566

🌐 Canada-Wide



Crisis Line Association of BC

📞 1-800-784-2433

🌐 British Columbia



Manitoba Suicide Line

📞 1-877-435-7170

🌐 Manitoba



New Brunswick – Chimo

📞 1-800-667-5005

🌐 New Brunswick



Quebec - Suicide.ca

📞 Phone 1-866-APPELLE

📱 Text 535353



Crisis Centre Chat

🌐 Yukon & British Columbia

Youth



Kids Help Phone

📞 Phone 1-800-668-6868

📱 Text CONNECT to 686868

🌐 Canada-Wide



Good 2 Talk

📞 1-833-292-3698

🌐 Nova Scotia



YouthSpace

🌐 Canada-Wide

Addiction



Newfoundland Mental Health & Addictions System Navigator

📞 1-877-999-7589

🌐 Newfoundland & Labrador



Nova Scotia Provincial Mental Health & Addictions Crisis Line

📞 1-888-429-8167

🌐 Nova Scotia



PEI Mental Health & Addiction Services

📞 1-833-553-6983

🌐 Prince Edward Island

Mental Health Support



Government Of Canada



Wellness & Emotional Support



Canadian Mental Health Association

🌐 Canada-Wide



Wellness Together Canada

📞 Phone - 1-855-242-3310

📱 Text - WELLNESS to 741741

🌐 Canada-Wide



Alberta Mental Health Help Line

📞 1-877-303-2642

🌐 Alberta



NWT Helpline

📞 1-844-259-1793

🌐 Northwest Territories



Nunavut Kamatsiaqtut Help Line

📞 1-800-265-3333

🌐 Nunavut



ConnexOntario

📞 1-866-531-2600

📱 Text CONNEX to 247247

🌐 Ontario



BounceBack

🌐 Ontario



Saskatchewan - Mental Health Services

🌐 Saskatchewan