**LIST OF MENTAL HEALTH RESOURCES**

**BY PROVINCE AND TERRITORY**

08

**Fall**

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| NEWFOUNDLAND & LABRADOR 08  **Fall** |
| **Mental Health Crisis Centre**  Toll Free (24 hours): 1-888-737-4668  Crisis Line: (709) 737-4668  **St. John's Waterford Hospital - Mental Health & Addictions**  Toll Free (24 hours): 1-888-737-4668  Mental Health Crisis Line (24 hours): (709) 737-4668 |
| PRINCE EDWARD ISLAND |
| [Canadian Mental Health Association Division PEI](http://pei.cmha.ca/)  General Inquiries: (902) 566-3034  [Island Helpline](http://www.theislandhelpline.com/)  Toll Free (24 hours): 1-800-218-2885 |
| NOVA SCOTIA |
| **Provincial Crisis Line**  **Operated by Mental Health and Addictions, Nova Scotia Health Authority**  Toll Free (24 hours): 1-888-429-8167  General Inquiries: (902) 429-8167 |
| NEW BRUNSWICK |
| [Chimo Helpline](http://www.chimohelpline.ca/)  Provincial Helpline Toll Free (24 hours): 1-800-667-5005 Fredericton Area (24 hours): 450-HELP (4357)  **Mobile Crisis Units**  Bathurst Fredericton  Crisis Line (8am-8pm): (506) 547-2110 Crisis Line (4pm-12am, M-F; 3pm-11pm, S-Su):  (506) 453-2132  Moncton Saint John  Toll Free (2pm-10pm): 1-866-771-7760 Toll Free (8am-12am): 1-888-811-3664  St. Stephen, St. George & Grand Manan Woodstock & Perth-Andover  Crisis Line (24 hours): (506) 466-7380 Toll Free (2pm-10pm): 1-888-667-0444 |
| ONTARIO |
| **Crisis and Support Lines** Elgin, Middlesex, and Oxford Counties [Crisis Line](http://www.crisisline.ca/)  Bilingual Toll Free: 1-866-996-0991  Bilingual Crisis Line: (613) 722-6914  [Supportive Listening Line - Distress Line supporting individuals 16+yo in Elgin, Middlesex, and Oxford Counties](https://cmhamiddlesex.ca/programs-services/support-line/) Call: (519) 601-8055  [Reach Out Crisis Line - Crisis Line supporting individuals in Elgin, Middlesex, and Oxford Counties](https://reachout247.ca/) Call or Text: (519) 433-2023 Toll Free: 1-866-933-2023 Cambridge [Telecare Cambridge](http://www.telecarecambridge.com/)  Crisis Line: (519) 658-5455 Durham Region [Distress Centre Durham](http://www.distresscentredurham.com/)  Toll Free: 1-800-452-0688  Crisis Line: (905) 430-2522 Grey Bruce Owen Sound Area [Grey Bruce Owen Sound](http://www.cmhagb.org/)  Toll Free: 1-877-470-5200 Kingston [Telephone Aid Line Kingston](http://www.telephoneaidlinekingston.com/)  Crisis Line: (613) 544-1771 Kingston, Frontenac & Addington [KFL&A Public Health](http://www.kflaph.ca/)  Frontenac County Toll Free: 1-855-477-2963  Toll Free: 1-855-558-5151 Lanark, Leeds & Grenville Counties [Lanark Leeds and Grenville Mental Health Crisis Line](http://www.developmentalservices.com/)  Toll Free: 1-866-499-8445 Niagara [Distress Centre Niagara](http://www.distresscentreniagara.com/)  St. Catharines, Niagara Falls & Area Crisis Line: (905) 688-3711  Port Colborne, Wainfleet & Area Crisis Line: (905) 734-1212  Fort Erie & Area Crisis Line: (905) 382-0689  Grimsby & West Lincoln Crisis Line: (905) 563-6674 Halton [Distress Centre Halton](http://www.dchalton.ca/)  North Halton Crisis Line: (905) 877-1211  Oakville Crisis Line: (905) 849-4541  Burlington (Hamilton) Crisis Line: (905) 681-1488 Northern Ontario [Talk4Healing](http://www.talk4healing.com/)  Toll Free: 1-855-554-HEAL (4325)  Ottawa & Region  [Distress Centre Ottawa & Region](http://www.dcottawa.on.ca/)  Crisis Line: (613) 238-3311 Peterborough [Telecare Distress Centre of Peterborough](http://www.telecarepeterborough.org/)  705-745-2273 Ottawa [Tele-Aide Outaouais](http://www.telaideoutaouais.ca/)  Toll Free: 1-800-567-9699  Crisis Line (Ottawa): (613) 741-6433 Toronto and Greater Toronto Area [Distress Centres of Greater Toronto Area](http://www.dcogt.com/)  Crisis Line: (416) 408-4357  Survivor Support Program: (416) 595-1716 Wellington & Dufferin Counties [Family Counselling and Support Services for Guelph-Wellington](https://familyserviceguelph.on.ca/)  Toll Free: 1-888-821-3760  Distress Line: (519) 821-3760  Toll Free: 1-877-822-0140  Crisis Line: (519) 821-0140 Windsor & Essex County [Distress Centre Windsor](http://www.dcwindsor.com/)  Crisis Line: (519) 256-5000 York [York Support Services Network Community Crisis Response Service](https://www.yssn.ca/310-COPE)  1-855-310-COPE (2673) |
| QUEBEC |
| [Tele-Aide Outaouais](http://www.telaideoutaouais.ca/)  Sans frais: 1-800-567-9699  Ligne d'intervention (Gatineau): (819) 775-3223  **Canadian Mental Health Association**  **Québec Branch**  325 Rue Raoul-Jobin Ville de Québec, Canada  Phone: (418) 529-1979 Fax: (418) 529-1904 Email: info@acsmquebec.org Url: [http://www.acsmquebec.org](http://www.acsmquebec.org/)  8255 Boulevard Henri-Bourassa #220, Quebec City, QC G1G 4C8  [Wholistic Health & Wellness](https://www.ementalhealth.ca/index.php?m=record&ID=51125)  Our program was developed to assist individuals, families and groups in the community to reach their highest level of wholistic (overall) health. The service assists the community in finding a source to help with medical, physical, and/or mental health problems. The importance of the program is a cultural approach which applies traditional onkwehowe medicine with mainstream and alternative healing methods.  31 Hilltop Drive, St. Regis, QC, H0M 1A0  613-575-2341 x3100  [http://www.akwesasne.ca/health/wholistic...](http://www.akwesasne.ca/health/wholistic-health-and-wellness/)  Areas Served: Quebec, [Prescott and Russell County](https://www.ementalhealth.ca/index.php?m=heading&ID=124&r=prescottrussell)  **Multicultural Mental Health Centre**  <https://multiculturalmentalhealth.ca/>  The MMHRC provides resources in multiple languages to support culturally safe and competent mental health care for Canada’s diverse population.  4333 Côte-Sainte-Catherine Rd. Montreal, Quebec H3T 1E4 Tel: [514-340-7549](file:///C:\Users\helfertyn\AppData\Roaming\OpenText\OTEdit\gcdocs_intra_pri-aanc-inac\c77944169\%201-514-310-7549___) Fax: 514-340-7503  **Suicide Prevention Centre**  **Association québécoise de prévention du suicide**  Toll free (24 hours): 1-866-APPELLE (277-3553)  [**Centre de prévention suicide Arthabaska-Érable**](http://www.cpsae.ca/) **(not available in English)**  Crisis line MRC Arthabaska: 819-751-2205 Crisis line MRC Érable: 819-362-8581  [**Centre de prévention du suicide et d'intervention de crise du Bas-Saint-Laurent**](https://www.centredecrisebsl.qc.ca/)  Toll free (24 hours): 1-866-APPELLE (277-3553) Crisis line: 418-724-2463  [**Centre de prévention du suicide le Faubourg**](https://cps-le-faubourg.org/)  Toll free (24 hours): 1-866-APPELLE (277-3553) Crisis line: 450-569-0101  [**Centre de prévention du suicide du KRTB**](http://www.cpsdukrtb.org/)  Toll free (24 hours): 1-866-APPELLE (277-3553) Crisis line: 418-862-9658  [**Saguenay-Lac-Saint-Jean- Centre de prévention du suicide**](http://www.cps02.org/)  Toll free (24 hours) 1-866-APPELLE (277-3553) Crisis line: 418-545-1919 Chicoutimi (Quebec) G7H 5G4  **Crisis and Support Lines**  Baie-Saint-Paul Crisis line: 418-435-2212  La Malbaie Crisis line: 418-665-3921 Centre of Quebec Response Line: 418-683-4588 Montreal **Suicide Action Montreal** Montreal, (Quebec)  Crisis line: 514-723-4000  **Help Centre 24/7** Hull (Quebec) Crisis line: 819-595-9999  Suicide Detour  Maniwaki (Quebec) Crisis line: 1-866-CALLS (277-3553) |
| MANITOBA |
| [Klinic Community Health](http://www.reasontolive.ca/)  [reasontolive.ca](http://reasontolive.ca/)  Manitoba Suicide Prevention & Support Line (24/7):  1-877-435-7170   [klinic.mb.ca](http://klinic.mb.ca/)  MB Farm, Rural & Northern Support Services (24/7):  1-866-367-3276  online crisis chat: [supportline.ca](http://supportline.ca/)  Manitoba Suicide Prevention & Support Line (24/7) 1-877-435-7170  Other MB Provincial Crisis Line Services can be found at:  <https://www.gov.mb.ca/health/mh/crisis.html> |
| ALBERTA & NORTHEASTERN SASKATCHEWAN |
| [St. Paul and District Crisis Association](http://www.stpaulcrisiscentre.ca/)  Toll Free (24 hours): 1-800-263-3045 Calgary & Area [Distress Centre Calgary](http://www.distresscentre.com/)  Crisis Line (24 hours): (403) 266-HELP (4357)  Crisis Chat Support: [www.distresscentre.com](http://www.distresscentre.com/)  ConnecTeen (24 hours): (403) 264-TEEN (8336)  Crisis Text & Chat Support: [www.calgaryconnecteen.com](http://www.calgaryconnecteen.com/)  [Wood's Homes](http://www.woodshomes.ca/)  Toll Free (24 hours): 1-800-563-6106  Crisis Line (24 hours): (403) 299-9699  Crisis Text & Chat Support: [www.woodshomes.ca](http://www.woodshomes.ca/) Chinook Health Region & South Calgary Region [Distress and Suicide Prevention Line of Southwestern Alberta (CMHA - Alberta South Region)](http://lethbridge.cmha.ca/)  Toll Free (24 hours): 1-888-787-2880  Crisis Line (24 hours): (403) 327-7905 Edmonton & Northern Alberta [CMHA Edmonton Region](http://www.edmonton.cmha.ca/)  Crisis Line (24 hours): 1-800-232-7288  Crisis Line (24 hours): (780) 482-HELP (4357)  Seniors Abuse Helpline: (780) 454-8888 Fort McMurray & Northeastern Alberta [Some Other Solutions Society for Crisis Prevention](http://www.someothersolutions.ca/)  Crisis Line (24 hours): 1-800-565-3801  Crisis Line (24 hours): 780-743-HELP (4357) Lakeland Region [Dr. Margaret Savage Crisis Centre](http://www.dmscc.ca/)  Crisis Line (24 hours): 1-866-594-0533  Crisis Line (24 hours): (780) 594-3353 Strathmore & Area [Wheatland Shelter Society](http://www.strathmoreshelter.com/)  Crisis Line (24 hours): 1-877-934-6634  Crisis Line (24 hours): (403) 934-6634 |
| BRITISH COLUMBIA |
| [**Crisis Line Association of BC**](http://www.crisislines.bc.ca/)  1800SUICIDE (24 hours): 1-800-784-2433 310  Mental Health Support (24 hours): 310-6789  [**Youthspace.ca (NEED2 Suicide Prevention, Education & Support)**](http://www.need2.ca/)  Youth Text (6pm-12am): (778) 783-0177  Youth Chat (6pm-12am):[**www.youthspace.ca**](http://www.youthspace.ca/)  [**Tsow-Tun-Le-Lum Society**](https://www.tsowtunlelum.org/)  1-888-403-3123  [**Aboriginal Wellness Program**](http://www.vch.ca/your-care/aboriginal-health)  604-675-2551 or 1-866-884-0888  [**Canadian Mental Health Association - British Columbia Division**](http://www.cmha.bc.ca/)  1-800-555-8222  [**HeretoHelp**](https://www.heretohelp.bc.ca/connect/community-resources)  1-800-661-2121  [Indigenous Women's Programs | BWSS](https://www.bwss.org/support/programs/indigenous-womens-programs/)  Crisis line and intake: 604-687-1867 |
| NUNAVUT |
| **Awareness Centre**  Crisis Line (24 hours): (867) 982-0123  Nunavut and Nunavik (Arctic Quebec)  [Nunavut Kamatsiaqtut Help Line](http://www.nunavuthelpline.ca/)  Toll Free (7pm-11pm): 1-800-265-3333  Crisis Line (7pm-11pm): (867) 979-3333 |
| NORTHWEST TERRITORIES |
| [NWT Help Line](http://www.nwthelpline.ca/)  Toll Free (7pm-11pm): 1-800-661-0844 |
| YUKON |
| [Rapid Access Counselling Services](https://yukon.ca/en/health-and-wellness/mental-wellness-support-during-covid-19) 1-844-533-3030 |
| SASKATCHEWAN |
| **Canadian Mental Health Association**  **Prince Albert Branch**  1322 Central Avenue Prince Albert, Canada  Phone: (306) 763-7747 Fax: (306) 763-7717 Email: pacmha@sasktel.net Url: [http://princealbert.cmha.ca](http://princealbert.cmha.ca/)  Crisis line:Mobile:1-306-764-1011  Text line-Text #686868  **Saskatchewan HealthLine 811**  HealthLine 811 is a confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained registered nurses, registered psychiatric nurses and registered social workers.  HealthLine 811 is free. Services are offered in English, with translation available in over 100 languages.  If you are having technical issues with accessing HealthLine 811 by dialing 811, you can call 1-877-800-0002 to be connected.  Deaf and hard of hearing residents can access HealthLine 811 by using the SaskTel Relay Operator service at ​1-800-855-0511.  **Other crisis lines in Saskatchewan**  Prince Albert 1-306-940-7678 The Battlefords 1-306-441-5746 Saskatoon 1-306-270-3648 Rosetown 1-306-831-4083 Swift Current 1-306-741-5148 Moose Jaw 1-306-630-5968 Regina 1-306-535-4292 Weyburn 1-306-861-4951 Provincial DIv 1-306-421-1871 Youth Line 1-306-730-5900  **Saskatoon Branch**  1301 Avenue P North Saskatoon, Canada  Phone: (306) 384-9333 Fax: (306) 978-5777 Email: info@cmhasaskatoon.ca Url: [https://cmhasaskatoon.ca](https://cmhasaskatoon.ca/)  **Saskatoon Crisis Intervention service**  103 ‒ 506 25th St East Saskatoon, Saskatchewan Canada S7K 4A7  24 Hour Crisis Line:306-933-6200  [info@saskatooncrisis.ca](file:///C:\Users\helfertyn\AppData\Roaming\OpenText\OTEdit\gcdocs_intra_pri-aanc-inac\c77944169\info%40saskatooncrisis.ca) |
| OTHER RESOURCES |
| **Support Available 24 Hours a Day**  **Services Covered by First Nations Health Benefits**  **National Crisis Hotlines**  [**Kids Help Phone**](http://www.kidshelpphone.ca/)  **1-800-668-6868**  [**Crisis Services Canada**](http://www.crisisservicescanada.ca/)  **1-833-456-4566 or text 45645**  **National Suicide Prevention Lifeline**  24 Hours a Day  1-800-273-TALD (8255)  [**Indian Residential School Survivors and Family**](https://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line)  1-866-925-4419  The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.  Support Available 24 Hours a Day  **Hope for Wellness Help Line**  offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at [**hopeforwellness.ca​**](https://www.hopeforwellness.ca/).  **Indian Residential School Crisis Line**  is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.  **MMIWG (Missing and Murdered Indigenous Women & Girls)**:  Support Line 1-844-413-6649  An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. This line is available free of charge, 24 hours a day, 7 days a week; with services in English and French  **Native Women's Association of Canada (NWAC)** Elder Support  toll free at 1-888-664-7808 -- Available M-F 9-11am (EST) & 1-3pm (EST)  **Métis Crisis Line**is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).  Other Culturally-Safe Sup​ports  **Talk 4 Healing** – 1-855-554-4325 / [www.talk4healing.com](http://www.talk4healing.com) (English ONLY)  Offers 24/7 help, support and resources for Indigenous women, by Indigenous women, across Ontario. Services are fully grounded in Indigenous culture, wisdom and tradition and are available in the following languages: Oji-Cree; Cree; Algonquin; Inuktitut; Mohawk; Oneida; Odawa; Potawatomi; Micmac; Black Foot; Anishinaabe; Moose Cree; Swampy Cree; English  **The Ottawa Aboriginal Coalition**: <https://www.ottawaaboriginalcoalition.ca/> (English ONLY)    **Life Voice** [**www.LifeVoice.ca**](http://www.LifeVoice.ca)  **Thunderbird Partnership Foundation**: <https://thunderbirdpf.org/>  **ITK (Inuit Tarpiriit Kanatami)**: <https://www.itk.ca/> (English ONLY)  **First Nations Virtual Doctor of the Day**  provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment. Learn more at [**fnha.ca/virtualdoctor**](https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day).  **Indian Residential School Survivors Society (IRSSS)**  is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit [**www.irsss.ca**](https://www.irsss.ca/).  **Tsow-Tun Le Lum Society**provides confidential outreach services such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit [**www.tsowtunlelum.org**](https://www.tsowtunlelum.org/).  **Virtual Substance Use & Psychiatry Service**  is an FNHA service providing virtual specialist support in addictions medicine and psychiatry. This service requires a referral from a health and wellness provider who can support the individual on their journey. The First Nations Virtual Doctor of the Day can provide referral support for anyone who does not have a provider who can refer them to the program.  The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.  Services Covered by First Nations ​​Health Benefits  <https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>  **Indian Residential Schools Resolution Health Support Program**  provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.  **Mental Health and Wellness Counselling in BC**  may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit [**fnha.ca/benefits**](https://www.fnha.ca/benefits/mental-health) to check if they are registered and if the service is eligible for coverage.  **Missing and Murdered Indigenous Wome​n an​d Girls Health Support Services**  is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.    **Cultural Safety: Respect and Dignity in Relationships**  This 5-minute animated video introduces cultural safety and related concepts in an easily understandable way. It invites health care providers to participate in making the health system more culturally safe for Indigenous people and families.  <https://www.youtube.com/watch?app=desktop&v=MkxcuhdgIwY>    **Cultural safety in practice with children, families and communities**  Talk of safety conjures its opposites: danger, risk, injury.  <http://www.ecdip.org/culturalsafety/>    **Indigenous cultural safety: a new way toward wellness**  This six minute video features  local Squamish Chief Ian Campbell sharing how the health of Indigenous people has been impacted by colonization and how VCH is taking steps to make our services safer. It explains what culturally safe care looks like for Indigenous people and also explains the terms cultural humility and cultural competency.  <https://www.youtube.com/watch?app=desktop&v=bGPq1EM-LVQ>    **Creating Cultural Safety**  Three traditional knowledge keepers share their Indigenous perspectives on Cultural Safety. Explore the Mohawk, Cree and Inuit world view on how to create a safe environment for Indigenous people.  <https://www.youtube.com/watch?app=desktop&v=b08oTRMV-m8>    **What a culturally safe workplace looks like**  Cultural safety demands actions that recognize, respect and nurture the unique cultural identity of a person and safely meets their needs, expectations and rights.  <https://www.safework.nsw.gov.au/safety-starts-here/our-aboriginal-program/culturally-safe-workplaces/what-is-cultural-safety/what-a-culturally-safe-workplace-looks-like>  DOMESTIC VIOLENCE OR ABUSE If you are in immediate danger call 911 Domestic Violence Help Line: 1-800-563-0808 (confidential, 24 hours a day, service in multiple languages)  VictimLinkBC: 1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week  Hope for Wellness Helpline: 1-855-242-3310 Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada  **SUPPORT FOR CHILDREN AND YOUTH**  Kids Help Phone: 1-800-668-6868 Helpline for Children in BC: 310-1234 (no area code needed)  **FOR ONLINE RESOURCES FOR MENTAL HEALTH**  First Nations Health Authority - Mental Health and Substance Use: <https://www.fnha.ca/what-we-do/mentalwellness-and-substance-use>  **Canadian Mental Health Association**  <https://cmha.ca/>  **First Nations Health Authority - novel coronavirus (COVID-19)**  <https://www.fnha.ca/what-we-do/communicabledisease-control/coronavirus/mental-health-and-wellness>  If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m. |