Mental Health Resources
National & Provincial Crisis Lines

**National Crisis Hotlines**

**Kids Help Phone**
- Website: kidshelpphone.ca
- Phone: 1-800-668-6868 Text: 686868

**Crisis Services Canada**
- Website: crisservicescanada.ca
- Phone: 1-833-456-4566 Text: 45645

**First Nations and Inuit Hope for Wellness Help Line**
- Website: hopeforwellness.ca
- Phone: 1-855-242-3310

**Canada Drug Rehab Addiction Services Directory**
- Website: canadadrugrehab.ca/ontario
- Phone: 1-877-746-1963

**National Eating Disorder Information Centre**
- Website: nedic.ca
- Phone: 1-866-633-4220 or 416-340-4156

**Bell Let's Talk**
- Website: letstalk.bell.ca
- Phone: 1-800-668-6868 Text: 686868

**Canadian Association for Suicide Prevention (not a crisis line)**
- Website: suiciderevention.ca
- Phone: 613-702-4446

**Canadian Mental Health Association (not providing direct mental health services or support)**
- Website: cmha.ca
- Phone: Number varies by location

**Mental Health Commission**
- Website: mentalhealthcommission.ca
- Phone: 613-683-3755

**Ontario Crisis Hotlines**

**Ontario Mental Health Helpline**
- (not a crisis service)
- Website: connexontario.ca
- Phone: 1-866-531-2600

**Good2Talk**
- (Support services for post-secondary students in Ontario)
- Website: good2talk.ca
- Phone: 1-866-925-5454
  - Text: 686868

**Ontario Resources**

**Ontario Psychological Association**
- (Find a Psychologist)
- Website: psych.on.ca
- Phone: 416-961-5552

**Canadian Mental Health Association Ontario Division**
- Website: ontario.cmha.ca
- Phone: 1-800-875-6213

**Ontario Victim Support Line**
- (Services that help victims of crime)
- Phone: 1-888-579-2888

**Ontario 211**
- (Community and Social Service helpline)
- Website: 211.ca
- Phone: 2-1-1 or 1-877-330-3213

**Toronto Distress Centre**
- Website: dcontario.org
- Phone: 604-888-4357
  - Text: 258258

**Toronto Rape Crisis Centre**
- Website: trccmwar.ca
- Phone: 416-597-8808

**Ontario Crisis Lines**

IF YOU ARE IN DISTRESS

» Go to the nearest hospital; or
» Call 9-1-1; or
» Call a Crisis Line

IF YOU ARE EXPERIENCING SYMPTOMS

» Contact TeleHealth Ontario; or
» Primary Care Physician; or
» Local Public Health Unit

**TeleHealth 1-866-797-0000**

**Ontario**