

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: crisisservicescanada.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: suicideprevention.ca
PHONE: 613-702-4446

CANADIAN MENTAL HEALTH ASSOCIATION (does not provide direct mental health services or support)

WEBSITE: cmha.ca
PHONE: Number varies by location

MENTAL HEALTH COMMISSION

(does not provide direct mental health
services or support)

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

GERSTEIN CRISIS CENTRE

(Adults 16+ in Toronto)
WEBSITE: gersteincentre.org
PHONE: 416-929-5200

ONTX – ONTARIO ONLINE & TEXT CRISIS SERVICE

WEBSITE: dcontario.org
TEXT: 258258

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: dcogt.com
PHONE: 416-408-4357
Text: 45645

TORONTO RAPE CRISIS CENTRE

WEBSITE: trccmwar.ca
PHONE: 416-597-8808

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**

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