



MENTAL HEALTH RESOURCES

National & Provincial Crisis Lines

NATIONAL CRISIS HOTLINES

KIDS HELP PHONE

WEBSITE: kidshelpphone.ca

PHONE: 1-800-668-6868 TEXT: 686868

TALK SUICIDE

WEBSITE: talksuicide.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 or 1-888-245-6887

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

If you find yourself in need of support but don't know where to turn, please reach out—don't be alone.

IF YOU ARE IN DISTRESS

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



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

(Available in various locations)

WEBSITE: dcontario.org

TEXT SUPPORT: 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; available in 150+ languages)

WEBSITE: 211.ca

PHONE: 2-1-1 or 1-877-330-3213

ALSO: text, online chatbot, email

TORONTO DISTRESS CENTRE

WEBSITE: dcogt.com

PHONE: 416-408-4357

TEXT: 45645

TORONTO RAPE CRISIS CENTRE

WEBSITE: trccmwar.ca

PHONE: 416-597-8808

