



MENTAL HEALTH RESOURCES

National & Provincial Crisis Lines

NATIONAL CRISIS HOTLINES

KIDS HELP PHONE

WEBSITE: kidshelpphone.ca
PHONE: 1-800-668-6868 TEXT: 686868

SUICIDE CRISIS HELPLINE

WEBSITE: 988.ca
PHONE: 988 TEXT: 988

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: 1-888-245-6887

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

CANADIAN MENTAL HEALTH ASSOCIATION

(Does not provide direct mental health support)

WEBSITE: cmha.ca
PHONE: Number varies by location

MENTAL HEALTH COMMISSION

(Does not provide direct mental health support)

WEBSITE: mentalhealthcommission.ca
PHONE: 613-683-3755

NATIONAL FARMER CRISIS LINE

WEBSITE: ccaw.ca
PHONE: 1-886-327-6701

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
ALSO: text, online chatbot, email

GERSTEIN CRISIS CENTRE

(Adults 16+ in Toronto)

WEBSITE: gersteincentre.org
PHONE: 416-929-5200

GOOD2TALK

(Support services for post-secondary students in Ontario)

WEBSITE: good2talk.ca
PHONE: 1-866-925-5454
TEXT: 686868

DISTRESS AND CRISIS ONTARIO (DCO)

(Available in various locations)

WEBSITE: dcontario.org

ONTARIO RESOURCES

ONTARIO 211

(Community and social service helpline; available in 150+ languages)

WEBSITE: 211.ca PHONE: 2-1-1
ALSO: text, online chatbot, email

CANADIAN MENTAL HEALTH ASSOCIATION—ONTARIO

WEBSITE: ontario.cmha.ca
PHONE: 1-800-875-6213

ONTARIO PSYCHOLOGICAL ASSOCIATION (Find a psychologist)

WEBSITE: psych.on.ca
PHONE: 416-961-5552

ONTARIO VICTIM SUPPORT LINE

(Services that help victims of crime)

PHONE: 1-888-579-2888

TORONTO DISTRESS CENTRE

(Support in eight languages)

WEBSITE: dcogt.com
PHONE: 416-408-4357

TORONTO RAPE CRISIS CENTRE

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

FARMER WELLNESS INITIATIVE

WEBSITE: farmerwellnessinitiative.ca
PHONE: 1-866-267-6255

