



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

EHN CANADA (Not a crisis line)
WEBSITE: edgewoodhealthnetwork.com
PHONE: 1-866-520-4654

**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: 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

