

British Columbia

Province Wide

1-800-SUICIDE 1-800-784-2433

For individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day, 7 days a week and in up to 140 languages. Operated in partnership with Crisis Intervention and Suicide Prevention Centre of BC.

310-Mental Health 310-6789 (area code not needed)

For individuals who would like emotional support, information and resources specific to mental health in British Columbia. The service is available 24 hours a day, 7 days a week and is toll-free anywhere in British Columbia.

Online Distress Services:

www.youthinbc.com

www.crisiscentrechat.ca

Resources for ongoing support, Sliding scale

https://docs.google.com/document/d/15Qwyaje22WY9zU4pXWmcr3P_1EHvE1rQvU2shegGvQE/edit?usp=sharing

Greater Vancouver

604-872-3311

Lower Mainland/Sunshine Coast

1-866-661-3311

Fraser

(New Westminster, Coquitlam, Maple Ridge, Pitt Meadows, White Rock, South Surrey, Delta, Surrey, Langley, Abbotsford, Mission, Chilliwack, Hope, and Agassiz)

1-877-820-7444

Interior

(East Kootenay, Cranbrook, Kelowna, Vernon, West Kootenay, Trail Williams lake, Williams Lake)

1-888-562-1214

Northern BC

(Serves from the Alberta border to Haida Gwaii and from Quesnel north to the Yukon border.)

1-888-562-1214

www.northernyouthonline.ca

Vancouver Island

1-888-494-3888 to Talk

1-250-800-3806 to Text

www.vicrisis.ca To chat online

Alberta

Province Wide

Mental Health Help Line

1-877-303-2642

Available for 24/7 Mental Health support.

Crisis Text Line

Text CONNECT to **741741**

Edmonton

Mental Health Help Line: 780-424-8484 (avail. 24/7)

Canadian Mental Health Association: 780-414-6300

Distress Line: 780-482-HELP (4357)

Calgary

Mental Health Help Line: 1-877-303-2642 (avail. 24/7)

Distress Centre: 403-266-HELP (4357) (avail. 24/7)

Access Mental Health: 403-943-1500

Canadian Mental Health Association: 403-297-1700

Red Deer

Mental Health Help Line: 1-877-303-2642 (avail. 24/7)

Canadian Mental Health Association: 403-342-2266

Red Deer 49 Street Community Health Centre: 403-340-5466

Lethbridge

Mental Health Help Line: 1-877-303-2642 (avail. 24/7)

Canadian Mental Health Association: 403-329-4775

Southern Alberta Distress Line: 403-327-7905

Medicine Hat

Mental Health Help Line: 1-877-303-2642 (avail. 24/7)

Canadian Mental Health Association: 403-504-1811

Fort McMurray

Mental Health Help Line: 1-877-303-2642 (avail. 24/7)

Canadian Mental Health Association: 780-743-4357

Wood Buffalo Addiction and Mental Health Services:
780-793-8360

Saskatchewan

Province Wide

HealthLine 811

811 or 1-877-800-0002

A confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers.

Manitoba

Province Wide

Klinik Crisis Line

204-786-8686

For 24/7 crisis support.

Hope for Wellness Help Line

1-855-242-3310

For First Nations and Inuit Manitobans.
Counselling available in English and French – and in Cree, Ojibway, and Inuktitut upon request.

Ontario

Province Wide

Telehealth Ontario

1-866-797-0000

To be connected with a Registered Nurse.

Connex Ontario

1-866-531-2600

Service with helpline workers who can assess your needs and refer you to many different types of mental health resources.

Toronto Distress Centers

416-408-4357 or 408-HELP

Durham Crisis and Mental Health Line

905-666-0483

Community Crisis Line

Scarborough and Rouge Hospital

(south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park)

416-495-2891

Oakville Distress Centre

(residents of Halton Region [Burlington, Halton Hills, Milton and Oakville])

905-849-4541

Spectra Helpline

(residents of Brampton and Mississauga)

416-920-0497 or 905-459-7777

More Resources Available:

https://www.camh.ca/en/health-info/crisis-resources?fbclid=IwAR1L9_7Di7sKJNFiY0KVrsZ8Fd8aeQ7utXogR-Q1WSA2IMcVGBsDKCpz-jA

Quebec

Province Wide

Youth Crisis Line (Tel-jeunes au)
1-800-263-2266

Provincial Crisis Line (Tel-écoute)
514-493-4484

Online Specialized Resources

<https://www.mouvementsmq.ca/besoin-d-aide>

Newfoundland

Province Wide

Mental Health Crisis Line
1-888-737-4668

The Mental Health Crisis Center provides 24 hour telephone based crisis intervention by professionally trained Crisis Interveners

Mental Health and Addictions System Navigator
1-877-999-7589

New Brunswick

Province Wide

CHIMO Helpline
1-800-667-5005

Nova Scotia

Province Wide

Provincial Crisis Line

1-888-429-8167

Offers support to children, youth, and adults experiencing a mental health crisis including thoughts of suicide, distorted or psychotic thinking, intense anxiety, overwhelming depression, feeling unable to cope or feeling out of control.

Provides telephone support, problem solving, assessing risk to safety and linking to appropriate resources within the hospital and/or community.

**Also available locally to Halifax:
1-902-429-8167**

Nova Scotia Addictions and Mental Health Services

1-855-922-1122

A voluntary program for adults with complex/serious mental illnesses that interfere with their daily life. Activities occur in home and community as needed for person centered care and support. Adults who have a complex/persistent/serious mental illness, often including psychosis and mood disorders, with significant impairments in daily functioning and are followed by a psychiatrist

Youth Services

1-902-464-4110

Children and teens under the age of 19, and their families, who are experiencing all types of mental health and addictions difficulties.

Online Resources for Ongoing Support Services:

<http://www.affordabletherapyhalifax.com/>