



Where to find help

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Ontario Crisis Hotlines

[Ontario Mental Health Helpline](#)

1-866-531-2600

[Good2Talk](#)

[Gerstein Crisis Centre](#)

416-929-5200

[Crisis Line](#)

In Ottawa: 613-722-6914

In the larger Ottawa area: 1-866-996-0991

[ONTX Ontario Online & Text Crisis Service](#)

[District and Crisis Ontario helplines](#)

416-486-2242

Ontario resources for information about mental illness

[Ontario Psychological Association](#)

416-961-5552

[Canadian Mental Health Association - Ontario Division](#)

416-977-5580

[Family Association for Mental Health Everything \(FAME\)](#)

416-207-5032

[Ontario Association for Suicide Prevention](#)

647-525-6277

[Ontario Victim Support Line](#)

1-888-579-2888

[Ontario 211 database of Ontario's community and social services](#)

1-877-330-3213

[Connex Ontario Health Services](#)

1-866-531-2600

[Drug and Alcohol Helpline](#)

1-800-565-8603

[Toronto Distress Centre](#)

416-408-4357

[Toronto Rape Crisis Centre](#)

416-597-8808



National Crisis Hotlines

[Kids Help Phone](#)

1-800-668-6868

[Crisis Services Canada](#)

1-833-456-4566, or text 45645

Native Youth Crisis Hotline
1-877-209-1266

[First Nations and Inuit Hope for Wellness Help Line](#)

1-855-242-3310

[Centre for Suicide Prevention](#)

1-833-456-4566

[Canada Drug Rehab Addiction Services Directory](#)

1-866-462-6362

[National Eating Disorder Information Centre](#)

1-866-633-4220

National resources for information about mental illness

[Bell Let's Talk](#)

[Canadian Association for Suicide Prevention](#)(not a crisis line)

204-784-4073

[Canadian Mental Health Association](#)

416-646-5557

Canadian Psychological Association

<http://www.cpa.ca/public/whatisapsychologist/PTassociations>

1-888-472-0657

[Mood Disorders Society of Canada](#)

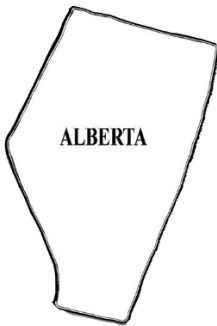
613-921-5565

[Schizophrenia Society of Canada](#)

1-800-263-5545

[Mental Health Commission](#)

613-683-3755



Alberta Crisis Hotlines

[Distress Centre](#)

403-266-4357

Alberta Resources

[Canadian Mental Health Association - Alberta Division](#)

780-482-6576

[Suicide Information and Education Services](#)

403-342-4966

[Psychologists Association of Alberta Referral Service](#)

1-888-424-0297



British Columbia Crisis Hotlines

[Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

British Columbia Resources

[Canadian Mental Health Association - British Columbia Division](#)

1-800-555-8222

[Counselling B.C.](#)

1-800-661-2121

[Youth in B.C. online chat](#)

Greater Vancouver Area: 604-872-3311

Howe Sunshine & Sunshine Coast: 1-866-661-3311

[Aboriginal Wellness Program](#)

604-875-6601

[B.C. Psychological Association referral service](#)

1-800-730-0522

[B.C. Problem Gambling Help Line](#)

1-888-795-6111



Manitoba Crisis Hotlines

[Manitoba Suicide Prevention Line “Reason to Live”](#)

1-877-435-7170

Manitoba Crisis Line

1-888-322-3019

[Manitoba Sexual Assault Crisis Line](#)

1-888-292-7565

Manitoba Resources

[Canadian Mental Health Association - Manitoba Division](#)

204-982-6100

[Klinic Community Health](#)

204-784-4090

[Mental Health Education Resource Centre of Manitoba](#)

1-855-942-6568

[Manitoba Psychological Society](#)-Find a Psychologist

204-488-7398



Newfoundland and Labrador Crisis Hotlines

[Coalition Against Violence](#)

1-888-737-4668

Mobile Crisis Response Team

<http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=2375&p=2106>

1-888-737-4668

Newfoundland and Labrador Resources

[Canadian Mental Health Association - Newfoundland and Labrador Division](#)

1-877-753-8550

Mental Health and Addictions Services triage line

<http://www.centralhealth.nl.ca/toll-free-triage-line/1-844-353-3330>

[Association of Psychology in Newfoundland and Labrador referrals](#)



New Brunswick Crisis Hotlines

[Chimo Helpline](#)

1-800-667-5005

New Brunswick Resources

[Canadian Mental Health Association - New Brunswick Division](#)

506-455-5231

[College of Psychologists of N.B. - Find a psychologist](#)



Northwest Territories Crisis Hotlines

[Northwest Territories Help Line](#)

1-867-767-9061

Northwest Territories Resources

[CASP - Northwest Territories Crisis Centre](#)

1-800-661-0844



Nova Scotia Crisis Hotlines

[Capital Health - Mental Health Mobile Crisis](#)

1-888-429-8167

Nova Scotia Resources

[Canadian Mental Health Association - Nova Scotia Division](#)

1-888-429-8167

[Association of Psychologists of Nova Scotia - Find a psychologist](#)

902-422-9183



Nunavut Crisis Hotlines

[Nunavut Kamatsiaqtut Help Line](#)

1-800-265-3333



Prince Edward Island Crisis Hotlines

[The Island Helpline](#)

1-800-218-2885

Prince Edward Island Resources

[Canadian Mental Health Association - Prince Edward Island Division](#)

902-566-3034

[Psychological Association of Prince Edward Island](#)



Quebec Crisis Hotlines

[Centre de Prevention du Suicide de Quebec](#)

1-866-277-3553

Quebec Resources

[Action on Mental Illness](#)

1-877-303-0264

[Centre de Prevention du Suicide du Haut-Richelieu](#)

450-348-6300

[Movement Sante Mentale Quebec](#)

514-849-3291



Saskatchewan Crisis Hotlines

[Saskatoon Crisis Intervention Service](#)

306-933-6200

[Mobile Crisis Services](#)

306-757-0127

Saskatchewan Resources

[Canadian Mental Health Association - Saskatchewan Division](#)

1-800-461-5483

[Psychology Association of Saskatchewan](#)



Yukon Crisis Hotlines

Yukon Crisis Line

403 668-9111

Yukon Resources

[Yukon Health and Social Services](#)

1-800-667-8346

[Mood Disorders Society of Canada - Yukon Division](#)

1-867-667-8346

[Depression Understood](#)

403-668-9111