

Finding Resources in your Region

British Columbia	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ For individuals who are or know someone who is having thoughts of suicide: 1-800-SUICIDE (1-800-784-2433) ○ For emotional support, information, and resources specific to mental health: 310-Mental Health (310-6789) ○ Online crisis service for adults (older than 25 years): https://crisiscentrechat.ca/ ○ Online crisis service for youth (up to 25 years of age): https://youthinbc.com/ ○ Seniors Distress Line: 604-872-1234 ○ Map of crisis lines based on region: https://www.crisislines.bc.ca/mapcrisis-lines <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Here to Help (BC) <ul style="list-style-type: none"> ⇒ What is suicide? http://www.heretohelp.bc.ca/factsheet/what-is-suicide <ul style="list-style-type: none"> - A general guide in plain language prepared by the Canadian Mental Health Association, BC Division. ○ CMHA BC: https://cmha.bc.ca/mental-health/find-help/ ○ HealthLinkBC <ul style="list-style-type: none"> ⇒ Anywhere in BC: 8-1-1 ⇒ TTY (Deaf and hearing-impaired): 7-1-1 ○ Kelty Mental Health Resource Centre: A resource for children, youth and families related to mental health and substance use issues; located at the BC Children’s Hospital. <ul style="list-style-type: none"> ⇒ 1-800-665-1822 ⇒ Lower Mainland: 604-875-2084 ⇒ My3 App: A mobile app recommended by Kelty Mental Health Resource Centre
Alberta	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Calgary & Area <ul style="list-style-type: none"> ⇒ 24-hour Crisis Line: (403) 266-HELP (4357) or 1-888-787-2880 ⇒ ConnecTeen (24 hours): (403) 264-TEEN (8336) ⇒ Crisis text and chat support: www.calgaryconnecteen.com ○ Edmonton and Norther Alberta <ul style="list-style-type: none"> ⇒ 24-hour Crisis Line: (780) 482-HELP (4357) or 1-800-323-7288 ⇒ Seniors Abuse Helpline: (780) 454-8888 ○ Fort McMurray and Northeastern Alberta <ul style="list-style-type: none"> ⇒ 24-hour Crisis Line: (780) 743-HELP (4357) or 1-800-565-3801

	<p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Alberta Health Services <ul style="list-style-type: none"> ⇒ Preventing Suicide <ul style="list-style-type: none"> - Includes links to various other resources on suicide prevention https://www.albertahealthservices.ca/injprev/page4875.aspx ○ Centre for Suicide Prevention in Calgary: https://www.suicideinfo.ca <ul style="list-style-type: none"> ⇒ Links to workshops, trainings, and other resources ○ University of Alberta Faculty and Staff Mental Health Resources: https://www.ualberta.ca/faculty-and-staff/health-wellbeing/mental-health/resources.html ○ Alberta Youth Suicide Prevention Plan: https://open.alberta.ca/dataset/96258654-ed5c-4bb5-809b-717ddcf11dc4/resource/3c368257-c873-41fc-8f89-3f9853d49ec1/download/alberta-youth-suicide-prevention-plan.pdf ○ Alberta-My Health-Suicide prevention resources: https://myhealth.alberta.ca/youth-addiction-mental-health/suicide/suicide-resources ○ Alberta Branch of Canadian Mental Health Association: https://alberta.cmha.ca/mental-health/find-help/ ○ AHS comprehensive list of resource: https://www.albertahealthservices.ca/amh/Page16759.aspx ○ Indigenous Youth Suicide Prevention: https://www.alberta.ca/indigenous-youth-suicide-prevention.aspx
<p>Saskatchewan</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ 24-hour Crisis Hotlines: https://sk.211.ca/saskatchewan_247_hour_crisis_hotlines ○ Mobile Crisis: http://www.mobilecrisis.ca/mental-health-and-crisis ○ Saskatoon Crisis Centre: https://saskatooncrisis.ca/ <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ List of Mental Health Resources in Saskatchewan: https://www.ementalhealth.ca/Saskatchewan/Crisis-Lines-including-Telephone-Online-and-Chat/index.php?m=heading&ID=21
<p>Manitoba</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Manitoba Suicide Line: (877) 435-7170 ○ Reason to Live Suicide Support Line: http://reasontolive.ca/ ○ Klinik Community Health Crisis Support Resources: http://klinik.mb.ca/crisis-support/ <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Links to Mental Health Sites in Manitoba: https://www.gov.mb.ca/health/mh/links.html ○ Manitoba's Youth Suicide Prevention Strategy: https://www.gov.mb.ca/health/mh/docs/hope.pdf ○ Manitoba CMHA Branch: Preventing Suicide: https://mbwpg.cmha.ca/documents/preventing-suicide/ ○ Mood Disorders Association of Manitoba: Suicide Resources: http://www.mooddisordersmanitoba.ca/resources/suicide/

Ontario

Crisis Resources:

- ConnexOntario: free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling
 - ⇒ **1-866-531-2600**
 - ⇒ <https://www.connexontario.ca/>
- Ontario Distress Centres: <http://www.dcontario.org/centres.html>
- Good2Talk is a free, confidential helpline providing professional counselling, information, and referrals for mental health, addictions, and well-being to post-secondary students in Ontario.
 - ⇒ **1-866-925-5454**
 - ⇒ www.good2talk.ca
- ONTX offers support to those in distress, crisis, or having suicidal thoughts. Available daily 2pm to 2am.
 - ⇒ Text SUPPORT to 258258
 - ⇒ www.dcontario.org/ontx.html - Includes live chat
- Distress and Crisis Centres in Ontario by region: <http://www.dcontario.org/>

Information and Resources:

- Ontario Association for Suicide Prevention: <http://www.ospn.ca/>
- Centre for Addiction and Mental Health resources: <https://www.camh.ca/en/health-info/crisis-resources>
- CAMH resources regarding suicide prevention (patient handouts, supporting family members):
<http://www.camh.ca/en/camh-news-and-stories/suicide-prevention?fbclid=IwAR0OcMuOOogECom16M5SfnlPQQ4uaf-U8jHVUF4oYW-CTABUuUf3JyohYTQ>
- CMHA Understanding Suicide and Finding resources: <https://ontario.cmha.ca/documents/understanding-suicide-and-finding-help/>
- CHEO (Children's Hospital of Eastern Ontario)- Resources for clinicians, clients, and caregivers:
<https://www.cheo.on.ca/en/resources-and-support/resources-and-support.aspx>
- 211 offers free, confidential 24/7 support and connection to community resources
 - ⇒ Help Line: 2-1-1 (TTY: 1-888-340-1001)
 - ⇒ Text Line: 21166
 - ⇒ Website: www.211ontario.ca
- Local Services and Tools:
 - ⇒ Providence Care – Kingston: <https://providencecare.ca/community-services/community-mental-health/>
 - ⇒ CAMH: <https://www.camh.ca/en/health-info/guides-and-publications/community-resource-sheets>
 - ⇒ The Royal Ottawa Mental Health Centre: <http://www.theroyal.ca/crisis-lines>

Québec

Crisis Resources:

- Crisis Intervention services on line/ Interventions de crise en ligne:
 - ⇒ <http://suicide.org>
 - ⇒ <https://www.infosuicide.org/guide/lappel-s-o-s/>
 - ⇒ Suicide-Action-Montréal (E/F):
 - <https://suicideactionmontreal.org>
 - **1-866-277-3553**
 - Montréal: **514-723-3594 ext. 221**
- Crisis Centers:
 - ⇒ Crisis center for all/ Centre de crise pour tous: **1-866-APPELLE (277-3553)**
 - ⇒ Complete list of crisis centers per region in Québec / Liste complète des centres de crise au Québec:
<https://www.centredecrise.ca/resicq>
 - ⇒ Bilingual Crisis Centers in Montréal/ Centres de crise bilingues à Montréal:
 - TRACOM: **514-483-3033**
 - West Island Crisis center: **514-684-6160**
 - Le Transit: **514-282-7753**
 - Centre l'Autre Maison: **514-768-7225**
 - Association Iris: **514-388-9233**

Information and Resources:

- Navigating the Health Care system/ Comment naviguer le Système de Santé:
 - ⇒ 514-486-1448
 - ⇒ 1-877-303-2064
- Association québécoise de prévention du suicide: <http://www.aqps.info/besoin-aide-urgente/>
- Centre de prévention du suicide de Québec: <http://www.cpsquebec.ca/>
- Ami-Québec (F/E): Services for English speaking caregivers / Services aux proches aidants anglophones
 - ⇒ <https://amiquebec.org>
 - ⇒ 1-877-303-0264
 - ⇒ 514-486-1448
- Friends of Mental Health, West Island; Amis de la santé mentale (E/F)
 - ⇒ <http://www.asmfmh.org>
 - ⇒ 514-636-6885
- Listening services:
 - Face a Face (E/F): 514-934-4546
 - Interligne (sexual orientation/orientation sexuelle) (E/F): 1-888-5050-1010 or 514-866-0103

	<ul style="list-style-type: none"> ○ Ligne Parents (E/F): 1-800-361-5085 ○ Multi-Ecoute (E/F/S): 514-737-3604 ○ Tel-Aide (E/F): 514-935-1101 ○ Tel-Aînés (for 60+) (E/F): 514-353-2463 ○ Tel-Jeunes (E/F): 1-800-263-2266
<p>New Brunswick</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ 24-hours: 1-800-667-5005 ○ Fredericton Area: 450-HELP (4357) ○ Help line: http://www.chimohelpline.ca/ ○ Crisis lines: https://www.ementalhealth.ca/New-Brunswick/Crisis-Lines-including-Telephone-Online-and-Chat/index.php?m=heading&ID=21 <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Government of New Brunswick Website: https://www2.gnb.ca/content/gnb/en/departments/health/Suicide_Prevention.html ⇒ Contains links to other helpful resources as well ○ CMHA New Brunswick: https://cmhanb.ca/programs-services/local-suicide-prevention-committees/ ○ Resources specific to mental health of farmers: https://www.farms.com/mental-health-and-suicide-prevention-resources/new-brunswick.aspx ○ Kids help phone: https://kidshelpphone.ca/get-involved/our-impact/in-the-community/new-brunswick/
<p>Nova Scotia</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Mental Health and Addictions, Nova Scotia Health Authority, 24-hours: 1-888-429-8167 <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Teen Mental Health: http://teenmentalhealth.org/for-families-and-teens/suicide/ Communities Addressing Suicide Together (CAST): https://novascotia.cmha.ca/programs-services/communities-addressing-suicide-together-cast/ ○ CAST helpful Links and resources: https://novascotia.cmha.ca/mental-health/find-help/ ○ SOS Nova Scotia: a self-help group that was developed to provide individuals and families who have suffered a loss of a loved one with a critical resource: sosnovascotia.com ○ Bereaved Parents of Adult Children Support Group ⇒ Contact: Louise Smith (902) 576-2697 ⇒ Vince MacDonald (902) 462-4050 ○ NovaScotia.ca: https://novascotia.ca/dhw/healthy-communities/suicide-prevention.asp

<p>Prince Edward Island</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Island Help Line: 1-800-218-2885 ⇒ 24 hour, bilingual and confidential telephone service that provides information, support, or help to Islanders who are crisis <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Suicide Prevention Action Plan: https://www.princeedwardisland.ca/en/information/health-and-wellness/suicide-prevention-action-plan ○ Strongest Families Program ⇒ 1-866-833-5443 ⇒ https://www.princeedwardisland.ca/en/information/health-pei/strongest-families
<p>Newfoundland and Labrador</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Mental Health Crisis Centre, 24-hours: 1-888-737-4668 or (709) 737-4668 ○ https://badgeoflifecanada.org/newfoundland-labrador-crisis-resources/ <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ● CMHA Newfoundland: http://cmhanl.ca/get-help/
<p>Yukon</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Yukon Distress & Support Line c/o Many Rivers Counselling and Support Services, (7pm-12am): 1-844-533-3030
<p>Northwest Territories</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ NWT Help Line, 7pm-11pm: 1-800-661-0844 ⇒ https://www.hss.gov.nt.ca/en/services/nwt-help-line
<p>Nunavut</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ Awareness Centre Crisis Line, 24-hours: (867) 982-0123 ○ Nunavut and Nunavik (Arctic Quebec), Nunavut Kamatsiaqtut Helpline, 7pm-11pm: 1-800-265-3333 or (867) 979-3333 ⇒ http://nunavuthelpline.ca/ <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ Events for clients and clinicians offered by the Gwich'in Tribal Council: https://gwichintribal.ca/ ○ Project Jewel - On-the-Land Wellness Program: https://irc.inuvialuit.com/program/project-jewel ○ Social Programs in the Beaufort Delta Region: https://www.nthssa.ca/en/social-programs-beaufort-delta-region

	<ul style="list-style-type: none"> ○ Tree of Piece Friendship Centre: https://www.ttopfc.com
<p style="text-align: center;">Canada-Wide Resources</p>	<p><i>Crisis Resources:</i></p> <ul style="list-style-type: none"> ○ 1-833-456-4566 // Text: 45645 ○ https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/ ⇒ Filter by province/territory and there is a list of resources in various regions available ○ Canadian Association for Suicide Prevention: https://suicideprevention.ca/Need-Help ○ Crisis Services Canada: Text 686868 ⇒ www.crisistextline.ca ⇒ Crisis text line is free 24/7 support from anywhere in Canada with a trained Crisis Counselor. <p><i>Information and Resources:</i></p> <ul style="list-style-type: none"> ○ E-Mental Health (Filter by province): https://www.ementalhealth.ca/ ○ The Lifeline Canada Foundation: https://thelifelinecanada.ca ○ Veterans Affairs Canada Helpline: 1-800-268-7708 ⇒ https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness/understanding-mental-health
<p style="text-align: center;">Demographic-Specific Resource</p>	<p><i>Aboriginal Resources</i></p> <ul style="list-style-type: none"> ○ Honouring Life Network - Aboriginal Youth Suicide Prevention Resources: http://www.honouringlife.ca ⇒ A website produced by the National Aboriginal Health Organization (NAHO) to provide “culturally relevant information and resources on suicide prevention to help Aboriginal youth and youth workers dealing with a problem that has reached crisis proportions in some First Nations, Inuit and Metis communities in Canada.” ○ Za-geh-do-win Information Clearinghouse: http://www.za-geh-do-win.com ⇒ Za-geh-do-win Information Clearinghouse “researches, collects, catalogues, and distributes culturally relevant resources” for aboriginal communities across Ontario. ⇒ Includes The Key – Aboriginal Mental Health Services/Support Directory for resources and services. ⇒ The website focuses on issues of health, healing and family violence. ○ Hope for Wellness Chat: 1-855-242-3310 ⇒ Phone counselling available in Cree, Ojibway, Inuktitut ⇒ Online chat: https://www.hopeforwellness.ca/ <p><i>LGBTQ Resources</i></p> <ul style="list-style-type: none"> ● LGBTQ Youth Line: http://www.youthline.ca/ ⇒ A toll-free Ontario-wide peer-support phone line for LGBTQ young people

Children

- Kids Help Phone: **1-800-668-6868** or Text **CONNECT to 686868**
 - ⇒ Free, anonymous and confidential professional phone counselling and online counselling, available 24/7 for kids and youth 20 years of age and younger
 - ⇒ <http://www.kidshelpphone.ca>