

Please note that with the ongoing pressures of the COVID 19 Pandemic, access to these services may change. We apologize for any inconvenience and will be updating information to our best ability.

National Programs

- Kids Help Line: <https://kidshelpphone.ca/>
- Crisis Service Canada: <https://www.crisisservicescanada.ca/en/>
- National Suicide Prevention Lifeline at 1-800-273-8255
- First Nations and Inuit Hope for Wellness Help Line: Service is available in Cree, Ojibway, Inuktitut, English and French. 1-855-242-3310
- Naseeha. Our helpline and textline will remain open and uninterrupted in order to make sure you have someone to talk to. Our lines are open from 9AM to 6PM PST. 1-866-627-3342

Ontario

- **Good2talk:** Ontario's 24/7 helpline for postsecondary students. 1 866 935 5454 or text GOOD2TALKON to 686868
- **Connex:** ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. We are funded by the Government of Ontario. Our system navigation and information service is live-answer 24/7, confidential, and free. **1-866 -531- 2600**
- **BounceBack** is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. **1-866-345-0224** or access the videos at bounceback.ca
- **Big White Wall:** An online peer to peer support community. <https://www.bigwhitewall.com/?lang=en-ca>
- Talk4healing (for Indigenous women) 1 855 554 HEAL

British Columbia

- Mental health information, referral and support at help@cmha.bc.ca and bcpartners@heretohelp.bc.ca
- Public education & awareness on social media and online here at cmha.bc.ca and HeretoHelp.bc.ca
- BounceBack online at www.online.bouncebackonline.ca/
- Policy, advocacy, support for DIY fundraisers, and media relations
- Support to the network of 14 CMHA branches

Alberta

- [Alberta 211](#) - Comprehensive site for services, I have linked to the post-secondary page. This is presently being updated with specific post-secondary information to be rolled out across Alberta. Contains more detailed information at this point for Edmonton zone whereas the two below are more specific for Calgary zone supports.
- [Distress Centre](#) or call the 24 hour crisis line at 403-266-HELP (4357)
- [Access Mental Health](#) <https://www.albertahealthservices.ca/services/page11443.aspx>

Manitoba

If you are inquiring about Service Navigation - please connect with the Service Navigation Hub by calling them directly at: 204.775.6442 or email: hub@cmhawpg.mb.ca

If you are in crisis and need to speak with someone immediately, please consider the following:

- Call the Klinik Crisis Line - 204.786.8686 or
- Call the Mobile Crisis Line - 204.940.1781 or
- Call Kids Help Phone - 1.800.668.6868 or
- Text Kids Help Phone - CONNECT to 686868

www.campusmentalhealth.ca
www.morefeetontheground.ca

Saskatchewan

(Province-wide) Professional Health Advice and Mental Health Support


8-1-1




Quebec

List of general talk lines and specialized helplines

The following list presents the different types of general and specialized helplines in Greater Montréal:

Organization	Coverage area	Hours	Service languages	Phone
General Talklines / Warmlines				
Carrefour le Moutier	Montréal	Mon-Fri 9 am-5 pm	English, French, Spanish	450 679- 7111
Centre d'écoute de Laval	Laval, North Shore	24/7	English, French	450 664- 2787
Centre d'écoute et de référence multi-écoute	Greater Montréal	Mon-Fri 9 am-12 pm and 1 pm-5 pm	English, French, Arabic, Spanish, Persian, Russian	514 737- 3604
Centre d'écoute et d'intervention face à face	Greater Montréal	Mon-Fri 9 am-5 pm	English, French	514 934- 4546
Centre d'écoute le Havre	Greater Montréal	Mon-Fri 9 am-5 pm	French	514 982- 0333

Écoute Entraide	Québec province	7 days, 8 am – 10pm	French	514 278- 2130
McGill Students' Nightline	Québec province	7 days, 6 pm- 3 am (closed during the summer)	English	514 398- 6246
Tel-Aide	Greater Montréal	24/7	English, French	514 935- 1101
Tel-Aide région de Valleyfield	Suroît region	Mon-Fri 8 am-9 pm, Sat-Sun 8 am-3 pm	French	450 377- 0600
Tel-Écoute	Greater Montréal	7 days, 10 am-10 pm	French	514 493- 4484
UQAM - Centre d'écoute et de référence	Greater Montréal	Mon-Fri 9 am-5 pm (closed during the summer)	English, French, Spanish	514 987- 8509
Youth Helplines				
Kids Help Phone 	Canada	24/7	English, French	1 800 668- 6868 Text: 686868 Chat
TEL-JEUNES	Québec province	24/7	English, French	1 800 263- 2266 Text: 514 600-1002 Chat
Parents Helpline				

Ligne Parents	Québec province	24/7	English, French	1 800 361-5085 Chat
Seniors and Caregivers Helplines				
Centre d'écoute Montérégie, Briser l'isolement chez les aînés	Montérégie	Mon-Fri 9 am-12 pm and 1 pm-4 pm	English, French	450 658-8509
Tel-Aînés	Greater Montréal	7 days, 10 am-10 pm	French	514 353-2463
Caregiver Support (L'appui)	Greater Montréal	Mon-Fri 8 am-8 pm	English, French	1 855 852-7784
Ligne aide abus aînés	Québec province	7 days, 8 am-8 pm	English, French	1 888 489-2287
LGBTQ Helplines				
	Québec province	24/7	English, French	1 888 505-1010 Text: 1 888 505-1010 Chat
	Québec province	24/7	English, French	1 855 909-9038
Domestic Violence and Sexual Assault Helplines				
	Québec province	24/7	English, French	1 800 363-9010

<p>Ligne-ressource provinciale sur l'agression sexuelle of the :</p>  <p>Centre pour les victimes d'agression sexuelle de Montréal</p>	<p>Québec province</p>	<p>24/7</p>	<p>English, French</p>	<p>1 888 933-9007</p>
<p>Addiction Helplines</p>				
<p>1-800-265-2626</p> 	<p>Québec province</p>	<p>24/7</p>	<p>English, French</p>	<p>1 800 265-2626</p>
<p>1-800-461-0140</p> 	<p>Québec province</p>	<p>24/7</p>	<p>English, French</p>	<p>1 800 461-0140</p>
<p>Mental Health Helplines</p>				
 <p>Anorexie et boulimie Québec</p>	<p>Québec province</p>	<p>Mon-Fri 8 am-3 am</p>	<p>English, French</p>	<p>1 800 630-0907</p>
	<p>Québec province</p>	<p>Mon-Fri 9 am-9 pm</p>	<p>French</p>	<p>1 866 922-0002</p>
 <p>Anxiety - Depression - Bipolar Disorder</p>	<p>Québec province</p>	<p>Mon-Fri 9 am-5 pm</p>	<p>English, French</p>	<p>1 866 738-4873</p>
<p>Bereavement Helpline</p>				
<p>Ligne d'écoute 1 888 LE DEUIL</p>	<p>Québec province</p>	<p>7 days, 10 am-10 pm</p>	<p>French</p>	<p>1 888 533-3845</p>

Nova Scotia:

- **Mental Health Crisis Line** 📞1-888-429-8167 (toll-free) Available 24 hours, seven days a week
- **Kids Help Phone** 📞1-800-668-6868 (toll-free) Available 24 hours, seven days a week
Or call 911 or go to your closest emergency department.

PEI

The Island Helpline provides free, confidential emotional support and crisis intervention to Islanders of all ages. Our trained and caring staff and volunteers are here to answer your call any time of the day or night - 7 days a week, 365 days a week. 📞1 800 218 2885.

Newfoundland

- Mental Health Crisis Line
📞1-888-737-4668 (toll free)
- Sexual Assault Crisis Line
📞1-800- 726-2743 (toll free)
- Gambling Addiction Crisis Line
📞1-888-899-4357(toll free)

New Brunswick

[Chimo HelpLine](#)

Chimo is a provincial service which provides a free, confidential and bilingual crisis intervention service to all residents of New Brunswick. 📞506-450-4357

<http://www.chimohelpline.ca>

Area Served: New Brunswick