

**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](https://www.ementalhealth.ca/index.php?m=record&ID=51915): 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** **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. To submit an online referral, go to <https://bouncebackontario.ca/>, or access the online videos at <https://bouncebackvideo.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 Colombia**

* Mental health information, referral and support at [help@cmha.bc.ca](mailto:help@cmha.bc.ca) and [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca)
* Public education & awareness on social media and online here at [cmha.bc.ca](http://www.cmha.bc.ca/) and [HeretoHelp.bc.ca](http://www.heretohelp.bc.ca/)
* BounceBack online at <https://online.bouncebackonline.ca/>

**Alberta**

* [Alberta 211](https://www.ab.211.ca/211-topics/education-students/students-post-secondary/) - Comprehensive site for services.
* [Distress Centre](https://www.distresscentre.com) or call the 24 hour crisis line at 403-266-HELP (4357)
* [Access Mental Health](https://www.albertahealthservices.ca/services/page11443.aspx) <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](mailto:hub@cmhawpg.mb.ca)

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

* Call the Klinic 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

**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](https://carrefourmoutier.org/) | Montérégie | Mon-Fri  9 am-5 pm | English, French, Spanish | 450 679-7111 |
| [Centre d'écoute de Laval](https://www.centredecoute.com/) | Laval, North Shore | 24/7 | English, French | 450 664-2787 |
| [Centre d'écoute et de référence multi-écoute](http://www.multiecoute.org/) | 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](https://faceafacemontreal.org/) | Greater Montréal | Mon-Fri  9 am-5 pm | English, French | 514 934-4546 |
| [Centre d'écoute le Havre](http://le-havre.qc.ca/) | Greater Montréal | Mon-Fri  9 am-5 pm | French | 514 982-0333 |
| [Écoute Entraide](https://www.ecoute-entraide.org/) | Québec province | 7 days,  8 am – 10pm | French | 514 278-2130 |
| [McGill Students' Nightline](http://nightline.ssmu.ca/) | Québec province | 7 days, 6 pm-3 am (closed during the summer) | English | 514 398-6246 |
| [Tel-Aide](http://www.telaide.org/en/) | Greater Montréal | 24/7 | English, French | 514 935-1101 |
| [Tel-Aide région de Valleyfield](https://telaideregiondusuroit.com/) | Suroît region | Mon-Fri 8 am-9 pm, Sat-Sun 8 am-3 pm | French | 450 377-0600 |
| [Tel-Écoute](http://tel-ecoute.org/) | Greater Montréal | 7 days, 10 am-10 pm | French | 514 493-4484 |
| [UQAM - Centre d'écoute et de référence](http://ecoute.uqam.ca/) | Greater Montréal | Mon-Fri 9 am-5 pm (closed during the summer) | English, French, Spanish | 514 987-8509 |
| Youth Helplines | | | | |
| [Logo Kids Help Phone](https://kidshelpphone.ca/) | Canada | 24/7 | English, French | 1 800 668-6868  Text: 686868  [Chat](https://jeunessejecoute.ca/clavarde-en-ligne/) |
|  | Québec province | 24/7 | English, French | 1 800 263-2266  Text: 514 600-1002  [Chat](https://www.teljeunes.com/Tel-jeunes) |
| Parents Helpline | | | | |
| [Ligne Parents](https://www.ligneparents.com/LigneParents" \t "_blank) | Québec province | 24/7 | English, French | 1 800 361-5085  [Chat](https://www.ligneparents.com/LigneParents/Nous-joindre) |
| Seniors and Caregivers Helplines | | | | |
| [Centre d'écoute Montérégie, Briser l'isolement chez les aînés](http://www.ecoutemonteregie.org/) | Montérégie | Mon-Fri 9 am-12 pm and 1 pm-4 pm | English, French | 450 658-8509 |
| [Tel-Aînés](http://tel-ecoute.org/) | Greater Montréal | 7 days, 10 am-10 pm | French | 514 353-2463 |
| [Caregiver Support (L'appui)](https://www.lappui.org/en/) | Greater Montréal | Mon-Fri 8 am-8 pm | English, French | 1 855 852-7784 |
| [Ligne aide abus aînés](https://www.aideabusaines.ca/en/" \t "_blank) | 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](https://interligne.co/clavardage/) |
| [Logo Aide aux Trans du Québec](https://atq1980.org/) | Québec province | 24/7 | English, French | 1 855 909-9038 |
| Domestic Violence and Sexual Assault Helplines | | | | |
| [Logo SOS Violence Conjugale](http://www.sosviolenceconjugale.ca/) | Québec province | 24/7 | English, French | 1 800 363-9010 |
| [Ligne-ressource provinciale sur l'agression sexuelle](http://www.cvasm.org/en/services-ligne-telephonique) of the :  [Logo CVASM](http://www.cvasm.org/en/index) | Québec province | 24/7 | English, French | 1 888 933-9007 |
| Addiction Helplines | | | | |
|  | Québec province | 24/7 | English, French | 1 800 265-2626 |
|  | Québec province | 24/7 | English, French | 1 800 461-0140 |
| Mental Health Helplines | | | | |
| [Logo ANEB](https://anebquebec.com/en) | Québec province | Mon-Fri 8 am-3 am | English, French | 1 800 630-0907 |
|  | Québec province | Mon-Fri 9 am-9 pm | French | 1 866 922-0002 |
| [C:\Users\mpadjen\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\931797A9.tmp](https://www.revivre.org/en/) | Québec province | Mon-Fri 9 am-5 pm | English, French | 1 866 738-4873 |
| Bereavement Helpline | | | | |
| Ligne d'écoute 1 888 LE DEUIL | Québec province | 7 days, 10 am-10 pm | French | 1 888 533-3845 |

**Nova Scotia**:

* Healthy Minds : <https://healthymindsns.ca/>
* **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**

* Bridge the Gap

<https://www.bridgethegapp.ca/adult/>

* 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)

Bridge the Gap

<https://www.bridgethegapp.ca/adult/>

**New Brunswick**

Provincial toll-free Crisis line: 1-800-667-5005

Fredericton area: 560 450-HELP (4357)

website: <http://www.chimohelpline.ca>

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