




Canadian Mental Health Resources

**Support for when you or
a colleague are in need**

A photograph of a woman with dark hair, wearing a light blue button-down shirt, sitting at a desk and talking to a colleague whose back is to the camera. The woman is gesturing with her hands as she speaks. The background is a bright, out-of-focus office environment.

**Building a healthier Canadian
population and economy.
One organization at a time.**

WellnessWorksCanada.ca

National

- Crisis Services Canada:
1-833-456-4566 or
text 45645
- Community-based
health and social service
support in most areas:
Dial 211
- Kids Help Phone
(20yrs & under):
1-800-668-6868
- Hope for Wellness Help
Line (for First Nations and
Inuit): 1-855-242-3310

Alberta

- Mental Health Helpline:
1-877-303-2642

Manitoba

- Crisis Line:
1-888-322-3019

British Columbia

- Crisis Line (All Ages):
1-800-SUICIDE

Saskatchewan

- Crisis Help Line:
1-800-611-6349

Newfoundland & Labrador

- Crisis Help Line:
1-888-737-4668

New Brunswick

- Chimo Crisis Line:
1-800-667-5005

Nova Scotia

- Crisis Help Line:
1-888-429-8167

Nunavut

- Kamatsiaqtut Help Line:
1-867-979-3333

Northwest Territories

- NWT Crisis Line:
1-800-661-0844
(9 p.m. -1 a.m. ET);

Yukon Territory

- Distress and Support Line
1-800-563-0808

Ontario

- Toronto Distress Line:
416-408-HELP (4357)

Prince Edward Island

- 24-hour province-wide
bilingual crisis service:
1-800-218-2885

Quebec

- Revivre:
1-866-738-4873

Websites

- 211.ca
- mindyourmind.ca/help
- cmha.ca
- crisisservicescanada.ca
- earlypsychosis.ca

