

Mental Health Distress Resource List

If this is an emergency, or if you or someone you know is in immediate danger of hurting themselves or others, please CALL 911 or go to your nearest hospital emergency department.

If you require further assistance in locating a treatment or educational resource listing, please contact the student study investigator, Tian Renton: tian.renton@mail.utoronto.ca (email is checked regularly).

Google Search: mental health help resources adolescents (*your province and/or city*)

National Crisis Line

Kids Help Phone: 1800-668-6868

Kids Help Phone online chat: <https://kidshelpphone.ca> (chat function in lower right-hand corner)

National Crisis & Mental Health Resource Listings

Canadian Association for Suicide Prevention

<http://suicideprevention.ca/need-help/> (provides crisis line listings by province & city)

Your Life Counts

<http://www.yourlifecounts.org/need-help/crisis-lines> (provides crisis line listing by province & city)

<http://www.ementalhealth.ca> (mental health services, help and support in your community)

Online Mental Health Help Resources

Student-Athlete Mental Health Initiative (SAMHI) - www.samhi.ca

Mind Your Mind - www.mindyourmind.ca & www.mytoolkit.ca/

Centre for Suicide Prevention - www.suicideinfo.ca

Children's Mental Health Ontario - www.kidsmentalhealth.ca

Half of Us - www.halfofus.com

Headspace National Youth Mental Health Foundation - www.headspace.org.au

Mental Health Academy - www.teenmentalhealth.org

Young Minds - www.youngminds.org.uk

CRISIS HELPLINES

Population Specific Resources

First Nations & Inuit Hope for Wellness Help Line
1855-242-3310

LGBT Youth Line: 1800-268-9688
PFLAG Canada: 1888-530-6777 ext. 224
Trans Lifeline: 1877-330-6366

LISTINGS BY PROVINCE

See above "National Crisis & Mental Health Resource Listings" for centralized crisis resource lists.

British Columbia

Youth in BC: <http://youthinbc.com> (online youth chat)

24 Hour Crisis Lines
Anywhere in BC: 1800-SUICIDE (1800-784-2433)
Vancouver: 604-872-3311
Howe Sounds & Sunshine Coast: 1866-661-3311

ICLN (Interior Crisis Line Network – Cranbrook, Kelowna, Trail, Vernon and Williams Lake)
1888-353-2273 (CARE)

KUU-US Crisis Line Society Youth Crisis Line: 1800 588-8717

British Columbia Government website: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>

- includes a map of mental health services
- mental health intake clinics in B.C.

Alberta

Network of community, social and government-based services: 211

Health Link (24 hours): 811 (1866-408-5465)

Online Resources: www.MyHealth.Alberta.ca
Mental Health Helpline (24 hours): 1877-303-2642

CASA (Child, Adolescent, and Family Mental Health): <http://www.casaservices.org>
Phone: 780-427-4491 (Crisis line); 780-342-2701 (In-take line)

Calgary Connect Teen:
Phone (24 hours): 403-264-8336
Text (evenings/weekends): 587-333-2724
Website: <http://calgaryconnectteen.com>

Crisis Lines:

Edmonton: 780-482-4357 (Crisis line); 780-342-7777 (Emergency Response Team)

Calgary: 403-266-HELP (4357)

Saskatchewan

HealthLine: 811 (1877-800-0002)

Crisis Line: 1866-888-8988

Saskatoon Regional Health – Young Community Counselling Program: 306-655-7777

Website: www.saskatoonhealthregion.ca

Regina Qu'Appelle Health Region: 306-766-6700

Website: <http://www.rqhealth.ca/departments/child-and-youth>

Crisis Line: 306-525-5333

Sun Country Health Region: 1800-216-7689

Sunrise Health Region: 1888-989-8444

Website: <http://www.sunrisehealthregion.sk.ca>

Manitoba

Klinik Crisis Line: 204-786-8686 / 1888-322-3019

Manitoba Suicide Line “Reason to Live”: 1877-435-7170

Youth Crisis Stabilization System: 204-949-4777/1888-383-2776

RaY (Resource Assistance for Youth): 204-783-5617 or info@rayinc.ca

MATC (Manitoba Adolescent Treatment Centre)

Mobile Crisis Team: 204-949-4777

Website: <http://www.matc.ca>

Crisis Line Listings (by region): <http://www.gov.mb.ca/healthyliving/mh/crisis.html>

Ontario

Distress & Crisis Ontario (crisis and distress centre listings for by city)

<http://www.dcontario.org/centres.html>

Mental Health Helpline & Resources

Website: <http://www.mentalhealthhelpline.ca> (webchat also available to residents of Ontario)

Connex Ontario (24 hours): 1866-531-2600

Distress Centres of Toronto (24 hours): 416-408-HELP (4357)

Android/iPhone App: Thought Spot – crowd sourced health and wellness resources for youth

Support Services

Updated: June 2018

Centre for Addiction and Mental Health (CAMH)
Access CAMH – (416) 535-8501 – select option 2

CTYS (Central Toronto Youth Services): <http://www.ctys.org/>

Skylark (formerly DYS & Oolagen): <http://www.skylarkyouth.org>

EMYS (East Metro Youth Services): <http://www.emys.on.ca/>

Griffin Centre: 416-222-1153/ <http://griffin-centre.org>

The SickKids Centr for Community Mental Health: 1855-944-HOPE (4673)
Website: <http://www.sickkidscmh.ca>

Turning Point Youth Services: 416-925-9250
Website: <http://turningpoint.ca>

Quebec

SAM (Suicide Action Montreal): 514-723-4000

Depressed Anonymous/Déprimés anonymes: 514-278-2130

Tel-Aide (listening service; 24 hours): 514-935-1101

Project 10 Listening Lines: 514-989-4585 (support line for LGBITTQ youths)

Centralized Listing of Community Services
Website: <http://amiquebec.org/youth/> OR <http://amiquebec.org/listen/>

New Brunswick

Crisis Line: 902-429-8167/1888-429-8167

Chimo Helpline: 1800-667-5005
Fredricton area: 450-HELP (4357)
Website: <http://www.chimohelpline.ca>

IWK Health Centre: 902-470-8888/1888-470-5888

Telecare: 811

Community health care centre listings:
<http://www.vitalitenb.ca/en/points-service/mental-health>
OR <https://www.gnb.ca/0055/contacts-e.asp>

Nova Scotia

MHMCT (Mental Health Mobile Crisis Team): 1888-429-8167 / 902-429-8167

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Eastern Regional Help Line (6pm to 12am): 1800-957-9995 / 902-562-4357 (HELP)

Pictou County Help Line (2pm to 10pm): 902-752-5952

Regional mental health centre listings: <http://www.mentalhealthns.ca/resources/>

Prince Edward Island

Island Helpline (24 hours): 1800-218-2885

Regional mental health centre listings: <https://www.princeedwardisland.ca/en/information/sante-i-p-e/mental-health-services>

Territories

RCMP Emergency Line: 867-982-1111

The Yukon Distress & Support Line (7pm-3am): 1844-533-3030

NWT Help Line (7pm-11pm): 1800-661-0844

Nunavut Kamatsiaqtut Help Line (7pm-11pm): 1800-265-3333 / 867-979-3333