

Mental Health and Wellbeing Resources in Canada

For anyone who feels they are in crisis please **call 1-800-273-8255** – you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7. Your call is confidential and free.

For anyone experiencing a mental health emergency, please **call 911** or go to your nearest hospital.

Crisis Line Support

Kids Help phone

<https://kidshelpphone.ca/>

Kids Help Phone offers information and, if necessary, referral to a local community or social service agency; they are available 24 hours a day, 7 days a week.

Call (24/7): 1-800-668-6868

Text (24/7): text “CONNECT” to 686868

Chat service (24/7): <https://kidshelpphone.ca/live-chat/>

Hope For Wellness Help Line

This help line gives free national telephone crisis intervention and counselling support for First Nations and Inuit.

Call (24/7): 1-855-242-3310

Youthspace.ca (NEED2 Suicide Prevention, Education and Support)

www.youthspace.ca

Chat with a diverse community of trained volunteers for emotional and crisis support chats.

Text (6PM – 12 AM Pacific time daily): (778) 783-0177

Chat service: www.youthspace.ca

Crisis Services Canada

<https://www.crisisservicescanada.ca/en/>

For individuals who are or know someone who is having thoughts of suicide. Call in for emotional support, coping strategies, information, and local resources for mental health.

Toll-free call (24/7): 1 (833) 456-4566

Text Support: (4PM – 12 AM Eastern time daily): Text 45645

I’m Alive

<https://www.imalive.org/>

Chat online with volunteers trained and certified in crisis intervention.

Chat service (24/7): <https://www.imalive.org/>

Find your local Crisis Center in Canada:

<https://suicideprevention.ca/need-help/>

Mental Health and Wellbeing Resources

LifeLine App

www.thelifelinecanada.ca

Gives you direct access to phone, online chat, text and email crisis support. You can also access resources for e-counselling, self-management tools and access to crisis centers across Canada.

WE Well-being

<https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/>

Free online resources for students, parents and educators to support social and emotional well-being as they navigate the new world of remote learning during the COVID-19 pandemic, providing toolkits for COVID-19, families, and workplaces.

Center for Suicide Prevention

<https://www.suicideinfo.ca/resources/>

A library of over 45,000 suicide-specific resources for equipping Canadians with information, knowledge and skills necessary to respond to people at risk of suicide.

Coping with Stress and Anxiety Regarding COVID-19

World Health Organization – “Mental Health and Psychosocial Considerations during the COVID-19 outbreak” Information Sheet

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10

Messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak including healthcare workers, team leaders or managers in health facilities, carers of children, older adults, people with underlying health conditions and their carers and people in isolation.

Centers for Disease Control and Prevention – “Coping with Stress” during the COVID-19 Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Resources and information on caring for your mental health and healthy strategies for managing stress.

Anxiety Canada – “What to do if you’re anxious or worried about coronavirus (COVID-19)”

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

Information on healthy practices for maintaining physical and mental wellbeing during COVID-19.

Information regarding COVID-19

World Health Organization – Q&A on coronaviruses

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

A list of frequently asked questions and answers regarding the COVID-19 pandemic.

World Health Organization – Rolling Updates on COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

A continuously updated list of WHO activities regarding COVID-19.

Government of Canada – COVID-19 Updates

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Includes information on financial and economic support, resources for mental and physical health, information on limiting the spread of COVID-19, global travel advisories and ways you can help.

Government of Canada – COVID-19 Outbreak Updates

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Accurate and up-to-date information on COVID-19 cases.