

Mental health, addiction and domestic violence

PROVINCIAL RESOURCES

District 3

British Columbia

helpstartshere.gov.bc.ca

Alberta

albertahealthservices.ca/amh/amh.aspx

Saskatchewan

saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services

Manitoba

gov.mb.ca/mhcw

Yukon

yukon.ca/en/get-help-alcohol-and-drug-problems

Northwest Territories

hss.gov.nt.ca/en/services/811

Nunavut

gov.nu.ca/en/health/mental-health-resources

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PROVINCIAL RESOURCES

District 5

Québec

quebec.ca/en/health/mental-health

sante.gouv.qc.ca/en/repertoire-ressources/sante-mentale

aidedrogue.ca/en

sosviolenceconjugale.ca/en/about-sos

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PROVINCIAL RESOURCES

District 6

Ontario

ontario.ca/page/find-mental-health-support

New Brunswick

gnb.ca/en/topic/health-wellness/mental-health.html

Newfoundland and Labrador

gov.nl.ca/hcs/mentalhealth-committee/mentalhealth

Nova Scotia

mha.nshealth.ca/en

Prince Edward Island

princeedwardisland.ca/en/information/health-pe/mental-health-support-and-services

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NATIONAL RESOURCES

Canadian Mental Health Association

Telephone: (416) 646-5557

cmha.ca

(Click Find CMHA in your area for regional information)

Hope for Wellness Help Line (First Nations and Inuit Organizations)

Toll-free: 1 (855) 242-3310

hopeforwellness.ca/additional-support

Indigenous Services Canada

Toll-free: 1 (800) 567-9604

canada.ca/en/indigenous-services-canada.html

Kids Help Phone

Toll-free: 1 (800) 668-6868 (24/7)

Text: CONNECT to 686868

Live Chat: (7 p.m. to midnight ET)

kidshelpphone.ca

Suicide Crisis Help Line 9-8-8

Call or text (24/7)

Telephone: 988

Text/SMS: 988

988.ca

Anxiety Canada

anxietycanada.com

Canadian Red Cross (Friendly Calls Program)

Toll-free: 1 (833) 979-9779

redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program

United Way Call 211

Telephone: 211 (24/7)

Live Chat: (7 a.m. to 9 p.m. ET)

211.ca

The LifeLine Canada Foundation

thelifelinecanada.ca

Canadian Association for Suicide Prevention

suicideprevention.ca

Mental Health Commission of Canada

Telephone: (613) 683-3755

mentalhealthcommission.ca

Ease the Burden (Substance Use and Addiction Support)

canada.ca/en/services/health/campaigns/men-construction-trades-overdose-crisis-canada.html

Canadian Men's Health Foundation

Telephone: (604) 737-2990

menshealthfoundation.ca

Mental Health Services (Government of Canada)

canada.ca/en/public-health/services/mental-health-services.html

Canadian Women's Foundation

Toll-free: 1 (866) 293-4483

canadianwomen.org/support-services

National Farmer's Wellness Network

Toll-free: 1 (866) 327-6701 (24/7)

ccaw.ca/national-farmer-wellness-network

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