

Mental Health and Support Services

If this survey has brought up any experiences that have caused you emotional distress or made you feel uncomfortable, or if you would like to seek assistance with any mental health issues related to topics addressed in the survey, we encourage you to contact one of the resources listed below. All contact information is province-wide, toll free, and available 24 hours unless otherwise indicated.

British Columbia - Crisis Centre: Mental Health Support Line 310-6789 (no need to dial area code). <https://www.crisislines.bc.ca/>

Alberta - Health Services: Mental Health Help Line 1-877-303-2642. Crisis Text Line - Text CONNECT to 741741. <https://www.albertahealthservices.ca/amh/page16759.aspx>

Saskatchewan - Crisis Centre: Mobile Crisis Services Helpline 306-757-0127.
<http://www.mobilecrisis.ca/cold-weather-alert>

Manitoba - Klinik Community Health: Mental Health Crisis Line 1-888-322-3019.
<http://klinik.mb.ca/24-hr-crisis-line/>

Ontario - Connex Ontario: Mental Health Help Line 1-866-531-2600.
<https://www.connexontario.ca/treatment-information-service-call>

Quebec - Crisis Centre: Mental Health Help Line 418-688-4240 or Centre de Prevention du Suicide de Quebec 1-866-277-3553. <https://www.cpsquebec.ca/liens-utiles/>

New Brunswick - Mental Health Services: CHIMO Crisis Help Line 1-800-667-5005.
<http://www.chimohelpline.ca/>

Nova Scotia - Crisis Team: Mental Health Crisis Line 1-888-429-8167.
<https://novascotia.ca/dhw/healthy-communities/suicide-prevention-help.asp>

Newfoundland and Labrador - Crisis Centre: Mental Health Crisis Line 1-888-737-4668.
<https://mha.easternhealth.ca/help-over-the-phone/>

Prince Edward Island - Health PEI: Island Help Line 1-800-218-2885.
<https://www.theislandhelpline.com/>

Yukon: Reach Out Support Line 1-844-533-3030 (Open 2pm-10pm).
<https://yukon.cmha.ca/programs-services/reach-out-support-line-1-844-533-3030/>

Northwest Territories - Health and Social Services: NWT Help Line 1-800-661-0844.
<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Nunavut: Kamatsiaqtut Helpline 867-979-3333 (Local Nunavut Phone Number) or 1.800.265.3333 (Toll Free Outside of Iqaluit and residents of Nunavumiut).
<http://nunavuthelpline.ca/>

Hope for Wellness Helpline: For immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Call 1-855-242-3310, available 24 hrs / 7 days a week.