



Canadian Mental Health Resources

Alberta

- If you need assistance in dealing with anxiety and stress, contact the Mental Health Helpline: 1-877-303-2642
- <https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpi-pandemic-covid-19-and-your-mental-health.pdf>



British Columbia

- To seek assistance and support for experiencing feelings of distress, stress, despair and suicidal thoughts, contact the Crisis Intervention and Suicide Prevention Center at 604-872-3311 (Greater Vancouver) or Toll-free 1-800-784-2433. www.crisiscentre.bc.ca
- The KUU-US Crisis Response Service provides culturally-aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 which is accessible 24/7. <https://www.kuu-uscrisisline.ca/>
- Join the Bounce Back, a free program created for youth and adults dealing with symptoms of mild to moderate depression, low mood, stress and anxiety. Available both online or via phone with a coach. Call Toll-free 1-866-639-0522. <https://bouncebackbc.ca/>

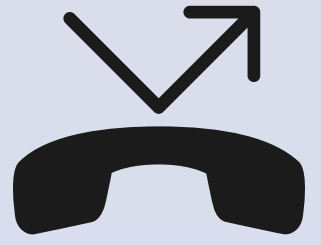


Manitoba

- AbilitiCBT Tool: a digital therapy to help alleviate anxiety symptoms related to the COVID-19 pandemic.
- You may connect with a professional therapist to help you with: pandemic challenges, state of uncertainty, physical isolation, care for family and community members, information overload and stress management. <https://www.gov.mb.ca/covid19/bewell/index.html>

New Brunswick

- To seek help for stress, anxiety and worry, call the CHIMO hotline at 1-800-667-5005 which is accessible 24/7
- Live chat with an agent from 5 pm to 12 am daily
- <http://www.chimohelpline.ca/>



Newfoundland and Labrador

- To find out more details regarding general information on COVID-19, tips for prevention, resources for mental health and wellness, information for businesses and workplaces, vulnerable populations and health professionals. <https://www.gov.nl.ca/covid-19/resources-2/>
- CHANNAL Warm Line: 1-855-753-2560 or 753-2560
- The CHANNAL Warm Line service consists of non-emergency, non-telephone and referral service.
- Line available from 11:00 am to 11:00 pm, 7 days a week
- <https://www.bridgethegapp.ca/adult/service-directory/channal-warm-line/>

Nova Scotia

- Mental Health Mobile Crisis Line: 902-429-8167 or 1-888-429-8167
- To receive help with mental health issues and/or addictions, use the following helpline available 24/7
- <https://novascotia.ca/coronavirus/mental-health/>
- Use the Therapy Assistance Online (TAO) resource to access interactive activities and videos related to mental health. https://taoconnect.org/what_is_tao/ns/



Ontario

- Connex Ontario provides a free reliable and anonymous support for alcohol/drug addictions, mental health issues and/or gambling. Call the following hotline: 1-866-531-2600
- <https://www.connexontario.ca/>
- Ontario COVID-19 Mental Health Network
- If you are a health care worker currently experiencing isolation, anxiety and stress, please get in touch with one of the 800 licensed therapists who have volunteered to provide their services.
- To request teletherapy, please consult the following: <https://covid19therapists.com/request-support/>
- To volunteer, please consulting the following: <https://covid19therapists.com/volunteer/>
- To seek one-on-one counselling, contact Stella's Place at 416-461-2345 ext.0 or email connect@stellasplace.ca. The service is offered via phone or video chat for people aged between 16 to 29 in Toronto. <https://stellasplace.ca/>
- To seek support from a like-minded community, consult the online forum Big-White Wall. A free forum accessible to all Ontarians where members can help each other with challenges. <https://www.bigwhitewall.com/?lang=en-ca&from=ca/>

Quebec

- To seek support with isolation and mental health issues, please use Écoute Entraide's Ligne d'écoute at: 514-278-2130 or 1 855 EN LIGNE (365 4463).
- The service is available from 8 am to midnight, 7 days a week.
- <https://www.ecoute-entraide.org/>

Saskatchewan

- Crisis Counsellors are available to help you cope with any conflicts you may be dealing with. They are available 24/7. Please call: (306) 757-0127
- <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/mental-health-and-covid-19>



Other Resources

- To seek support with problematic substance abuse, consult the addiction helplines in your province/territory: <https://www.canada.ca/en/health-canada/services/substance-use/get-help/get-help-problematic-substance-use.html#wb-auto-5>
- To seek support for domestic violence, consult helplines in your province/territory: <https://www.sheltersafe.ca/find-help/>
- Exclusive mental health counselling and crisis intervention provided to Indigenous people nationwide. Call 1-855-242-3310 which is accessible 24/7. Service is available in English, French, Cree, Ojibway, and Inuktitut. <https://www.hopeforwellness.ca/>