



SEEKING MENTAL HEALTH SUPPORT

The COVID-19 pandemic has been a trying time for all. The stress of lockdowns, closures of facilities, cancellation of events, assessment days and regular skating programming has affected every corner of our country. As we continue to deal with the pandemic and the effects it has on our lives and society it is important to prioritize our mental health.

Mental illness is common and affects people of all ages, education, income levels, and cultures. Whether you are coping with the loneliness of self-isolation, concerned about the health of your loved ones, your financial situation or worried about what the future may hold, Skate Canada is here to support you.

There are many free and confidential resources available to support either someone you know or your own mental health no matter where you call home across Canada.

AVAILABLE MENTAL HEALTH RESOURCES WITHIN ALL OF CANADA

Canada 211:

On a national level, 211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities.

Call 211 | 211.ca

Canada Suicide Prevention Service - Crisis Services Canada:

If you or someone you know is thinking about suicide, call the Canada Suicide Prevention Service at **1-833-456-4566** (24/7) or text **45645** (4 pm to 12 am ET).

Available to all Canadians seeking support. Visit Crisis Services Canada for the [distress centres and crisis organizations](#) nearest you.

Kids Help Phone:

Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors.

Call **1-800-668-6868** or text **CONNECT to 686868**.

Download the [Always There](#) app for additional support or access the [Kids Help Phone website](#).

Bridge the gap – For Adults and Youth:

Bridge the gapp offers self-help resources, links to local services, and allows the user to share their own personal stories.

[Bridge the gapp Adult](#) is an online resource designed to support mental wellness.

[Bridge the gapp Youth](#) is an online resource designed to support mental wellness.

Mental health and wellness in First Nations and Inuit communities:

Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed. Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

Call 1-855-242-3310 (toll-free) or connect to the [Hope for Wellness Chat](#).

BRITISH COLUMBIA

211 British Columbia:

BC211 is a British Columbia, non-profit organization that provides a free, confidential, multilingual service that links people to resources for help, where and when they need it.

Live Answer | Text | Online Referral | [Web Chat](#) | 24/7 | 150+ Languages

Call 211 | 1-888-484-3211 | help@bc211.ca

[Visit BC 211](#)

Canadian Mental Health Association (British Columbia Division):

Call **310-6789** (no area code). This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day. Crisis line workers are there to listen and support you as well as refer you to community resources.

cmha.bc.ca

Bounce Back:

A free, evidence-based program designed to help adults and youth experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.

Call 1-866-639-0522 or email bounceback@cmha.bc.ca

bouncebackbc.ca

Crisis Centre Chat:

Visit crisiscentreachat.ca to chat online with a crisis responder. It's available from noon to 1:00am every day.

For youth in BC:

Visit youthinbc.com to chat online with a crisis responder. It's available from noon to 1:00am every day.

Yukon

211 Yukon:

Live Answer | 24/7 | 150+ Languages

Call 211 | 1-888-342-1211

ALBERTA-NWT/ NUNAVUT

211 Alberta:

AB211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. The service is free, confidential and available in over 170 languages over the phone.

Live Answer | Text | Online Referral | [Web Chat](#) | 24/7 | 150+ Languages

Call **211** | info@ab.211.ca

[Visit Alberta 211](#)

Calgary / Central Alberta & Alberta South:

Call **1-855-266-1605**

Edmonton / Alberta North:

Call **1-888-482-4696**

Canadian Mental Health Association (Alberta Division):

The Alberta CMHA is focused on recovery and support for Albertans impacted by mental illness. A nation-wide voluntary organization that promotes the mental health of all and supports people experiencing mental illness.

Call **1-877-303-2642**

alberta.cmha.ca

Northwest Territories

Live Answer | 24/7 | 150+ Languages

Call **211** | **1-876-988-6801**

Nunavut

Live Answer | 24/7 | 150+ Languages

Call **211** | **1-867-877-1040**

SASKATCHEWAN

211 Saskatchewan:

211 Saskatchewan is a free, confidential, 24/7 service with trained professionals to help individuals find and navigate services they need.

Live Answer | Text | Online Referral | [Web Chat](#) | 24/7 | 100+ Languages

Call **211** | **1-306-751-0397** | 211sask@unitedwayregina.ca

[Visit Saskatchewan 211](#)

First Nations, Métis and Inuit services and information: <http://aboriginal.sk.211.ca/>

Services for people experiencing violence and abuse: <http://abuse.sk.211.ca/>

Canadian Mental Health Association (Saskatchewan Division)

The Saskatchewan CMHA is a volunteer-based organization which supports and promotes the rights of persons with mental illness to maximize their full potential; and promotes and enhances the mental health and well-being of all members of the community.

To find your local Sask. CMHA Branch, Click [Here](#)
sk.cmha.ca

MANITOBA

211 Manitoba:

211 Manitoba is a free, confidential, 24/7 service that connects individuals to government, health, and social services that are available across the province. The service helps Manitobans who are looking to find the right community or social resource but don't know where to start.

Live Answer | Online Referral | 24/7 | 150+ Languages
Call 211 | 1-855-275-1197 | 211@volunteermanitoba.ca
[Visit Manitoba 211](#)

Canadian Mental Health Association (Manitoba and Winnipeg Division):

CMHA Manitoba is here to support individuals who experience mental illness and addictions issues to achieve recovery and well-being within healthy and supportive communities.

Call 204-982-6100 or email office@cmhawpg.mb.ca
mbwpg.cmha.ca

The Klinik Crisis Support Line:

The Klinik Crisis Program operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

Call 1-888-322-3019 (toll-free 24 HRS)
klinik.mb.ca

ONTARIO

211 Ontario:

211 Ontario is a non-profit agency with six full-time staff and a dedicated Board of Directors. They work in collaboration with six Regional 211 Service Providers, and a unique network of data contributors to deliver 211 services through the phone and through online channels to all Ontario residents.

Live Answer | Online Referral | 24/7 | 150+ Languages | [Web Chat](#) (7 am – 9 pm)
Call 211 | 1-877-330-3213 | gethelp@211ontario.ca
[Visit Ontario 211](#)

ConnexOntario Helpline:

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area.

Call **1-866-531-2600** | [Live Chat](#)
[ConnexOntario.ca](#)

Good2Talk - For ages 17 to 25:

Good2Talk provides free confidential support services for post-secondary students in Ontario seven days a week, 24 hours a day.

Call **1-866-925-5454** | Text **GOOD2TALKON TO 686868**
[Good2Talk.ca](#)

Talk 4 Healing:

Talk 4 Healing provides Indigenous women help, support and resources seven days a week, 24 hours a day, with services in 14 languages.

Call **1-855-554-4325** | Text **1-855-554-4325**
[Live Chat](#)
[Talk4Healing.com](#)

BounceBack:

A free cognitive behavioural therapy (CBT) program that offers guided mental health self-help supports for adults and youth 15 and older.

Call **1-866-345-0224**
[bouncebackontario.ca](#)

QUEBEC**211 Quebec** (Greater Montreal and Quebec City only):

Live Answer | Online Resources | 150+ Languages

Call **211** | info@211quebecregions.ca

[Visit Quebec 211](#)

MRC L'Assomption, MRC Jardin de Napierville, MRC Therese de Blainville, Laval, Greater

Montreal: **1-844-387-3598** OR **1-514-787-3598**

Quebec City area: **1-877-211-9933**

MRC Haute-Yamaska: **1-877-909-0399**

Tel-Jeunes:

It's confidential for all youth aged 20 and under in Quebec.

Call **1-800-263-2266** | Text **514-600-1002**

[Live Chat](#) | [Ask a Question](#)
[teljeunes.com](#)

AMI-Quebec:

AMI-Quebec Action on Mental Illness is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy. Their programs are free!

Call **514-486-1448 (1-877-303-0264** outside Montreal) | info@amiquebec.org
amiquebec.org

NEW BRUNSWICK**211 New Brunswick:**

Live Answer | 24/7 | 150+ Languages
Call **211 | 1-855-258-4126**

Canadian Mental Health Association (New Brunswick Division):

CMHA New Brunswick provides services to all communities in the province such as presentations, programs, support groups, workshops and advocacy for children, youth, adults and seniors living with mental illness or those in search of mental wellness.

Call **506-455-5231** | info@cmhanb.ca
cmhanb.ca

Chimo Helpline:

Chimo is a provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents of New Brunswick.

Call **1-800-667-5005** (Provincial)
Call **506-450-HELP** (4357) (Fredericton area)
[Live Chat](#) (5 pm – 12 am Daily)
Chimohelpline.ca

NOVA SCOTIA**211 Nova Scotia:**

NS211 is your 24/7 connection to the programs and services in your community that matter most to you. From local community groups and non-profits to government departments across Nova Scotia.

Live Answer | Text | Online Referral | 24/7 | 150+ Languages
Call **211 | 1-855-466-4994** | help@ns.211.ca
[Visit NS 211](#)

Canadian Mental Health Association (Nova Scotia Division)

CMHA Nova Scotia provides mental health and addictions support and services to all Nova Scotians.

Call **1-877-466-6606**
novascotia.cmha.ca

Good2Talk - For ages 17 to 25:

Good2Talk provides confidential support services for post-secondary students in Nova Scotia.

Call **1-833-292-3698** | Text **GOOD2TALKNS TO 686868**

Good2Talk.ca

PEI

211 PEI:

PEI211 is an information and referral service available to support all Islanders. Whether a permanent resident, a visitor, or a service provider, this resource can help you get connected to the social, community, government and non-emergency/non-clinical health supports that can help you to not only survive but thrive!

Live Answer | Text | Online Referral | 24/7 | 150+ Languages

Call **211** | **1-844-925-1257** | help@pe.211.ca

[Visit PEI 211](#)

The Island Helpline:

Call the Island Helpline at **1-800-218-2885** if you are in a crisis, feeling depressed or thinking about suicide.

Canadian Mental Health Association (PEI Division):

The Mental Health Resource Line and CMHA-PEI Info Hub connects Islanders to a robust collection of mental health resources and other initiatives to help Islanders maintain good mental health.

Call **1-800-682-1648**

peicmhainfohub.com

NEWFOUNDLAND & LABRADOR

211 NL:

Live Answer | 24/7 | 150+ Languages

Call **211** | **1-855-276-9072**

Canadian Mental Health Association (Newfoundland & Labrador Division):

CMHA – NL provides access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Call the Mental Health Crisis Line at **709-737-4668** or toll free **1-888-737-4668**.

cmhanl.ca