You might find contacting some of the following helpful if you are experiencing emotional difficulties:

# A Supportive Family Member or Friend

1. **A Member of the Clergy** (Rabbi, Priest, Nun, Minister, Pastor, Imam, etc.)

# Your Family Doctor or Other Healthcare Provider

1. **Community Social Workers** (in your neighbourhood hospital, clinic, or community centre)
2. **Psychiatrists or Psychologists** (in your neighbourhood hospital, clinic, or in private practices)

# In the Event of an Emergency or Crisis: Phone 911

**Additional Suicide and Mental Health Resources**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Organization** | **Specializing** | **Phone number** | **Website** |
| **Telephone Support Lines** | Canada Suicide Prevention Service | 24/7 call service | 833-456-4566 or text to 45645 | www.crisisservicescanada.ca |
| Telehealth Ontario | 24/7 call service | 1-866-797-0000 | -- |
| **USA Support Services** | USA National Suicide Prevention Lifeline  | USA | 800-273-8255 | www.suicidepreventionlifeline.org |
| Suicide Prevention Hotline | 24/7 call service | 1-800-SUICIDE | https://suicidepreventionlifeline.org/faq/ |
| Suicide Prevention Lifeline | 24/7 call service | 1-800-273-TALk | https://suicidepreventionlifeline.org/ |
| **Mental Health and Addiction Services** | CMHA | promotes mental health and supports people recovering from mental illness | 1-800-875-6213 (toll-free in Ontario) | https://cmha.ca/find-help/find-cmha-in-your-area/ |
| Distress and Crisis Ontario | lonely, depressed, suicidal, or struggling otherwise | -- | www.dcontario.org |
| ConnexOntario | people experiencing problems with alcohol and drugs, mental health and/or gambling | 1-866 -531-2600 | www.connexonatrio.ca |
| Canadian Association for Suicide Prevention (CASP) | Resource directory | -- | https://suicideprevention.ca/need-help/?locale=en |
| **Indigenous Mental Health Services** | Hope for Wellness Help Line | immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada | 1-855-242-3310 | www.hopeforwellness.ca |
| National Indian Residential School Crisis Line | support to former residential school students and those affected | 1-866-925-4419 | -- |
| Talk4healing | Help for Indigenous women | 1-855-554-4325 | www.talk4healing.com |
| **Children and Youth Mental health Services** | LGBT Youthline Ontario | Ontario-wide peer-support | 647-694-4275 | www.youthline.ca |
| Kids Help Phone | Youth mental health | 1-800-668-6868 or text CONNECT to 686868 | -- |
| Children’s Mental Health Ontario Centres | treatment and support to children, youth, and families | -- | www.cmho.org/findhelp/ |
| **Older Adults** | Seniors Safety Line | Assist in cases of elder abuse | 1-866-299-1011 |  |
| **Bereaved** | Bereaved Families of Ontario | Discuss your experiences and learn about grief with others who have been there | -- | <https://bereavedfamilies.net/> |