

# Mental Health RESOURCES



Call 9-1-1 if you or someone you know is in immediate danger

[iphcc.ca/mental-health](https://iphcc.ca/mental-health)

## Suicide Crisis Helpline

Call or text 9-8-8

24/7 crisis support for anyone who is thinking about suicide or experiencing emotional distress in Canada.

## National Indian Residential School Crisis Line

Call 1-866-925-4419

24/7 crisis support for Residential School Survivors, Intergenerational Survivors, and their families in Canada.

## Missing and Murdered Indigenous Women, Girls and 2SLGBTQQIA+ Crisis Line

Call 1-844-413-6649

24/7 crisis support for Indigenous individuals and families impacted by violence in Canada.

## Hope for Wellness Help Line (For Indigenous People)

Call 1-855-242-3310 or online chat

24/7 mental health support for Indigenous individuals in Canada. Available in several Indigenous languages.

## Kids Help Phone

Call 1-800-668-6868 or text CONNECT to 686868 or online chat

24/7 mental health support for young people in Canada. Connect with an Indigenous crisis responder by texting FIRST NATIONS, INUIT or METIS to 686868. Available in several Indigenous languages.

## Talk4Healing

(For Indigenous Women)

Call or text 1-855-554-4325 or online chat

24/7 mental health support for Indigenous women and their families in Ontario. Available in several Indigenous languages.

## Good2Talk

Call 1-866-925-5454 or text GOOD2TALKON to 686868 or online chat

24/7 mental health support for post-secondary students in Ontario.

## ConnexOntario

Call 1-866-531-2600 or text CONNEX to 247247 or online chat

24/7 information and navigation support for mental health, addictions, and problem-gambling services in Ontario. *This is not a crisis line.*

## Métis Nation of Ontario – Mental Health and Addictions

Call 1-800-263-4889 ext. 7

Mental health and addiction support for Métis adults, youth, and families in Ontario. *This is not a crisis line.*

## Warm Line

Call 416-960-9276 or text 647-557-5882 or online chat

Peer support for adults 18+ in Ontario. *This is not a crisis line.*

## Trans Lifeline

(For Transgender People by Transgender People)

Call 1-877-330-6366

Peer support line run by trans people for trans and questioning people in Canada. *This is not a crisis line.*

