

Mental Health RESOURCES



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

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.*

