

# Mental Health RESOURCES



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

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

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

Call 1-855-242-3310

Phone and chat counselling is available in English, French, Cree, Ojibway and Inuktitut.  
[hopeforwellness.ca](http://hopeforwellness.ca)

## National Indian Residential School Crisis Line (for residential school survivors and their families)

Call 1-866-925-4419

## Wellness Together Canada

Immediate Crisis Support:  
Text WELLNESS to 741741

[wellnesstogether.ca](http://wellnesstogether.ca)

## Talk4healing (for Indigenous women)

Call 1-855-554-4325

[beendigen.com/programs/talk4healing](http://beendigen.com/programs/talk4healing)

## Talk Suicide Canada

Call 1-833-456-4566 924/7)

Text 45645 (available 4pm to 12am ET)

## Good2Talk

Ontario: Call 1-866-925-5454  
or text GOOD2TALKON to 686868

For post-secondary students in Ontario

## Kids Help Phone

Call 1-800-668-6868 (toll free)  
or text CONNECT to 686868.

Indigenous Peoples can connect with an Indigenous volunteer crisis responder, when available, by messaging FIRST NATIONS, INUIT or METIS to 686868

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

Call 1-844-413-6649

## Metis Nation of Ontario - Let Us Help

Call 1-877-767-7572

24HR Mental Health and Addictions (MHA) Crisis Line

## Trans Lifeline (support for transgender people by transgender people)

Call 1-877-330-6366

## The Warm Line

Call 1-888-768-2488 or  
chat online at: [warmline.ca](http://warmline.ca)

4pm to Midnight Ontario (EST), 7 days a week.  
The Warm Line is a confidential & anonymous service for adults (18+).

The Warm Line is not a crisis line. If you are in crisis, please contact your local crisis support line, or 911.

