



MENTAL WELLNESS RESOURCES - ONTARIO REGION

In addition to **community based mental wellness programs**, there are mental wellness resources accessible across the Ontario Region.

SEEK SUPPORT

If this is an **emergency**, if you or someone you know is in **immediate danger** or if you or someone you know is **thinking of suicide**, please call your local emergency number (most often 9-1-1) or go to your nearest hospital, emergency department or nursing station.

Non – Insured Health Benefits (NIHB) Mental Health Counselling Supports

Phone number: 1-800-881-3921
After hours phone number: 1-833-675-3081
Website: <https://www.sac-isc.gc.ca/eng/1579274812116/1579708265237#a4>

Indian Residential School supports (IRS), Missing and Murdered Indigenous Women and Girls(MMIWG), Federal Indian Day Schools, First Nations Child and Family Services and Jordan's Principle Settlement and Expanded Trauma Informed Emotional and Cultural Supports.

Phone number: 1-888-301-6426
Crisis Line: 1-866-925-4419
Website: <https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

First Nations & Inuit Hope for Wellness Line (24/7)

Call: 1-855-242-3310
Website/Chat: <https://www.hopeforwellness.ca/>

NAN HOPE

Phone number: 1-844-NAN-HOPE
(1-844-626-4673)
Email: info@nanhope.ca

Suicide Crisis Helpline (24/7)

Phone number: 9-8-8
Text: 9-8-8
Website: www.crisisservicescanada.ca

Good2Talk – Post Secondary Students (24/7)

Phone number: 1-866-925-5454
Text: 686868 (Text GOOD2TALKON) Website: <https://good2talk.ca/ontario/>

Talk4healing – Anishinabe Women's Crisis Home & Family Healing Agency (24/7)

Phone number: 1-855-554-4325 (1-855-554-HEAL)
Website/Chat: www.talk4healing.com

ConnexOntario- Addictions, Mental Health and Problem Gambling (24/7)

Phone number: 1-866-531-2600
Text: CONNEX to 247247
Website: <https://www.connexontario.ca/>

Distress and Crisis Ontario (24/7) Regional Centre Contact:

www.dcontario.org/locations
Email: info@dcontario.org
Text: 258258 (Text SUPPORT)
Website: <https://www.dcontario.org/>

LGBT Youth Line (24/27)

Phone number: 1-888-687-9688
Text: 647-694-4275
Website: <https://www.youthline.ca/>

Kids Help Phone (24/7)

Phone number: 1-800-668-6868
Text: 686868 (Text CONNECT)
Website: <https://kidshelpphone.ca/>

Find local health and mental wellness supports by postal code:

Call: 1-866-797-0000

Website: <https://www.ontario.ca/locations/health/>