

# PROVINCIAL MENTAL HEALTH SUPPORTS

## **General Mental Health Tips:**

<https://ontario.cmha.ca/news/tips-to-manage-mental-health-during-covid-19/>

**Find your CMHA:** <https://cmha.ca/find-your-cmha>

## **BounceBack:** <https://bouncebackontario.ca/>

A free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

## **ConnexOntario:** 1-866 -531-2600 or [www.connexontario.ca](http://www.connexontario.ca)

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental health and/or gambling. Available 24/7.

## **Crisis Services Canada:** 1-833-456-4566

Suicide prevention and support.

## **Distress and Crisis Ontario:** <http://www.dcontario.org/>

Distress Centres (DC's) across Ontario offer support and a variety of services to their communities. At a DC you can find a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, seven days a week. The website also offers a chat function.

## **Good2Talk Helpline:** 1-866-925-5454 or text GOOD2TALKON to 686868

Ontario's 24/7 helpline for postsecondary students.

**Heads Up Guys:** <https://headsugguys.org/> Health strategies for managing and preventing depression.

## **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868

Youth mental health support available 24/7.

## **Children's Mental Health Ontario Centres:** [cmho.org/findhelp/](http://cmho.org/findhelp/)

100 member organizations operating in every region in Ontario, providing treatment and support to children, youth, and families. Free. No referral required.

## **Hope for Wellness Help Line:** 1-855-242-3310

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, Cree, Ojibway and Inuktitut.

**Talk4healing (for Indigenous women): 1-855-554-4325**

**LGBT Youthline Ontario: 647-694-4275 + <https://www.youthline.ca/> (chat, text and email currently available)**

Ontario-wide peer-support for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.

**Assaulted Women's Helpline:**

- **TOLL-FREE: 1-866-863-0511**
- **TOLL FREE TTY: 1-866-863-7868**
- **#SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile**

24-hour telephone and TTY crisis line for all women in Ontario who have experienced any form of abuse.

**Seniors Safety Line: 1-866-299-1011**

Provided by Elder Abuse Ontario, the Seniors Safety Line provides contact and referral information for local agencies across the province that can assist in cases of elder abuse.

**Ontario Caregiver Helpline: 1-833-416-2273 + live chat also available at <https://ontariocaregiver.ca/>**

Provides caregivers with a one-stop resource for information and support.

**Lumino Health: [Stress and Anxiety Explorer](#)**

Information and tools from Lumino Health and mental health partners.

## **COVID-19 SUPPORTS:**

**Government of Ontario website: <https://covid-19.ontario.ca/>**

For up-to-date information on COVID-19 in Ontario.

**COVID-19 self-assessment tool: <https://covid-19.ontario.ca/self-assessment/#q0>**

To help determine how to seek further care.