

Links to government mental health resources websites:

Mental Health Support Website:

<https://www.ontario.ca/page/find-mental-health-support>

Mental Health Services for Children (Under 18):

<https://www.ontario.ca/page/mental-health-services-children-and-youth>

Canadian Suicide Prevention Website:

<https://www.crisisservicescanada.ca/en/>

Canadian Suicide Presentation Hotline:

833-456-4566

Ontario Mental Health Support:

<https://ontario.cmha.ca/provincial-mental-health-supports/>

If you need more help, just search for key words related to your problem! You'll find help!

<https://www.google.com/?safe=active&ssui=on>