



Government  
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# Mental health support: Get help

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## If you or someone you know is in crisis

If you're in immediate danger or need urgent medical support, call 9-1-1.

If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

If you're experiencing family or gender-based violence, you can [access a crisis line](#) in your province or territory.

# Provincial and territorial resources

## ▼ Alberta

### 211 Alberta

Call 2-1-1 or text INFO to 2-1-1.

- Available 24 hours a day, 7 days a week
- Crisis support and virtual services
- Connect to local mental health and addiction services

### Counselling Alberta

Call 1-833-827-4230 (toll-free).

- Affordable counselling with same-day appointments
- Virtual counselling services province-wide
- In-person counselling options

### Alberta Mental Health Line

Call 1-877-303-2642 (toll-free).

- Available 24 hours a day, 7 days a week
- Confidential support, information and referrals
- Staffed by mental health professionals

### Virtual Opioid Dependency Program

Call 1-844-383-7688 (toll-free).

- Available 8 am to 8 pm, 7 days a week
- Same-day treatment, province-wide
- Access to opioid agonist treatment medications

## Alberta Addiction Health Line

Call 1-866-332-2322 (toll-free).

- Available 24 hours a day, 7 days a week
- Rapid access counselling
- Staffed by mental health professionals

## Kickstand Connect

- For Albertans aged 12 to 25
- Short-term counselling, by booking only
- Text MoreGoodDays to 393939 for daily messages of support

## Health Link

Call 8-1-1.

- Available 24 hours a day, 7 days a week
- Free advice from nurses and general health information

## Family Violence Info Line

Call or text 310-1818 (toll-free).

- Available 24 hours a day, 7 days a week
- Multilingual service

## Alberta's One Line for Sexual Violence

Call or text 1-866-403-8000 (toll-free).

- Available 9 a.m. to 9 p.m., 7 days a week
- For anyone impacted by sexual violence
- Emotional support, information and referrals

## ▼ British Columbia

### Ministry of Mental Health and Addictions: Help Starts Here

- [Navigation tool](#) to find mental health and substance use resources and services
- Information and articles on well-being, mental health, and substance use
- Website in English with translation available in over 100 languages

## ▼ Manitoba

### Government of Manitoba: Mental Health and Addictions

- [Provincial website](#) with information on mental health and addictions supports and services
- Available in English and French

## ▼ New Brunswick

### Government of New Brunswick: Addictions and Mental Health

- [Provincial website](#) with information on mental health and addictions supports and services
- Available in English and French

### Addiction and Mental Health Helpline

Call Toll-Free Phone: 1-866-355-5550.

- Available 24 hours a day, 7 days a week
- [Provincial addiction and mental health helpline](#)

- For New Brunswick residents of all ages
- Available in English and French

## Bridge the gapp New Brunswick

- Online mental health and addictions information, tools, programs, and service directory
- For youth and adults
- Available in English and French

## 211 New Brunswick

Dial 2-1-1, or call 1-855-258-4126 (toll-free).

- Available 24 hours a day, 7 days a week
- Online chat available Monday to Friday, 8 am to 10 pm
- Information and referrals for social, community and government supports and services
- Searchable online database
- Available in English and French

## Social Supports NB

- Online resource to find government and community programs and services, including information for:
  - seniors
  - youth
  - families and caregivers
  - people living with a disability
- Available in English and French

## BounceBack New Brunswick

- Free online skill-building program and telephone coaching to help manage:
  - low mood
  - mild to moderate depression
  - anxiety
  - stress
  - worry
- For youth ages 15 to 18 and adults ages 19 and over
- Available in English and French

## MindWell

- Free online mental health and wellness classes and training resources
- Available in English and French

## Strongest Families Institute

- Free online mental health programs with telephone coaches for children ages 3 to 12 and youth ages 12 to 17
- Available in English and French

## A Friendly Voice

Call 1-855-892-9992 (toll-free).

- Available 8 am to 10 pm, 7 days a week
- Free, confidential peer support phone line for older adults ages 55 and over
- Available in English and French

## ▼ Newfoundland and Labrador

### **Government of Newfoundland and Labrador: Mental Health and Addictions**

- [Provincial website](#) with information on mental health and addictions supports and services
- Available in English and French

## ▼ Northwest Territories

### **Government of Northwest Territories: Mental Wellness and Addictions Recovery**

- [Territorial website](#) with information on mental health supports and services
- Available in English and French

## ▼ Nova Scotia

### **Nova Scotia Health Authority: Mental Health and Wellbeing**

- [Provincial website](#) with information on supports and services for mental health, addiction and well-being
- Available in English and French

## ▼ Nunavut

## Government of Nunavut: Mental Health Resources

- [Territorial website](#) with information on mental health resources and services
- Available in English, French and Inuktitut

### ▼ Ontario

## Government of Ontario: Find Mental Health Support

- [Provincial website](#) with information about:
  - supports and services
  - how to find help
- Available in English and French

### ▼ Prince Edward Island

## Government of Prince Edward Island: Mental Health and Addictions Services

- [Provincial website](#) with information on mental health supports and services
- Available in English and French

### ▼ Quebec

## Government of Quebec: Mental Health

- [Provincial website](#) with information on mental health and how to find support
- Available in French and English



## Info-Social 811

Call 8-1-1.

- Available 24 hours a day, 7 days a week
- Free confidential telephone consultation service for Quebec residents to connect with a psychosocial worker quickly
- Available in French and English

## Tel-jeunes and parents

- Youth can:
  - Call 1-800-263-2266 from 6 am to 2 am
  - Text 514-600-1002 from 8 am to 10 pm
  - Live chat online from 8 am to 10:30 pm
- Parents can:
  - Call 1-800-361-5085 from 6 am to 12 am
  - Live chat online from 6 am to 10:30 pm
- Phone, text and chat counselling for youth ages 12 to 17 and their parents
- Website with information and supports
- Live chat for youth to connect with other youth
- Available in French and English

### ▼ Saskatchewan

## Government of Saskatchewan: Mental Health Services

- Provincial website with information on mental health resources and services

- Web content in English and French with translation available in over 100 languages

## ▼ Yukon

### **Government of Yukon: Mental Wellness and Substance Use Services**

Call 867-456-3838 or 1-866-456-3838 (toll free).

- Phone line available Monday to Friday from 8:30 am to 4:30 pm
- For after-hours withdrawal management services, call 867-667-8473
- [Territorial website](#) with information on mental health and substance use supports and services
- Available in English and French

## **9-8-8: Suicide Crisis Helpline**

If you or someone you know is thinking about suicide, call or text 9-8-8. Help is available 24 hours a day, 7 days a week.

9-8-8: Suicide Crisis Helpline offers support that is:

- bilingual
- trauma-informed
- culturally appropriate
- available to anyone in Canada

# Services offered by national mental health organizations

## Canadian Mental Health Association (CMHA)

- Information about:
  - mental health resources
  - mental health programs
  - mental health and mental illness
  - how to find support for oneself or others
  - how to find a CMHA branch in your area
- Available in English and French

## Centre for Addiction and Mental Health (CAMH)

- Free online courses for:
  - youth
  - students
  - adults
  - families
- Mental Health 101 tutorials on topics related to mental health and addictions

## MyGrief.ca

- Online resources for understanding and moving through grief

## KidsGrief.ca

- Resources for talking with kids and teens about serious illness, dying and death
- Includes information for parents and educators

## YouthGrief.ca

- Online resource developed by grieving youth, for grieving youth

# For First Nations, Inuit, and Métis Peoples

## Hope for Wellness Help Line

Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat.

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.

Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

## The National Indian Residential School Crisis Line

Crisis support is available to former Indian Residential School students and their families 24 hours a day, 7 days a week at 1-866-925-4419 (toll-free).

## Missing and Murdered Indigenous Women and Girls Crisis Line

Crisis support is available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ people 24 hours a day, 7 days a week at 1-844-413-6649 (toll-free).

# For youth and young adults

## Kids Help Phone

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868. Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.

Visit the [Kids Help Phone website](#) for online chat support or to access online resources for children and youth.

## For Veterans and their families

Find [supports, online resources, and mobile apps](#) to improve well-being for releasing and former members of the CAF or RCMP, their families, and their caregivers.

## Mental health and substance use

There are many links between mental health and substance use. If you or someone you know is struggling with substance use, [help is available](#).

## More ways to get help

If you need help, you can call a:

- family physician
- psychologist
- mental health nurse
- social worker

You may also want to talk to another trusted professional, such as a counsellor or spiritual leader.

# Related links

- [About mental health](#)
- [Evacuations and your mental health](#)
- [Mental wellness in First Nations and Inuit communities](#)
- [Canadian Emergency Response Psychosocial Support Network: Mental health guidance and resources](#)

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