
COMMUNITY RESOURCES

Canada***Canada Suicide Prevention Service*****1-833-456-4566 or www.crisisservicescanada.ca/en/**

Offers 24/7/365 bilingual support to people in Canada who have concerns about suicide. Phone line available 24/7.

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**

24/7 confidential helpline for Indigenous women.

<https://www.psychologytoday.com/ca/therapists>

Website that shows counsellors in your area. Fees may be covered through work benefits depending on the benefit package.

British Columbia***Anywhere in BC 1-800-SUICIDE: [1-800-784-2433](tel:1-800-784-2433) (available 24/7)******Mental Health Support Line: [310-6789](tel:310-6789) (available 24/7)******Vancouver Coastal Regional Distress Line: [604-872-3311](tel:604-872-3311) (available 24/7)******Sunshine Coast/Sea to Sky: [1-866-661-3311](tel:1-866-661-3311) (available 24/7)******Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)******KUU-US Aboriginal Crisis Line*****Toll Free (24/7): 1-800-588-8717*****Interior Crisis Line Network*****Toll Free (24/7): 1-888-353-CARE (2273)*****Northern BC Crisis Centre*****Toll Free (24/7): 1-888-562-1214****Crisis Line (24/7): (250) 563-1214**

VictimLinkBC

Toll Free (24/7): 1-800-563-0808

Provides services to victims of crime and crisis support to victims of family and sexual violence.

Low-cost counselling options in Vancouver

<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>

Free or low-cost counselling options in Victoria

<https://drcvictoria.com/wp-content/uploads/2018/02/VDRCFreeandAffordable-1.pdf>

Ontario

ConnexOntario

1-866-531-2600 or 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.

Distress and Crisis Ontario

1-416-408-4357 (HELP) or <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.

Ontario 211 helpline

[Tel:211](tel:211), toll-free: 1-877-330-3213, toll-free TTY: 1-888-340-1001

The Ontario 211 phone line is free and is answered 24 hours a day all year round. You can talk to people in more than 150 languages.

Victim Support Line

24/7 [Toll-free: 1-888-579-2888](tel:18885792888) Greater Toronto Area: [416-314-2447](tel:4163142447)

Victims of crime and their families have access to a wide range of services, including counselling, financial assistance and other supports.

Assaulted women's helpline

Ontario- Toll-free: 1-866-863-0511, Toll-free TTY: 1-866-863-7868, Greater Toronto Area (GTA)- Toronto: 416-863-0511, TTY: 416-364-8762, #SAFE (#7233)

Get 24/7 crisis counselling and referrals to shelters, legal advice and other help.

Toronto Mental Health and Addictions Access Point

1-416-408-4357 (HELP) or <http://theaccesspoint.ca>

A centralized point where you can apply for individual mental health and addictions support services and supportive housing.

Agencies that offer counselling services

<https://www.camh.ca/-/media/files/community-resource-sheets/psychotherapy-resources-camh-pdf.pdf>