

Resources for crisis support, counselling, and mental wellness support

Crisis phone support:

- [Crisis Services Canada](#) -24/7 -1-833-456-4566
- [211Ontario](#)- to find local organizations that provide counselling and mental health supports as well as many other social services
- [Trans Lifeline](#) (10am-4am EST) – 1-877-330-6366 (serves Canada and US)
- [Hope for Wellness Indigenous Help Line](#) (24/7) – 1-855-242-3310 and online chat
- Muslim Women’s Helpline – [Nisa Helpline](#) – 12/7 - 1-888-315-6472 (serves North America)
- [Assaulted Women's Helpline](#) – 24/7 – 1877-608-3898
- [Fem’aide](#) - Francophone helpline for women dealing with violence – 24/7 – 1-877-336-2433
- [Seniors Safety Line](#) - 24/7 - 1-866-299-1011
- [Kid Help Phone](#)- 24/7 - 1-800-668-6868
- [Boots on the Ground](#) Peer Support for First Responders - 24/7 – 1-833-677-2668
- [Good2Talk](#) – 24/7 - 1-866-925-5454 - helpline for post-secondary students

Text/Live Chat support:

- ONTX Ontario Online & Text Crisis Services (available 2pm-2am EST) – Text 258258
- [Crisis Services Canada](#) (available 4pm-12am EST) – Text ‘START’ to 45645
- [Assaulted Women’s Helpline](#) – Text to #SAFE or 7233
- [Kids Help Phone](#) - Text ‘CONNECT’ to 686868
- [LGBT Youthline](#) Live Chat or text to 647-694-4275

Websites:

- [Distress and Crisis Ontario](#) – Find crisis lines serving various regions of Ontario
- [ConnexOntario](#) – 24/7 access to health services information

Support specifically for Indigenous Peoples:

- [Hope for Wellness Indigenous Help Line](#) (24/7) – 1-855-242-3310 and online chat (Help in English and French and on request help is available in Cree, Ojibway and Inuktitut)
- [Substance use treatment centres for First Nations and Inuit \(sac-isc.gc.ca\)](#) – across Canada
- [Indian Residential Schools Mental Health Support Program](#) – 24/7 National Crisis Line -1-866-925-4419
- [Métis Nation of Ontario | Health and Wellness | Mental Health Demonstration Project \(metisnation.org\)](#) – 24/7 - Mental Health and Addictions Crisis Line - 1-877-767-7572

Support specifically for people from Black communities:

- [Black Mental Health Canada](#)
- [Pathways to Care](#)
- [Anti-black racism and Mental health resources](#) – Toronto-specific services

*If you have benefits at work, you can ask your employer if your benefits include an Employee and Family Assistance Plan (EFAP) or an Employee Assistance Plan (EAP). These plans often provide confidential help lines or counselling.