

Canada

Suicide Prevention

[Crisis Services Canada](#) Suicide Prevention Service: 1-833-456-4566

[Kids Help Phone](#) 24/7 national support service for young people under 30: 1-800-668-6868 or text 686868

[Hope for Wellness](#) 24/7 Help Line for all Indigenous peoples across Canada: 1-855-242-3310

[Canadian Association for Suicide Prevention](#) directory of local crisis lines in Canada

[Youthspace](#) online crisis and emotional support chat service: text 778-783-0177

Abuse and Domestic Violence

[National Domestic Violence Hotline](#): 1-800-799-7233 (Canada and U.S.)

[ShelterSafe](#) offers Provincial/Territorial list of crisis lines

[Canadian Network for the Prevention of Elder Abuse](#) (CNPEA) provides regional helplines

[Canadian Resource Centre for Victims of Crime](#): 1-877-232-2610

[Trans Lifeline](#) peer support service: 1-877-330-6366

[Childhelp](#) National Child Abuse Hotline: 800-422-4453 (Canada and U.S.)

[WAVAW rape crisis centre](#) national crisis and info line: 1-877-392-7583

[Klinic Sexual Assault Line](#): 204-786-8631 or 1-888-292-7565

Addiction

[Wellness Together Canada](#) mental health and substance use support: 1-866-585-0445 or text WELLNESS to 741741

[Canadian Centre on Substance Use and Addiction](#) offers a directory of provincial or territorial helplines

[ConnexOntario](#) for addiction, mental Health, and problem gambling services: 1-866-531-2600

[Health Canada](#) helpline to quit smoking: 1-866-366-3667

Bullying/Teens/Parenting

[BullyingCanada](#): 1-877-352-4497

[Kids Help Phone](#) 24/7 national support service for young people under 30: 1-800-668-6868 or text 686868

[PFLAG](#) LGBTQ+ peer-to-peer support: 1-888-530-6777

[Information Children](#) Parent Help Line for parents with children under 12: 778-782-3548

[Childhelp](#) National Child Abuse Hotline: 800-422-4453 (Canada and U.S.)

[LGBT Youthline](#): 1-800-268-9688 or text 647-694-4275

[Wellness Together Canada](#) mental health and substance use support: 1-866-585-0445 or text WELLNESS to 741741

[Youthspace](#) online crisis and emotional support chat service: text 778-783-0177

[Black Youth Helpline](#) national helpline for Canadian youth and families: 416-285-9944 or 1-833-294-8650

Eating Disorders

[National Eating Disorder Information Centre](#) (NEDIC): 416-340-4156 or 1-866-633-4220

Grief and Loss

[The Compassionate Friends of Canada](#): 1-866-823-0141

[BC Bereavement Helpline](#): 1-877-779-2223

[Bereaved Families of Ontario](#): 416-440-0290

[Canadian Forces Family Information Line](#) offering support for families of the fallen: 1-800-866-4546

LGBTQ+

[LGBT Youthline](#): 1-800-268-9688 or text 647-694-4275

[Trans Lifeline](#) peer support service: 1-877-330-6366

[PFLAG](#) LGBTQ+ peer-to-peer support: 1-888-530-6777

Mental Health

[Wellness Together Canada](#) mental health and substance use support: 1-866-585-0445 or text WELLNESS to 741741

[Mood Disorders Society of Canada](#): 613-921-5565

[Hope for Wellness](#) 24/7 Help Line mental health counselling and crisis intervention for all Indigenous peoples across Canada: 1-855-242-3310

[National Canada Mental Health Association](#) (CMHA): 416-646-5557 or find your local [CMHA branch](#)

[Naseesha](#) Mental Health Hotline for young Muslims: 1-866-627-3342

[Good2Talk](#) support services for post-secondary students in Ontario: 1-866-925-5454 and Nova Scotia: 1-833-292-3698