

NATIONAL RESOURCE DIRECTORY



CREATED BY MDSC NYAC



About Us

The Mood Disorders Society of Canada (MDSC) Youth Advisory Council is a network of students from colleges and universities across the country, aimed at engaging young adults in discussions about issues surrounding mental health in their own age demographic. We are seeking:

- Young Adults.
- To meet (virtually) quarterly.
- To engage in conversations about current mental health issues & consult on current MDSC initiatives.
- To formulate resources for young adults on mental health and accessing mental health services.
- To engage in fundraising events to support and promote peer-based mental health resources and programs.

Today's youth and students are the future leaders of society – it is our actions that will shape the future of mental health care and societal perception of mental health. We must work together to create a more progressive society that accepts that mental illness is nothing to be ashamed of and impress upon decision-makers that mental health services are necessary and must be accessible to all. Let's work together to create a more progressive society that accepts that mental health is health!

🇨🇦 Canada Wide 🇨🇦

Aspiria (Canada-Wide & International)

Offers video, telephone and e-counselling for students [here](#)

Body Brave (Canada-Wide)

[Free online eating disorder support and recovery programs](#)

Black youth helpline (Canada-Wide)

Referral assistance, family support, stay in school initiatives, and multicultural helpline



416-285-9944
Toll free 1-833-294-8650

Canada Crisis Support Services

[Search crisis support centres and helplines by region](#)

eMentalHealth.ca

[Search an extensive list](#) for mental health support/resources by location, category, fees, etc.

Hope for Wellness Helpline

Phone and [Online Chat](#) 24/7 support for Indigenous persons across Canada
Call: 1-855-242-3310

National Suicide Prevention and Support Line

Call 1-833-456-4566 (Available 24/7)
Text 45645 (Available 4pm to Midnight ET)

(NEDIC) National Eating Disorder Information Centre (Canada-Wide)

Helpline and [online chat](#)
Toll Free 1-866-633-4220
Toronto 416-340-4156

Real Campus (For participating universities across Canada)

Click [here](#) to access therapy, virtual doctor's visits, lifestyle counselling courses

Youth Space

[Online chat](#) available for youth under 30 from 6pm - midnight (PST)



Apps & Digital Resources

Calm in the Storm App

Use the [Calm In The Storm App](#) to learn to identify and moderate stress in everyday life. Create a safety plan, track progress with check-ins, listen to audio recordings to relieve stress, and get personalized recommendations.

BC

KUU-US Crisis Line Society (Province-wide)

24/7 crisis line for Aboriginals in BC

Adults/elders: 250-723-4050)

Youth: 250-723-2040

Toll Free: 1-800-588-8717

Telecare Crisis & Caring Telephone Line (Province-wide)

Christian crisis intervention, emotional support, and referrals

Toll free: 1-888-852-9099

Youth Space Text Line

For people under 30, available 6pm-midnight at (778) 783-0177

BC Suicide Crisis Line

Call: 1-800-SUICIDE

Coastal Region

Vancouver Crisis Centre

[Online chat](#) serving BC and Yukon

Toll Free: 1-866-661-3311

Toll Free TTY: 1-866-872-0113

Fraser Valley

Fraser Health 24/7 Crisis Line

Call: 604-951-8855

Toll Free: 1.877.820.7444



Options Community Services

Find family, crisis, housing, inclusion, and substance use support [here](#)

Telecare Crisis and Caring Phone Line

Christian intervention and support in Abbotsford and Mission
604-852-9099

Northern BC

Northern BC Crisis Line 24/7 telephone support

Call: 250-563-1214
Toll Free: 1-888-562-1214

Richmond, South Delta, Ladner & Tsawwassen

CHIMO

Crisis phone line and [counselling](#) and transition housing
Crisis Phone Line (8am - midnight) 604-279-7070
Nova Transition House: 604-270-4911

SUCCESS Chinese Helplines

Cantonese Crisis Line (10am-10pm): (604) 270-8233
Mandarin Crisis Line (10am-10pm): (604) 270-8222

Vancouver Island

Vancouver Island Crisis Line

24/h telephone Call: 1-888-494-3888
Text: (250) 800-3806
Online chat: www.viccrisis.ca

Alberta

Calgary

Distress center calgary

Call 403-266-HELP for 24 hour crisis support and referrals

ConnecTeen Youth Helplines

[Confidential online chat](#)
Call (24/7) 403.264.8336



Text (weekdays 3-10pm & weekends 12-10pm): 587-333-2724

Wood's Homes Youth Centre & Online/Telephone Resources

[e-Therapy](#)

Crisis line (24/7): (403) 299-9699

Toll Free(24/7): 1-800-563-6106

Textline (9am-10pm MST): 587-315-5000

If lines are busy, e-mail crtsupport@woodshomes.ca and someone will call you

[Live Chat \(9am - 10pm MST\):](#)

Chinook Health Region & South Calgary Region

Distress and Suicide Prevention Line of Southwestern Alberta

Crisis line (24/h) (403) 327-7905

Toll-Free: 1-888-787-2880

Edmonton & Northern Alberta

CMHA 24hr Crisis line

780-482-HELP (4357)

Toll Free: 1-800-232-7288

Fort McMurray & Northeastern Alberta

24/h Crisis Line

780-743-HELP(4357)

Toll Free: 1-800-565-3801

Some Other Solutions

[Counselling](#)

[Children & Youth Community Programs](#)

Lakeland Region

Dr. Margaret Savage Crisis Centre

24/h Helpline: 780.594.3353

Toll Free: 1.866.594.0533



Cold Lake Community Support Programs

Including teen support groups
780-594-5095

Bonnyville Community Support Programs

780-826-2656

Joie's Phoenix House, Cold Lake AB

[Second stage housing for women and children](#)

Strathmore & Area

Wheatland Crisis Society

24/h crisis line: 1-877-934-6634
[Strathmore Emergency Shelter](#)

St. Paul

Capella Centre Womens' Shelter

<https://capellacentre.ca>
24/h support line: 780-645-5195
Toll Free: 1-800-263-3045

Saskatchewan

Suicide Crisis Line: Call HealthLine at 8-1-1

Five Hills

Five Hills Mental Health & Addictions Services

Crisis Line Toll Free (8am-5pm, M-F): 1-877-564-0543

Offering both **adult and youth programs**, assessments, skills training,
and referrals

Central Intake Line: 306-691-6464

Drop-in Single-Session counselling Wednesday evenings from 4:30-6:20 p.m

Crescent View Clinic, 131 1st Avenue NE, Moose Jaw



Northeast Region

Northeast Outreach and Support Services ([NEOSS](#))

Toll Free Crisis Line (24h) 1-800-611-6349

Women's Shelter, community home, walk-in counselling

306-752-9464

Regina

Mobile Crisis Services (1646 11 th Ave Regina, Sk)

Mobile Crisis Line: (306) 757-0127

Crisis Suicide Helpline: (306) 525-5333

[Shelters and Available Beds](#)

Saskatoon

24/7 emergency crisis response service: (306) 933-6200

103 – 506 25th St East Saskatoon, Saskatchewan

Southwest Region

Southwest Crisis Services ([SWCS](#))

Sexual assault support services, counselling, group programs, referrals, and education

Call: 306-778-3386 or e-mail swcsoutreachmanager@sasktel.net

24/h support line: 306-778-3386

Toll free: 1-800-567-3334

Manitoba

Manitoba Suicide Prevention & Support Line (24/7): 1-877-435-7170

Klinic Community Health

Crisis Line (204) 786-8686 or Toll free: 1-888-322-3019

Drop-In Counselling (Currently operating by phone)

Call 204-784-4090 (9:00am-5pm) to schedule a same-day telephone appointment

*If you don't have phone access the **Crisis Response Centre (CRC)** at 817 Bannatyne Ave continues to be open.



[Wellness and Support Groups](#)

Sexual Assault Crisis Line

Toll free: 1-888-292-7565

[Manitoba Government list of Regional Contacts for Mental Health Support](#)

Winnipeg

Sexual Assault Crisis Program in-Person Counselling

Intake: (204) 784-4059

Winnipeg Sexual Assault Crisis Line: (204) 786-8631

Ontario

Aboriginal Mental Health Resources across Ontario

[Download PDF](#) from the Ontario Aboriginal Health Advocacy Initiative (OAHA, 2015)

Assaulted Women's Helpline (Ontario-Wide)

Confidential crisis counselling, safety planning, emotional support and referrals for any woman in Ontario experiencing abuse

GTA: 416-863-0511

GTA teletypewriter: 416-364-8762

Toll-free: 1-866-863-0511

Teletypewriter: 1-866-863-7868

ConnexOntario

Free addiction and mental health treatment services provided by the Government of Ontario

Call: 1-866-531-2600

[Web Chat](#)

LGBT Youthline (Ontario-wide)



Live telephone or text chat with peer support volunteers

TEXT: 647-694-4275

<https://www.youthline.ca>

Instagram: [@lgbtyouthonline](https://www.instagram.com/lgbtyouthonline)

Hamilton

Crisis Support: COAST (Crisis Outreach and Support Team)

Call: 905-972-8338

Barrett Centre for Crisis Support

[Details](#)

24-Hour Crisis Line: 905.529.7878

Toll-free: 1.844.777.3571

Mohawk college

[Connect to wellness](#)

McMaster

Providing the majority of student wellness services online and by virtual appointment. Details [here](#).

Email swc@mcmaster.ca or phone 905-525-9140 ext. 27700

[Online wellness programs](#)

Guelph

[UofG Student Wellness](#)

[Arch Guelph](#) (LGBT and HIV/AIDS resources)

Ottawa

[Listing of Mental Health and Substance Use Resources in Ottawa](#)

Toronto

[The Progress Place Warm Line](#)

[University of Toronto My Student Support Program \(My SSP\)](#)

Multilingual counselling service. Phone or text. 24 hours.

[Hong Fook Mental Health Association](#)

Queen's/Kingston



[Empower-me](#)

phone counselling with registered professionals
[Queen's Mental Health Student Wellness Services](#)
[TAO](#) (Therapy Assistance Online)
[Kingston Addiction and Mental Health Services](#)
[Helplines-local-services](#) (list of resources)
[Ressources-communautaires](#) (list of resources)

Quebec

[All Mental Health Resources \(Publicly Funded and Non-Profit\)](#)

[Suicide Action Montreal Crisis Line](#)

1-866-277-3553 (Toll Free)
514-723-4000 (Crisis Line)

[Le Centre D'Aide](#) (Outaouais)

24/7 crisis and distress services
819-595-9999

[Centre Interligne Inc.](#)

514-866-0103

Nova Scotia

24/7 Mental Health Crisis Line

1-888-429-8167

Bullying Helpline

1-902-490-7283

[Avalon Sexual Assault Centre/Sexual Assault Nurse Examiner](#)

1-902-425-0122 (Crisis Line)
24 hour emergency response
Services to females, males and trans persons
Expert testimony in a court of law
Supportive follow-up for victims
Storage of forensic evidence for six months



[Gambling Support Network](#)

1-888-347-8888 (Toll Free)

Halifax

Mental Health Mobile Crisis Team

902-429-8167

[Bryony House](#) (Central Nova Scotia)

1-902-429-9002

New Brunswick

Chimo Helpline

1-800-667-5005 (24hrs a day)

Live Chat online 5pm-12am daily

Saint John Mobile Crisis Services

1-888-811-3664

[UNB Counselling Services](#)

(506) 453-4820

Therapist Assisted Online

Private online self-help 24/7

Sign up with your UNB university email address at

thepath-ca.taconnect.org and use enrollment key *Unb1785!*

Real Campus UNB

PEI

[List of Mental Health Services](#)

[Mental Health Programs From Home \(PDF\)](#)

Mental Health and Addictions Information Line

1-833-533-9333

The Island Helpline

1-800-218-2885 (toll-free)

Available 24-hours, seven days a week

[Student Well-Being Teams](#)

[Changeways Core Program](#) (Charlottetown, Montague, Riverside & O'Leary)

Support for dealing with low mood and depression



Territories

Vancouver Crisis Centre Online chat (BC and Yukon)

NWT Helpline

1-800-661-0844

Strongest Families Institute

Services provided by distance to children, families and youth

Programs available in English and French

Supports for Anxiety and Behaviour Difficulties

Newfoundland & Labrador

Doorways Walk-In Counselling

Virtual, Telephone, and in-person

(709) 752-4903 or visit Building 532, Pleasantville (Back of building on Roosevelt Ave)

24hr Mental Health Crisis Line

1-888-737-4668

CHANNAL Peer Support (Mental Health) Warm line

1-855-753-2560

[Bridge the gApp](#)

Mental health resources for adults and youth

Thrive

[Directory of Health Services](#)

[Schizophrenia Society of NL](#)

[NL Sexual Assault Crisis and Prevention Centre](#)

24 Hr Support and Information Line: 1-800-726-2743

[Planned Parenthood NL](#)