

Grief and Mental Health Support

Canada-Wide

- Naseeha Mental Health Helpline
 - 1-866-627-3342
- Khalil Center (A Zakat Foundation Project)
 - 1-855-5HELPHKC
- Nisa Homes Helpline
 - 1-888-315-6472

British-Columbia

- Resources - Health Link BC

Alberta

- Youth Addiction Mental Health
- Mental Health Helpline: 1-877-303-2642
- 24 Hour Addiction Help Line 1 877-332-2322
- <https://calgaryconnecteen.com/>

Saskatchewan

- (Central Saskatchewan) West Central Crisis and Family Support Centre – Mon - Fri 9 am-noon, 1 pm - 5 pm (After Hours: 306-933-6200) - 306-463-6655
- (North Saskatchewan) Piwapan Women's Centre – Crisis Line – 24/7 Hours - 306-425-4090
- Prince Albert Mobile Crisis Unit Mon - Fri 4 pm - 8 am, Sat-Sun 24 hours - 306-764-1011
- Regina Mobile Crisis Services – Mobile Crisis Hotline – 24/7 Hours - 306-757-0127
- Saskatoon Mobile Crisis – 24/7 Hours - 306-933-6200
- (South West Saskatchewan) Southwest Crisis Services – 24/7 Hours - 1-800-567-3334

Manitoba

- Clinic Crisis Line
 - 204-786-8686 or 1-888-322-3019 or TTY 204-784-4097
- Manitoba Suicide Prevention & Support Line
 - 1-877-435-7170 (1-877-HELP170)
- Kids Help Phone (national line available to Manitoba Youth)
 - 1-800-668-6868
- Clinic Sexual Assault Crisis Line
 - 204-786-8631 or 1-888-292-7565 or TTY 204-784-4097
- Manitoba Farm, Rural & Northern Support Services
 - supportline.ca - online counselling - 1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)
- First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310
 - Counseling available in English and French - upon request, in Cree, Ojibway, and Inuktitut



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Ontario

- Kids Help Phone
- Good2Talk
- Mental Health Helpline
- Ontario Distress Centre
- Mental health services for children and youth
- Anishnawbe Health Toronto
 - (416) 920-2605, 416-360-0486
- Tangerine Walk-In Counselling
 - (905) 795-3530
- Family Services of Peel
 - (905) 452-5775

Québec

- Tel-jeunes Helpline at 1-800-263-2266 or text 514-600-1002.
- Kid's Help Phone (ages 5-20) at 1-800-668-6868

New Brunswick - Nouveaux Brunswick

- Mobile mental health support
 - 1-888-3664
- Chimo Helpline
 - 1-800-667-5005

Nova Scotia

- Mental Health Mobile Crisis Team (MHMCT)
 - 24/7 Provincial Telephone Crisis Line for children, youth, or adults who are experiencing a mental health crisis.
- Kids Help Phone is Canada's only bilingual phone and online counseling service for youth. It's free, anonymous, and confidential.
 - 416-586-5437
- Bullying Help Line
 - Bullying is a terrible experience for children and teenagers which can easily lead to long-lasting emotional scars. As a child, parent, teacher, or adult.
 - 1-902-490-7283



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- Avalon Sexual Assault Centre / Sexual Assault Nurse Examiner Program (SANE)
 - We are in partnership with: * IWK Health Centre * QE II Health Sciences Centre * Dartmouth General Hospital * Cobequid Community Health
 - 1-902-422-4240
- Bryony House
 - We provide safe shelter and support services for women and families impacted by intimate partner violence and abuse. We offer the following programs:
 - 1-902-429-9002
- First Nations and Inuit Hope for Wellness Help Line
 - If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away. Service is available in Cree, Ojibway, Inuktitut, English, and French.
 - 1-855-242-3310
- Crisis Services Canada
 - Crisis Services Canada evolved out of the Canadian Distress Line Network – a national network of existing distress, crisis, and suicide prevention line
 - 1-833-456-4566 (Crisis Line)

Prince Edward Island

- Mental Health and Addictions Information Line
 - 1-833-533-9333
 - Calls are answered by trained mental health and addictions staff - Available 8 a.m. – 4 p.m. Monday to Friday
- The Island Helpline
 - 1-800-218-2885 (toll-free) - Available 24-hours, seven days a week
- Kids Help Phone
 - 1-800-668-6868 (toll-free) - Available 24 hours, seven days a week

Newfoundland and Labrador

- Newfoundland and Labrador kids help phone
 - 1 (800)-668-6868
- 24-hour province-wide mental health crises phone line
 - (709)- 737-4668
- Bridge the Gap mental health crises line
 - 1-888-737-4668
- Newfoundland and Labrador Health line
 - 1-888-709-2929

