

Mental Health and Wellness Resources

Resources for Residential School Survivors and those in need of support:

National IRS Crisis Line

1-866-925-4419

IRSS Telephone Support Line

1-800-721-0066

FN & Inuit Hope for Wellness Help

1-855-242-3310

Native Youth Crisis Hotline

1-877-209-1266

Anishnawbe Health Toronto Mental Health Crisis Line

Improves health and well-being with Anishnawbe Health Toronto traditional healers, Elders and medicine people, and other health professionals.

416-360-0486 or 416- 920-2605 (9:00 a.m. – 5:00 p.m.)

<http://aht.ca/>

Mental health distress contacts in the community:

Canadian Suicide Prevention Service

1-833-456-4566

www.crisisservicescanada.ca

University of Toronto

Feeling distressed?

<https://studentlife.utoronto.ca/wp-content/uploads/Feeling-distressed.pdf>

Black Youth Helpline

Responds to the need for a Black youth specific service and promotes access to professional, culturally appropriate support for youth, families and schools.

1-833- 294-8650 every day from 9 a.m. – 10 p.m.

<https://blackyouth.ca/>

ConnexOntario Helpline

Support and treatment services for people experiencing problems with gambling, drugs, alcohol and/or mental health.

1-866-531-2600

<https://www.connexontario.ca/>

Distress Centres

Provides crisis and emotional support and suicide prevention, intervention and postvention services to individuals in our community.

416-408-4357

<https://www.torontodistresscentre.com/>

Gerstein Centre Crisis Line

Provides mental health crisis support, strategies for addressing immediate problems and connections to services offering ongoing support.

416-929-5200

<http://gersteincentre.org/>

LGBTQ Youthline

Confidential, non-judgmental and informed LGBTTTQQ2SI peer support.

1-800-268- 9688

<https://www.youthline.ca/>

Spectra Helpline

Spectra Helpline is a 24/7 Helpline providing confidential crisis and suicide intervention and emotional support. Text and chat options are also available.

905-459- 7777 (Multi-lingual helplines are available Monday to Friday, 10:00 a.m. to 10:00 p.m. in eight languages: Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu.)

<https://www.spectrahelpline.org/>

Crisis Support Peel Dufferin

Community crisis service offering supports to adults 16 and older experiencing a mental health or addictions crisis; individuals having difficulties coping; and family, caregivers, and friends needing support.

905-278-9036 or 1-888-811-2222 in Caledon and Dufferin.

<https://cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/>

Canadian Suicide Prevention Service

1-833-456-4566

www.crisisservicescanada.ca

Apps and other mental health resources:**Big White Wall**

An online chat-based mental health and well-being service offering self-help programs, creative outlets and a community that cares.

<https://bouncebackontario.ca/>

BounceBack Ontario

A free skills-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

1-866-345-0224

<https://bouncebackontario.ca/>

Government of Ontario

Mental Health Support Resources

<https://www.ontario.ca/page/find-mental-health-support>

Canadian Mental Health Association

Mental Health Resources Serving Toronto

https://toronto.cmha.ca/wp-content/uploads/2018/02/Mental_Health_Quick_Guide_2018.pdf

Canadian Mental Health Association

Provincial Mental Health Supports (Ontario)

<https://ontario.cmha.ca/provincial-mental-health-supports/>

Canadian Suicide Prevention Service

1-833-456-4566

www.crisisservicescanada.ca

Workplace Strategies for Mental Health

Includes organizational strategies, approaches for people leaders, and resources for employees

<https://www.workplacestrategiesformentalhealth.com/topic/Resources-for-employees>

Canadian Mental Health Commission

A Practical Toolkit to Help Employers Build an Inclusive Workforce

https://www.mentalhealthcommission.ca/sites/default/files/2019-01/aspiring_workforce_toolkit_2019_eng.pdf

Disclaimer: OSPE does not provide oversight, endorsement, or financial support to any of the groups listed above. These are publicly available resources.