



**AN INTRODUCTION TO MENTAL HEALTH
AND CRISIS SERVICES CANADA WIDE**

[July 2019]

Service finders, what are they?

Service finders are websites that provide support in finding mental health, medical health, and community/social services that best fit your needs. They often offer confidential phone and online chat support in addition to the online search tool.

National websites

www.ementalhealth.ca

Canada-wide directory and search tool for mental health resources. Also provides general mental health information.

<http://cmha.ca/mental-health/finding-help/>

A national community based organization website with useful resources on a variety of mental health topics

<http://www.camh.net/education/index.html>

Canadian information and resources page for the treatment and management of various mental health conditions

Ontario

ConnexOntario.ca – 1-866-531-2600

They provide an online search tool and 24/7 telephone or online chat support for help with addiction, mental health, & problem gambling resources.

211Toronto.ca

Directory and search tool for community and social services in Toronto, and Durham, Peel, and York Region. You can also call 2-1-1 for free, confidential, 24/7 support with resources

Co-ordinated access to addiction services - 1-855-505-5045 between 9 a.m. to 4:30 p.m. Monday to Friday

When a client calls they are asked a few brief questions about their situation. Based on this information, a range of options are presented and referrals are made to programs within the community.

<http://www.stmichaelshospital.com/pdf/programs/coordinated-access-addiction-services.pdf>

Sunnybrook Family Navigation Project - 1-800-380-9367

Provides support in navigation of the mental health and addictions service system for youth aged 13-26 and their families, who are live in Toronto and GTA

Toronto Seniors Helpline (Community Navigation and Access Program) - 416-217-2077 or 1-877-621-2077 cnap.ca/

A single point of access for seniors and caregivers to receive information and access to community, home, and crisis services.

www.thehealthline.ca

Directory and search tool for health care and community resources across Ontario

British Columbia

HealthLink BC - dial 8-1-1

A 24-hour resource for confidential health information and advice. HealthLink BC provides access to non-emergency health information and advice in British Columbia. Information and advice is available by telephone, a website and a mobile app.

MindHealthBC - www.mindhealthbc.ca

An evidence-based online service will make it easier to find the help you need for depression, anxiety, and other mental health and substance use conditions.

Alberta

Alberta Provincial mental health services - <https://www.albertahealthservices.ca/findhealth/service.aspx?id=6810>

Provides toll-free, 24/7 telephone service, which offers help for mental health concerns for Albertans

Manitoba

Manitoba provincial mental health services - https://www.gov.mb.ca/betterhealth/health_services/mental_health_services.html

These services are provided through regional health authorities, the Selkirk Mental Health Centre and self-help and family support organizations.

Saskatchewan

Saskatchewan provincial mental health services - <https://bit.ly/2WZlhPY>

Find resources for mental health issues in Saskatchewan, including depression and suicide, post-trauma stress, eating and mood disorders and the benefits of positive thinking.

Crisis services

Toronto/Ontario

Agency	Description	Phone Number
Assaulted Women's Helpline	24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse.	1-866-863-0511 416-863-08511 TTY 1-866-863-7868 TTY 416-364-8762 Mobile #SAFE
Distress Centers	24-hour telephone support for crisis intervention.	416-408-4357
Gerstein Centre	24 hour crisis line for adults. Mobile outreach can be provided.	416-929-5200
Kids Help Phone	24 hour support for children aged 5-20.	1-800-668-6868
Toronto Rape Crisis Line	24 hour rape crisis support, a counselor is paged via answering service, and contact is made within a timely fashion.	416-597-8808
Women's College Hospital: Sexual Assault / Domestic Violence Care Centre	Emergency and follow up care; collection of forensic evidence; safety planning; individual counseling	416-323-6040

Crisis text and chat services Canada wide

Service	Description	Details
Kids Help Phone	24 hour support for children aged 5-20	Text services: Text "CONNECT" to 686868 (also serving adults) Chat services: (6pm-2am ET): www.kidshelpphone.ca
Youth Space	Suicide Prevention, Education & Support	Youth text (6pm-12am PT): (778) 783-0177 Youth chat (6pm-12am PT): www.youthspace.ca
Vancouver Crisis Centre	British Columbia	Crisis chat line: 1-800-784-2433
Vancouver Crisis Centre	British Columbia	Crisis chat online: www.crisiscentreachat.ca
Prince George Crisis Line	Northern BC	Youth Support: (250) 564-8336 Crisis chat: www.northernyouthonline.ca
Vancouver Island Crisis Line & Chat	Vancouver Island	Crisis text: (250) 800-3806 Crisis chat: www.vicrisis.ca
Distress Centre Calgary	Alberta, Calgary & Area	Crisis chat support: www.distresscentre.com Crisis text & chat support: www.calgaryconnecteen.com
Wood's Home	Alberta, Calgary & Area	Crisis text & chat support: www.woodshomes.ca
MB Farm, Rural & Northern Support Services	All of Manitoba	Monday-Friday 10am-9pm: 1-866-367-3276 Online crisis chat: www.supportline.ca
Ontario Online & Text Crisis Service	All of Ontario	Crisis text (2pm-2am ET): 741-741 Crisis chat (2pm-2am ET): www.dcontario.org/ontx.html