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**Canada:****Better Help**

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

Online access to professional counsellors. On the web, and available for iPhone and Android users.

**Bounce Back (CAHM)**

<https://bounceback.cmha.ca/>

BounceBack is a free program from the Canadian Mental Health Association (CMHA) that helps you build skills to improve your mental health.

**Canadian Counselling and Psychotherapy Association**

<https://www.ccpa-accp.ca/>

**Canadian Crisis Centres**

<https://thelifelinecanada.ca/canadian-crisis-centres/>

A comprehensive list of Crisis Lines for each province and territory.

**Canadian Mental Health Association (CMHA)**

<https://cmha.ca/>

CMHA is a nationwide organization that promotes mental health and supports people recovering from mental illness.

**Canadian Psychological Association**

<https://cpa.ca/public/whatisapsychologist/PTassociations/>

A listing of all provincial/territorial psychologist associations.

**Canadian Psychological Association**

<https://cpa.ca/public/whatisapsychologist/regulatorybodies/>

A listing of all provincial/territorial psychologist regulatory bodies.

**Crisis Services Canada 9-8-8 Suicide Crisis Helpline**

<https://988.ca/>

Offers 24-hour support service to people in Canada who are in distress, suicidal or in crisis.

**eMentalHealth.ca**

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

Comprehensive database of resources in communities across Canada.

**Hope for Wellness Help Line**

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

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent counsellors can help those who wish to talk, are distressed, in crisis, or having strong emotional reactions and or painful memories. Online chat is also available.

**Kids Help Phone**

<https://kidshelpphone.ca/>

Canada's only 24/7 national service offering professional counselling, information, referrals, and volunteer-led, text-based support for young people.



### MonSTRESSity

<https://mindyourmind.ca/tools/monstressity>

MonSTRESSity is an interactive online game to help you cope in different situations where you might experience anxiety.

### Multicultural Mental Health Resource Centre

<https://multiculturalmentalhealth.ca/services/local-organizations>

Information on mental health for immigrants and refugees.

### MyHEARTSMAP - Mental Health Self-Assessment Tool and Information

<https://youthmyheartsmap.trekk.ca/>

<https://trekk.ca/resources/myheartsmap-mental-health-self-assessment-tool-and-information/>

MyHEARTSMAP is a digital tool that will help families, children and youth self-assess their mental health needs. Once the self-assessment is completed, the tool will recommend appropriate resources. This tool has been found to be highly reliable and can provide options for seeking care other than the emergency department or can provide doctors with valuable information in the ED.

### Strongest Families (Telehealth)

<https://strongestfamilies.com/>

Strongest Families Institute provides evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach supporting families over the phone and Internet in the comfort and privacy of their own home. Strongest Families provides family centered care that is customized to their needs. Programs are designed to support children and youth from 3-17 years of age.

### The LifeLine App

<https://thelifelinecanada.ca>

Direct access to phone, online chat, text, and email crisis support. E-counselling, self-management tools, access to crisis centres across Canada. Available for iPhone and Android users.

### Togetherall

<https://togetherall.com/en-ca/>

Free online network that offers anonymous, peer-to-peer mental health services 24 hours a day, seven days a week. Clinical moderators monitor the platform and direct users to available and appropriate free resources.

### Worry Rockets

<https://kidshelpphone.ca/get-info/worry-rockets>

Worry Rockets is an online game to help "launch" your worries away.

## Alberta:

### Access Mental Health

<https://www.albertahealthservices.ca/services/Page11443.aspx>

The service connects to addiction and mental health programs within Alberta Health Services. Provides information, consultation, and referral to individuals residing in the Calgary zone who have addiction and/or mental health concerns.



### Alberta Addiction and Mental Health

<https://www.alberta.ca/addiction-mental-health.aspx>

Provincial government website with an overview of the mental health resources in the province.

### Alberta Counselling Centre

<https://albertacounselling.ca/>

Alberta Counselling Centre provides comprehensive psychoeducational assessments and counselling for children, adolescents, and adults.

### Alberta Health Link

<https://www.albertahealthservices.ca/info/Page12630.aspx>

Call 811 to have an Information & Referral Specialist help find the service that's right for you. We're available 24/7 to help.

### College of Alberta Psychologists

<https://cap.alinityapp.com/Client/PublicDirectory>

### ConnecTeen

<https://calgaryconnecteen.com/>

ConnecTeen is a confidential peer support service for youth in Calgary and area. It is a program of Distress Centre.

### Distress Centre Calgary

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

Distress Centre Calgary (DCC) provides 24-hour crisis support, professional counselling, youth peer support and referrals through 211 and our programs at SORCe.

### Indigenous Mental Health Program

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1017002>

The program provides culturally appropriate mental health care and support for Indigenous clients. The program works closely with nurses, physicians, and other service providers to facilitate a holistic approach to care.

### InformAlberta.ca

<https://informalberta.ca/public/common/viewSublist.do?cartId=1017156>

Zone specific list of resources.

## British Columbia:

### 24-Hour Crisis Line KUU-US Crisis Line Society

<https://www.kuu-uscrisisline.com/24-hour-crisis-line>

Operates a 24-hour provincial crisis and counselling line for First Nations Elders, adults, children and youth in need throughout BC. Services include follow-up or continuum care, risk assessments, safety monitoring, and 24-hour mobile outreach.

### 310 Mental Health Support

<https://crisiscentre.bc.ca/distress-services/>

Provides a toll-free number connecting callers to a BC crisis line, without a wait or busy signal. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.



### Battered Women's Crisis Line

<https://www.bwss.org/support/crisis-support/>

Provides telephone-based crisis support and victim services to women dealing with violence and or the effects of abuse, childhood sexual abuse, and adult sexual assault. Callers receive emotional support, coping strategies, safety planning, community resource information, and referrals to transition houses, medical services, and lawyers. Specialized support for immigrant and aboriginal women is also available.

### BC Children's Hospital - Mental Health Services

<http://www.bcchildrens.ca/our-services/mental-health-services>

Mental Health Services at BC Children's Hospital provides psychiatric assessment, short-term individual, family and group treatment and medication review.

### BC Mental Health and Substance Use Services

<http://www.bcmhsus.ca/>

BC Mental Health & Substance Use Services (BCMHSUS), an agency of the Provincial Health Services Authority (PHSA), provides a range of specialized mental health and substance use services for adults across the province.

### Chimo Crisis Line - Richmond

<http://www.chimoservices.com/get-help/crisis-line>

Provides free, confidential emotional support and information to individuals in distress, crisis or who need someone to talk with. Professional volunteers are available by telephone or online chat.

### Chinese Help Lines

<https://successbc.ca/counselling-crisis-support/services/help-lines/>

Provides confidential, culturally sensitive telephone support, information, and referral to the Chinese community in both Cantonese and Mandarin. Trained volunteers provide emotional support and referrals to community resources that can help to address a wide range of life issues.

### College of Psychologists of British Columbia

<https://collegeofpsychologists.bc.ca/verify/>

### Compass Mental Health

<https://compassbc.ca/>

Compass is a province-wide service to support evidenced based care to all BC children and youth living with mental health and substance use concerns. Compass helps community care providers such as family physicians, nurse practitioners, public health nurses, pediatricians, psychiatrists, child and youth mental health teams, and substance use teams provide timely and appropriate care close to home for every child and youth in British Columbia.

### Crisis Centre Chat

<https://crisiscentreachat.ca/>

Provides online, one-on-one chat, for adults in emotional distress who need safe, confidential, and non-judgemental support and information. Trained volunteers can also provide topic-specific information and resources to caregivers and professionals looking to learn more about various mental health related issues.



### Crisis Intervention and Suicide Prevention Centre of British Columbia

<https://crisiscentre.bc.ca/>

Provides a confidential, 24-7 toll-free crisis line for people who are feeling suicidal, are concerned for someone who might be suicidal, or for emotional support. Crisis line workers can provide intervention through emergency mental health teams or other emergency services and may also refer callers to their local crisis centre for additional support and information.

### Crisis Line - East Kootenays

<https://kootenays.cmha.bc.ca/programs-services/crisis-line/>

Provides 24-hour telephone help for anyone in crisis. A trained staff member or volunteer is available to listen, provide information, and support in an anonymous and confidential manner. Program offers suicide intervention, information about available services, and non-judgmental support during challenging times.

### Crisis Line - Kelowna South Okanagan

<https://kcr.ca/family-services/crisis-line/>

Provides 24-hour telephone help for anyone in crisis. Trained volunteers provide emotional support, resources, referrals, and crisis intervention. Crisis Line workers may refer callers to appropriate community or professional resources and if needed may intervene in life-threatening or emergency situations.

### Find Help Now - Cariboo Chilcotin BC

<https://cariboo.cmha.bc.ca/find-help-now/>

Provides 24-hour telephone help for anyone in crisis. A trained staff member or volunteer is available to listen, provide information, and support in an anonymous and confidential manner. Program offers suicide intervention, information about available services, and non-judgmental support during challenging times.

### Foundry

<https://foundrybc.ca/>

Foundrybc.ca offers health and wellness resources, services, and supports for young people ages 12-24 across BC.

### Fraser Health Crisis Line

<https://www.options.bc.ca/program/fraser-health-crisis-line>

Provides 24-hour, free and confidential emotional support, crisis intervention and community resource information to individuals in need. Callers are invited to discuss the causes of their distress and explore possible options with the intent to increase coping ability. Outreach may be performed in cases where individuals may harm themselves, an individual threatens to harm another person, or a third-party report that another person may cause self-harm. Serves the Fraser Health Region.

### Health Link BC

<https://www.healthlinkbc.ca/services-and-resources/find-services>

List of mental health services in BC.

### HereToHelp

<https://helpstartshere.gov.bc.ca/>

Provincial government website with an overview of the mental health resources in the province.



### Kelty Mental Health Resource Centre

<https://keltymentalhealth.ca/>

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources and peer support to children, youth and their families from across B.C. Contact the Kelty Mental Health Resource Centre toll-free anywhere in B.C. by phone (1-800-665-1822), email (keltycentre@cw.bc.ca), or in person at BC Children's Hospital.

### Kootenay Boundary Regional Crisis Line

<https://www.trailfair.ca/crisis-legal-assistance-services/>

Provides 24-hour telephone help for anyone in crisis. A trained staff member or volunteer is available to listen, provide information, and support in an anonymous and confidential manner. Program offers suicide intervention, information about available services, and non-judgmental support during challenging times.

### MindHealthBC

<http://www.mindhealthbc.ca/>

Developed by Vancouver Coastal Health and Providence Health Care, MindHealthBC provides easy access to information and resources related to mental health and substance use conditions.

### People in Need Crisis Line - North Okanagan

<http://www.interiorcrisisline.com/>

Provides 24-hour telephone help for anyone in crisis. A trained staff member or volunteer is available to listen, provide information, and support in an anonymous and confidential manner. Crisis chat and text services are also available.

### Vancouver Island Crisis Line

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

Provides 24-hour crisis line support including suicide assessment, crisis intervention, access to mental health crisis response services, and island-wide community resources. Also offers crisis text services and online chat.

## Manitoba:

### Anxiety Disorders Association of Manitoba

<http://www.adam.mb.ca/>

Provide Cognitive Behavioural Programs (CBP), and ongoing support groups for the prevention, education, early intervention, and management of anxiety disorders to adults. Provide resources for children, adolescents, adults, families, employers, and health care professionals.

### Artbeat Studio

<http://artbeatstudio.ca/>

Artbeat Studio Inc. runs unique community-based, self-directed, peer-supported programming. It provides social supports, working art studio and gallery space, and mentorship for individuals living with mental illness for the purpose of recovery and empowerment.

### Aulneau Renewal Centre

<https://aulneau.com/>

The Aulneau Renewal Centre works with individuals, couples, and families to develop therapeutic plans that meet their specific needs through therapy, education, support, and guidance. Specialized CFS Therapeutic Counselling and training programs. Attachment based and trauma informed.



### Aurora Family Therapy Centre

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

Individual, couple and family therapy Newcomer Community Development program Grief programs  
Homicide Bereavement Program (free to participants) and Unresolved Loss Program.

### CMHA Mental Health Resources for Winnipeg

<https://www.cmhaacrossmb.ca/your-mental-health/finding-help/>

Scroll down and click on “Download Resource Guide” on the left-hand side to see a list of Mental Health Resources in Winnipeg

### Indigenous Cultural Healing, Mental Health and Wellness

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports>

Comprehensive list of resources for Indigenous People in Manitoba.

### Klinik Community Health

<https://klinik.mb.ca/>

Crisis support, in-person counselling, wellness and support groups Education and training in mental health awareness, suicide prevention, self-care and stress management, self-injury, crisis counselling skills, becoming trauma-informed, trauma informed care and vicarious trauma Teen Talk youth mental health, substance use awareness, harm reduction and prevention, sexuality, body image, issues of violence Drop in counselling available at either 545 Broadway or 845 Regent Ave.

### Klinik Crisis Support

<https://klinik.mb.ca/crisis-support/>

### Klinik Sexual Assault Crisis Line

<http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>

### Manitoba Adolescent Treatment Centre

<https://matc.ca/>

MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders.

### Manitoba Farm, Rural & Northern Support Services

<http://supportline.ca>

### Manitoba Suicide Prevention & Support Line

<https://reasontolive.ca/>

### Mental Health and Addictions

<https://gov.mb.ca/health/mh/index.html>

Provincial government website with an overview of the mental health resources in the province.

### Mood Disorders Association of Manitoba

<http://www.mooddordersmanitoba.ca/>

The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education, and advocacy for those living with a mood disorder, co-occurring disorders or other mental health illnesses.





### Peer Connections Manitoba

<https://peerconnectionsmb.ca/>

### Psychological Association of Manitoba

<https://secure.cpmb.ca/DirectoryofPsychologists.php>

### Shared Health

<https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>  
Mental health resource finder for Manitoba.

### Winnipeg Adult Mobile Crisis Service

<https://wrha.mb.ca/mental-health/mobile-crisis-service/>

### The Link

<https://thelinkmb.ca/services/>

Youth and family supports including mobile crisis teams and community support services.

## New Brunswick:

### Addiction and Mental Health Support and Services for Children and Youth in New Brunswick

<https://www2.gnb.ca/content/gnb/en/corporate/promo/isd.html>

Provincial government website with an overview of the mental health resources in the province.

### Bridge the Gapp – New Brunswick

<https://nb.bridgethegapp.ca/>

Bridgethegapp.ca is the go-to website for mental health information and connection to local supports and services. Sign up for online programming, tools, and services in each region and share personal stories of recovery with others.

### Canadian Mental Health Association (CMHA), New Brunswick (CMHA of NB)

<https://cmhanb.ca/>

The New Brunswick division of the Canadian Mental Health Association (CMHA) is part of a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. Their website has information about mental illness, as well as information about local community mental health centres.

### Capital Region Mental Health and Addictions Association (CRMHAA)

<http://www.crmhaa.ca/>

CRMHAA is a strong advocate for persons with mental illness and their families. Here is how we make a difference in our community: -Advocating for mental health consumers within the mental health system - Employment support for those ready to return to work or education -A place to learn life skills, regain confidence and respect within our REACH program. -Facilitating support groups for mental health consumers, care givers of mental health consumers, and those impacted by the suicide of a loved one. -Outreach and advocacy for the homeless in partnership with John Howard Society of Fredericton -Educating the public and corporations on mental health matters -Offering certification in Suicide Intervention and Mental Health First Aid.



### Chimo HelpLine

<https://johnhowardfredericton.ca/chimo/>

Chimo is a provincial service which provides a free, confidential, and bilingual crisis intervention service to all residents of New Brunswick. We are committed to helping with any issue: Thoughts of suicide Emotional Distress Addictions Mental Health Abuse Loneliness Depression General Information.

### College of Psychologists of New Brunswick

<https://cpnb.ca/en/definitions/finding-a-psychologist/>

### Eastern Health Mental Health and Addictions

<https://mha.easternhealth.ca/children-and-youth/>

A comprehensive list of mental health resources for children, youth, and adults in Eastern Health region.

### Horizon Health Network

<https://en.horizonnb.ca/home/facilities-and-services/services/addiction-and-mental-health-services.aspx>

Horizon Health Network (Horizon) is the largest regional health authority in New Brunswick and the second-largest health authority in Atlantic Canada with expertise in the areas of health and community services. The website includes a comprehensive list of mental health resources in New Brunswick.

## Newfoundland & Labrador:

### 811 Healthline

<https://www.811healthline.ca/what-is-the-healthline/>

HealthLine is a confidential and free telephone line staffed by experienced Registered Nurses. It is available to all residents of Newfoundland and Labrador any time, day, or night. Call 811 to speak to a Registered Nurse. HealthLine can help you decide what steps to take to manage your physical and mental health, and the health of your family. HealthLine nurses can also provide information about health services in your area, and answer questions you may have about health-related topics.

### Bridge the Gapp - Newfoundland

<https://nl.bridgethegapp.ca/>

Bridgethegapp.ca is the go-to website for mental health information and connection to local supports and services. Sign up for online programming, tools, and services in each region and share personal stories of recovery with others.

### Doorways (12yrs and up)

<https://mha.easternhealth.ca/doorways/>

Not an emergency service but provides rapid access to mental health and addictions counselling services. Offering in-person, telephone and or video sessions.

### Eastern Health Mental Health and Addictions

<https://mha.easternhealth.ca/children-and-youth/>

A comprehensive list of mental health resources for children, youth, and adults in Eastern Health region.

### Mental Health and Addictions

<https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/>

Provincial government website with an overview of the mental health resources in the province.



### Newfoundland and Labrador Psychology Board

[https://secure.nlpsychboard.ca/registered\\_psychologists.php](https://secure.nlpsychboard.ca/registered_psychologists.php)

### Provincial E-Mental Health services

<https://www.gov.nl.ca/covid-19/files/E-Mental-Health-Services.pdf>

Brochure with key mental health online resources - province wide.

### Supporting Children Brochure

[https://www.gov.nl.ca/covid-19/files/Taking-Care-During-Difficult-Times\\_Children-1.pdf](https://www.gov.nl.ca/covid-19/files/Taking-Care-During-Difficult-Times_Children-1.pdf)

Brochure with provincial resources for children.

## Northwest Territories:

### Mental Health Resources and Supports

<https://www.nthssa.ca/en/services/mental-health-resources-and-supports>

Provincial government website with an overview of the mental health resources in the province.

### Office of the registrar

Phone: 867-767-9067

### The NWT Help Line

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

The NWT Help Line offers free support to residents of the Northwest Territories, 24 hours a day, 7 days a week.

## Nova Scotia:

### Canadian Mental Health Association - Nova Scotia division

<https://novascotia.cmha.ca/>

CMHA NS provides advocacy, programs and resources that help to prevent mental ill health, support recovery and resilience, and enable all Nova Scotians to flourish and thrive.

### IWK Mental Health

<https://www.iwk.nshealth.ca/>

The IWK Health Centre provides quality care to women, children, youth, and families in the Maritime provinces and beyond.

### Laing House

<https://www.lainghouse.org/about/about-laing-house.html>

Laing House is a non-profit that is dedicated to empowering young people living with mental illness by providing well-rounded support in young people's wellness plans, which leads to better outcomes. They offer quality, non-clinical, people-centered mental health support for youth ages 16 - 29.

### Mental Health and Wellbeing

<https://novascotia.ca/mental-health-and-wellbeing/>

Provincial government website with an overview of the mental health resources in the province.

### Nova Scotia Board of Examiners in Psychology

<https://www.nsbep.org/public/directory-of-psychologists/>



### Nova Scotia Health – Mental Health and Addictions

<https://mha.nshealth.ca/en>

Website for mental health information and connection to local supports and services.

### Nunavut:

#### Embrace Life Council Isaksimagit Inuusirmi Kattujjiqatigiit

<http://inuusiq.com/>

Embrace Life Council is a non-profit suicide prevention organization based in Iqaluit, Nunavut.

#### Kamatsiaqtut Help Line

<http://nunavuthelpline.ca/>

#### Makimautiksat Youth Camp

<https://www.qhrc.ca/workshop-and-course/makimautiksat-youth-camp/>

Makimautiksat is an evidence-based youth camp which aims to equip Nunavut youth with critical life skills and knowledge that foster positive mental health and wellness.

#### Mental Health

<https://www.gov.nu.ca/en/health/mental-health-resources>

Provincial government website with an overview of the mental health resources in the province.

#### Office of the registrar

Phone: 867-982-7668

#### The Umingmak Centre

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

Advocacy for children who experienced abuse. Referral via RCMP or CFS. Goal is to identify and promote evidence-based, Inuit-specific approaches to therapy for children and youth and increasing the capacity of the community in providing these services.

### Ontario:

#### Canadian Mental Health Association Ontario

<https://ontario.cmha.ca/>

Provides a wide variety of programs and services designed to meet local mental health needs. These programs are delivered primarily by community agencies and sometimes through hospitals or health clinics. The majority of programs provided by community-based agencies are designed to serve the most vulnerable and most severely ill.

#### College of Psychologists of Ontario

[https://members.cpo.on.ca/public\\_register/new](https://members.cpo.on.ca/public_register/new)

#### ConnexOntario Helpline

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

ConnexOntario is an information and referral service, focusing on mental health, addiction, and problem gambling services in the province. Support Ontarians via phone, webchat, and email 24/7.

#### Distress Centre Ontario

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



### Distress Centre Ottawa

<https://www.dcottawa.on.ca/>

### Gerstein Centre

<https://gersteincentre.org/>

Gerstein Centre provides crisis intervention to adults, living in the City of Toronto, who experience mental health problems. The Centre provides supportive counseling for immediate, crisis issues and referrals to other services for ongoing, non-crisis issues. Our service is a community mental health service and is non-medical.

### Good2Talk

<https://good2talk.ca/ontario/>

Good2Talk is a free, confidential support service for post-secondary students in Ontario. First launched in 2013, Good2Talk is funded by the Ministry of Colleges and Universities. By calling Good2Talk at 1-866-925-5454, students can receive information and referrals about services and supports for mental health, addictions, and well-being on and off campus and speak anonymously with a professional counsellor.

### Health and Wellness

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

Provincial government website with an overview of the mental health resources in the province.

### Talk4Healing

<https://www.beendigen.com/programs/talk4healing/>

Talk4Healing is a culturally grounded, fully confidential helpline for Indigenous women available in 14 languages across Ontario.

## Prince Edward Island:

### Bridge the Gapp - PEI

<https://pei.bridgethegapp.ca/>

Bridge the Gapp is an online resource for Islanders to find mental health and substance use support information. Connect with local clinicians, find tools and services, and share personal stories with others, all from the comfort of your home.

### Canadian Mental Health Association PEI division

<https://pei.cmha.ca/>

### Community Mental Health Services

<https://www.princeedwardisland.ca/en/information/health-pe/community-mental-health-services>

A list of community mental health services where mental health intake is conducted. Call and talk with an intake worker who will help you determine which programs and services are best suited to your treatment needs. Once your needs are screened, you may be linked to appropriate mental health service.

### Mental Health and Addictions

<https://www.princeedwardisland.ca/en/topic/mental-health-and-addiction>

Provincial government website with an overview of the mental health resources in the province.

### Mental Health Support and Services

<https://www.princeedwardisland.ca/en/information/health-pe/mental-health-support-and-services>



### PEI Psychologists Registration Board

<https://www.peipsychology.org/peiprb/identifying-registrants/>

### The PEI Helping Tree

<https://pei.cmha.ca/wp-content/uploads/2019/08/PEI-Helping-Tree-Aug-2019.pdf>

The PEI Helping Tree is designed to inform Islanders of the many helping resources available on Prince Edward Island, including mental health.

## Quebec:

### AMI-Quebec Action

<https://amiquebec.org/>

AMI-Quebec Action on Mental Illness is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy.

### Association des Centres d'écoute Téléphonique du Québec

<https://www.lignedecoute.ca/centres-decoute-telephonique-par-region/>

Quebec Regional resources

### Association Iris

<https://assoiris.ca/index.php/programmes-et-services/centre-d-intervention-de-crise>

Counseling, short-term housing, mobile intervention, 24 Hour Crisis Line [F] Montreal (North)

### Canadian Mental Health Association - Quebec division

<https://acsmmontreal.qc.ca/en/>

The Canadian Mental Health Association (CMHA) is dedicated to the promotion of mental health, preventing mental health problems, and supporting those with mental health problems.

### Centre L'Autre Maison

<https://centreautremaison.com/en/>

Crisis intervention line, follow-up & counseling, short-term housing [E/F] Montreal (South-West).

### Deuil Jeunesse

<https://deuil-jeunesse.com/nous-joindre/>

Deuil-Jeunesse is a professional intervention organization unique in Quebec that helps young people and adults who experience serious illness, the death of loved one or losses related to parental separation, abandonment, adoption or disappearance.

### Équipe Mobile de Crise Résolution

<https://www.211qc.ca/en/organization/equipe-mobile-de-crise-resolution-18760552>

Mobile intervention, counseling, short-term housing, 24 Hour Crisis Line [E, mostly F] Montreal (East)

### Forward House

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

Community-based services and programs for adults who have experienced or are experiencing mental health difficulties



#### Foundation Jeune en Tête

<https://fondationjeunesentete.org/en/>

Programs aimed at preventing psychological distress in young people

#### Friends for Mental Health

<https://asmfmh.org/en/resources/mental-health-services/>

Support and resources for family and friends of people suffering with mental illness.

#### Gouvernement du Québec - Mental Disorders

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/learn-about-mental-disorders/mental-disorders/about-mental-disorders#c121289>

Provincial government website with an overview of the mental health resources in the province.

#### Info-Santé 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811>

Info-Sant 811 is a free and confidential telephone consultation service. 811 is the only telephone number for this service. Dialing 811 promptly puts you in contact with a nurse in case of a non-urgent health issue.

#### Interligne

<https://interligne.co/en/>

For issues related to sexual orientation.

#### La Parentrie

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

Support services and resources for family and friends of people suffering from severe and persistent mental health issues.

#### Le Centre d'Aide 24/7 (24/7)

<http://centredaide247.com/>

Offering 24/7 distress and crisis intervention services.

#### Le Transit

<https://citransit.com/en/>

Crisis intervention centre, short-term shelter, 24 Hour Crisis Line [F] Montreal (Centre/East)

#### Ordre des Psychologues du Québec

<https://www.ordrepsy.qc.ca/english>

#### Suicide Prevention Centre of Montréal

<https://cpsmontreal.ca/en/>

Education, bereavement support, 24 Hour Crisis Line [E/F] Montreal

#### Suicide.ca

<https://suicide.ca/en>

#### Tracom

<https://www.tracom.ca/home>

Short-term shelter, community follow up, outreach, 24 Hour Crisis Line [E/F] Montreal



### West Island Crisis Centre

<https://www.centredecriseoi.com/en/index.html>

Crisis line, counseling, short-term housing, mobile intervention - all 24/7 [E/F]

## Saskatchewan:

### Canadian Mental Health Association - Saskatchewan

<https://sk.cmha.ca/>

The Canadian Mental Health Association (CMHA) is dedicated to the promotion of mental health, preventing mental health problems, and supporting those with mental health problems.

### Saskatchewan health authority

List of service available for the following area:

North East:

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-north-east>

North West:

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-north-west>

Regina and Saskatoon:

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-regina-and-saskatoon>

South East:

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-south-east>

South West:

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-south-west>

### HOPE Learning Centre

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

Helping Others through Peer Support (H.O.P.E.): A learning centre where people who have experienced mental health challenges can offer peer support

### Mental Health and Illness

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/mental-health-and-illness>

Provincial government website with an overview of the mental health resources in the province.

### Saskatchewan College of Psychologists

[https://www.skcp.ca/?page\\_id=39](https://www.skcp.ca/?page_id=39)

### Support groups: eMental Health

<https://www.ementalhealth.ca/Saskatchewan/Self-help-Mutual-Aid-and-Support-Groups/index.php?m=heading&ID=44>

Online resource database for finding support groups in your area.



**Yukon:**

## Canadian Mental Health Association Yukon

<https://yukon.cmha.ca/>

## Champagne/Aishihik First Nations Wellness Program

<https://cafn.ca/citizen-services/community-wellness/>

Aishihik Lake Wellness program offers culturally relevant prevention and rehabilitation wellness programs and client and community support programs for CAFN members. The program also offers individual counselling as well as drug and alcohol assessments and referrals for treatment.

## Kaushee's Place Crisis Line

<https://www.womenstransitionhome.ca/get-help-now>

## Mental Health Wellness and Support

<https://yukon.ca/en/health-and-wellness/covid-19-information/your-health-covid-19/mental-health-and-wellness-support>

Provincial government website with an overview of the mental health resources in the province.