

MENTAL HEALTH CONNECTIONS

Create your local directory of Mental Health Resources

(Google and 211.ca are great places to find these numbers)

HOSPITAL
EMERGENCY
SERVICES

SELF HELP
GROUPS

MENTAL
HEALTH
OUTREACH
CLINIC

FAMILY
SUPPORT
SERVICES

CRISIS
(DISTRESS)
CENTRE

DOMESTIC
VIOLENCE
HELPLINE

SUICIDE
PREVENTION
CENTRE

CHILDREN/
YOUTH
PSYCHIATRIC
CLINIC

Create your Connections

(these are people you can depend on if you need extra support for yourself or someone else)

YOUR CONNECTION

YOUR CONNECTION

YOUR CONNECTION

HELPLINES

KID'S
HELPLINE

1-800-668-6868

HERE 24/7
HELPLINE

1-844-437-3247

CRISIS
SERVICES
CANADA

Text 45645

MENTAL
HEALTH
HOTLINE

1-866-531-2600

EDUCATION

- SAFETALK (LIVINGWORKS)
- MENTAL HEALTH FIRST AID (MENTAL HEALTH COMMISSION OF CANADA)
- PSYCHOLOGICAL FIRST AID (RED CROSS)

