



Mental Health Resources

NATIONAL SUPPORTS

INFORMATION AND RESOURCES

Canadian Mental Health Association

www.cmha.ca

The Canadian Mental Health Association is a nationwide charitable mental health organization. Its website has a variety of information on mental health and mental illness, programs and services within your community.

Public Health Agency Of Canada

www.phac-aspc.gc.ca

The Public Health Agency of Canada focuses on preventing disease and injuries, promoting good physical and mental health, and providing information to support informed decision making.

Centre For Addiction and Mental Health

www.camh.net

The Centre for Addiction and Mental Health is Canada's Top-Ranking hospital, dedicated to supporting Canadians who are struggling with their addiction and mental health. CAMH also offers resources and FREE online educational training on a variety of topics available to anyone who is interested in learning more about addiction and mental health.

Mental Health Commission of Canada

<https://mentalhealthcommission.ca>

The Mental Health Commission of Canada offers a wide variety of tools, programs and resources aimed at supporting the mental health and wellness of Canadians.

Living Works

<https://www.livingworks.net/>

Living Works is the Nation's leading organization on suicide awareness and training. Visit their website to access a variety of high-quality training programs and resources in the area of suicide prevention.

MindYourMind

www.mindyourmind.ca

Mind Your Mind is an award-winning internet resources for youth who are looking for relevant information on mental health and creative stress management.

COUNSELLING AND SUPPORT GROUPS

Psychology Today

<https://www.psychologytoday.com/ca>

Psychology Today offers resources and tools for those looking to enhance their mental health. Individuals are also able to access registered therapist in their community.

Alanon/Alateen

<https://al-anon.org/>

Al-Anon/Al-Ateen is a support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Helpline Support:

National Alliance on Mental Illness

[Dial: 1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI(6264))

HelpLine volunteers work to answer questions, offer support and provide practical next steps. The NAMI HelpLine can be reached Monday through Friday, 10 a.m.–8 p.m., ET

Hope For Wellness Helpline

[DAIL:1-855-242-3310](tel:1-855-242-3310)

Available to all Indigenous peoples across Canada who need immediate crisis intervention. Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

Kids Help Phone

[Dial: 1-800-668-6868 / Text: 686868](tel:1-800-668-6868)

24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth.

Suicide Crisis Helpline

[Call or Text: 988](tel:988)

This service provides confidential support and resources to those experiencing suicidal thoughts. Available 24/7/365, the hotline connects individuals with support and helps them access necessary resources.