

Crisis Support/Hotlines

Suicide Crisis Helpline 9-8-8

Crisis Service Canada 1-833-456-4566

Hope for Wellness Crisis Helpline (Indigenous specific crisis support service) 1-855-242-3310

Black Youth Helpline (available from 09:00-22:00) 416-285-9944

Bullying Canada Helpline 1-877-352-4497

Good2Talk 1-866-925-5454

Kids Help Phone 1-800-668-6868

Ontario Caregiver Helpline 1-833-416-2273

Sexual Assault Crisis Line 1-866-578-5566

Trans Lifeline Helpline 1-877-330-6366

Mental Health & Addiction Service Navigation and Information Resources

Where to Find Help Grey-Bruce

<https://greybruce.cmha.ca/wp-content/uploads/2020/02/Where-to-find-help-in-Grey-Bruce.pdf>

Bullying Canada www.bullyingcanada.ca

BullyingCanada is the only national organization that resolves bullying situations for Canadian youth by directly facilitating communication between bullied kids, their tormentors, parents, teachers, school boards, social services, and, when necessary, police.

Centre for Addiction and Mental Health (CAMH) www.camh.ca

CAMH provides a wide range of clinical care services for patients of all ages and families, with *Access CAMH* as your centralized point of contact. As well, you can learn the signs, symptoms, definitions and other important facts about mental illness conditions, disorders, substances, medications and therapies.

ConnexOntario 1-866-531-2600 or go to www.connexontario.ca

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area and is funded by the Government of Ontario.

eMentalHealth.ca www.ementalhealth.ca

eMentalHealth.ca provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year. Features include: Mental health service locator, info sheets of mental health conditions and medications, free screening tools to use to see if you or a loved one has a mental health concern, and more.

MyGrief.ca and KidsGrief.ca www.mygrief.ca

MyGrief.ca is an online resource to help people work through their grief from the comfort of their own home, at their own pace.

Ontario 211 call 2-1-1 or go to <https://211ontario.ca>

211 is a helpline and online database of Ontario's community and social services.

Ontario Addiction Treatment Centres www.oatc.ca

OATC services over fifty communities throughout Ontario, to find out more information on programs and site locations, please visit the website, or call 1-877-937-2282.

Ontario Association for Suicide Prevention www.suicidepreventionontario.ca

OASP is a provincial body that links communities, organizations and individuals in Ontario by supporting, advocating for and encouraging the development of suicide prevention, intervention and postvention activities.

Ontario Caregiver Organization www.ontariocaregiver.ca

If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. We support caregivers by being their one point of access to information, so they have what they need to be successful in their role.

Pregnancy and Infant Loss Network <https://pailnetwork.sunnybrook.ca/>

Experiencing the loss of a pregnancy or the death of a baby is devastating. But you aren't alone. Pregnancy and Infant Loss (PAIL) Network is here to help, with free peer-led, group and individual support services offered to families across Ontario.

Psychology Today www.psychologytoday.com/ca

An online database that provides you with information on local registered therapists, treatment centres, support groups, etc. Psychology today also provides interactive resources for personal use as well.

Shelter Safe Ontario www.sheltersafe.ca/ontario

ShelterSafe.ca is an online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter that can offer safety, hope, and support.

Southwest Healthline www.southwesthealthline.ca

thehealthline.ca is a website for Ontario patients, doctors, and health care providers to get accurate and up-to-date information about health services in their communities.

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

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Togetherall is a global, 24/7 community of ordinary people, moderated by clinical professionals, where people can get (or give) the mental health support they really need.

Wellness Together Canada: Mental Health and Substance Use Support <https://ca.portal.gs/>

Wellness Together Canada is designed to be used on demand: you get to choose what you need, when you need it. Services range from basic wellness information, to one-on-one sessions with a counsellor, to participating in a community of support.

LGBTQ2S++ Resources

Pflag Canada www.pflagcanada.ca

Pflag Canada is proud to be Canada's only national organization that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression. We support, educate and provide resources to anyone with questions or concerns.

Trans Lifeline www.translifeline.org

Trans Lifeline is a grassroots hotline and is a non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

Seniors Mental Health and Supports

Canadian Coalition for Seniors Mental Health <https://ccsmh.ca>

All seniors have the right and deserve to receive services and care that promotes their mental health and responds to their mental illness needs. The Coalition is mandated to advocate for and promote seniors' mental health and to connect people, ideas, and resources in the interest of research on seniors' mental health.

Canadian Virtual Hospice www.virtualhospice.ca

The Canadian Virtual Hospice provides support and personalized information about advanced illness, palliative care, loss and grief, to people living with illness, family members, people working in healthcare, educators, and researchers.

Indigenous and Multicultural Support Services, Programs and Resources

Black Youth Helpline www.blackyouth.ca

BYH serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.

Hope for Wellness (Indigenous mental health and crisis support) www.hopeforwellness.ca

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help if you want to talk, are distressed, have strong emotional reactions, or are triggered by painful memories. Phone and chat counselling is available in English and French. On request, phone counselling is also available in Cree, Ojibway and Inuktitut.

Muslim Association of Canada www.macnet.ca

MAC focuses on serving Canadians by educating and motivating Muslims in Canada to put their faith into action for the benefit of everyone. MAC provides spaces, services and programs for holistic education and personal development for Canadian Muslims.

Settlement.org www.settlement.org

The Settlement.Org website provides newcomers with information and resources to settle in Ontario, Canada. Settlement.Org provides an electronic community where newcomers can get information, read relevant news, ask their questions and share their experiences with others, and access a database of community organizations.

Free Online/App Support Resources

AbilitiCBT <https://myicbt.com/>

AbilitiCBT is an internet-based cognitive behavioral therapy (iCBT) program that you can access from any device, any time. AbilitiCBT is suitable for anyone age 16 or older. AbilitiCBT programs include anxiety, depression, anxiety related to a pandemic, pain management and insomnia.

BounceBack Ontario www.bouncebackontario.ca

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

Heads Up Guys (Men's Mental Health) <https://headsupguys.org>

HeadsUpGuys is an online resource that supports men in their fight against depression by providing tips, tools, information about professional services, and stories of success.

MindBeacon www.mindbeacon.com

MindBeacon is the only provider that offers Canadians the full spectrum of digital mental health support, including face-to-face live therapy, therapist-guided programs, immediate crisis support and free resources from the Stronger Minds community.

The LifeLine App www.thelifelinecanada.ca

The LifeLine App is the National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the Globe.

Wes for Youth Online www.wesforyouthonline.ca

Wes for Youth offers free virtual counselling and provides an ongoing one-to-one connection with a professional counsellor. The virtual counselling service allows youth to connect with a professional and qualified counsellor by self-referral, to explore the issues being faced in a secure and virtual environment.

Resources for Professionals

Rainbow Health Ontario www.rainbowhealthontario.ca/

Rainbow Health Ontario creates opportunities for the healthcare system to better serve LGBT2SQ communities.