

Mental Health Resources

Prepared by:

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Bilingual - English/French:

[Wellness Together Canada Portal: Mental Health and Substance Use Support](#) - Free counseling with qualified mental health professionals

[Mental Health and the COVID-19 Pandemic](#) - Resources to cope with stress and anxiety relating to COVID-19, including self-help tools to assess and manage your stress

[Impacts of COVID-19 on Substance Use](#) - trusted information on COVID-19 and substance use

[Anti-racism resources](#) (not all resources are bilingual)

[Crisis Text Line](#): Text with a trained crisis counsellor, 27/7. **Text HOME** to 686868 in Canada, or to 741747 [in the US](#).

[Hope for Wellness](#) - Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

[Trans Lifeline](#) - Hotline staffed by transgender people for transgender people, Any day from 10:00 am – 4:00 am EST

Telehealth lines across Canada (not all resources are bilingual)

1. **Alberta:** 8-1-1
2. **British Columbia:** 8-1-1
3. **Manitoba:** 204-788-8200 or 1-888-315-9257
4. **New Brunswick:** 8-1-1
5. **Newfoundland and Labrador:** 8-1-1
6. **Northwest Territories:** [Mental health help line](#) 1-800-661-0844; call 9-1-1 or a local health centre
7. **Nova Scotia:** 8-1-1 or 1-866-770-7763
8. **Nunavut:** [Kamatsiaqtut Help Line](#) (mental health crisis line) 867-979-3333 or 1-800-265-3333; call 9-1-1 or a local health centre
9. **Ontario:** 1-866-797-0000 or TTY 1-866-797-0007
10. **Prince Edward Island:** 8-1-1 or 1-866-770-7724
11. **Quebec:** 8-1-1 (if this does not work on your phone, dial 1-866-567-4036)
12. **Saskatchewan:** 8-1-1
13. **Yukon Territory:** 8-1-1

English Only

[Black Youth Helpline](#)

[Psychology Today](#) - Psychotherapist directory

[Care for your Coronavirus Anxiety](#)

[Healing in color](#) - Directory of BIPOC therapists

[Talk for Healing](#) - Offers help for Indigenous women providing support and resources seven days a week, 24 hours a day, with services in 14 languages

[Guide to Allyship](#) - Resource for individuals trying to become better allies

[Justice in June](#) - Providing a starting place for individuals trying to become better allies.

[POC Online Classroom](#): Resources on self-care, mental health care and healing for People of Colour

[Liberate](#): Meditation app designed to address the specific needs and experiences of the Black, Indigenous and People of Colour Community (BIPOC)

[The Safe Place App](#): A Minority Mental Health App geared towards the Black Community, includes tips on self-care, statistics and other resources

[We R Native](#): Online community and resource database for Native youth, by Native youth

[Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#)

[Decolonizing Therapy](#): Resource database of self-care and mental healthcare for BIPOC

[No Stigmas](#): Free, virtual workshops on how to care for yourself and advocate for your own mental health, as well as for your community

[Self-Care Tips for Black People](#) (Article)

[Supporting the well-being of LGBTQ+ Black youth](#); tips for how to protect and nurture your mental health and well-being

French Only

[Pandémie de la COVID-19: conseils psychologiques et informations au grand public](#) - lots of information, articles, and resources **in French**, vetted by the mental health professionals

Ressources de santé mentale

Préparés par :

Carine M. Diverlus, Registered Psychotherapist (Qualifying)

Mamy Kalambay Registered Psychotherapist (Qualifying)

Bilingue - anglais/français:

[Espace Mieux-Être Canada Portail: Soutien en matière de santé mentale et de consommation de substance](#) - Conseil gratuit avec des professionnels de la santé mentale qualifiés

[La santé mentale et la pandémie de COVID-19](#) - Des ressources pour faire face au stress et à l'anxiété liés à la COVID-19, y compris des outils d'auto-assistance pour évaluer et gérer votre stress.

[Impact de de l'usage de substances et COVID-19](#) - des informations de confiance sur le COVID-19 et la consommation de substances

[Anti-racism resources](#) (toutes les ressources ne sont pas bilingues)

Ligne de crise par texto: Texter avec un ou une conseillère spécialisée en crise, 24/7. **Text HOME** to 686868 au Canada, ou 741747 **aux ÉU**.

Lignes de télésanté partout au Canada (toutes les ressources ne sont pas bilingues)

14. Alberta: 8-1-1

15. Colombie-Britannique: 8-1-1

16. Manitoba: 204-788-8200 or 1-888-315-9257

17. Nouveau-Brunswick: 8-1-1

18. Terre-Neuve et Labrador: 8-1-1

19. Territoires du Nord-Ouest: [Mental health help line](#) 1-800-661-0844; call 9-1-1 or a local health centre

20. Nouvelle-Écosse: 8-1-1 or 1-866-770-7763

21. Nunavut: [Kamatsiaqtut Help Line](#) (ligne de crise en santé mentale) 867-979-3333 ou 1-800-265-3333; appeler 9-1-1 ou un centre local de santé

22. Ontario: 1-866-797-0000 or TTY 1-866-797-0007

23. Île du Prince-Édouard: 8-1-1 or 1-866-770-7724

24. Québec: 8-1-1 (si cela ne fonctionne pas sur votre téléphone, composez le 1-866-567-4036)

25. Saskatchewan: 8-1-1

26. Yukon : 8-1-1

[Espoir pour le Mieux-Être](#) - Offre des conseils immédiats en santé mentale et une intervention en cas de crise à tous les peuples autochtones du Canada.

[Trans Lifeline](#) – Ligne d’urgence composée de personnes transgenres pour les personnes transgenres, tous les jours de 10h00 à 4h00 HNE

Français seulement

[Pandémie de la COVID-19: conseils psychologiques et informations au grand public](#) - beaucoup d'informations, d'articles et de ressources en français, approuvés par les professionnels de la santé mentale

Anglais seulement

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