

Canadian Helplines and Community Resources

Canadian Mental Health Association

Website: cmha.ca/find-help/find-cmha-in-your-area

Inuit and First Nations Hope for Wellness Line

Phone: 1-855-242-3310

Website & Live Chat: www.hopeforwellness.ca

Kids Help Phone

Phone: 1-800-668-6868

Text: 686868

Website & Live Chat: kidshelpphone.ca

LGBTQ Youth Line

Sunday to Friday, 4:00 pm to 9:30 pm.

Phone: 1-800-268-9688

Text: 647-694-4275

Email: askus@youthline.ca

Website & Live Chat: www.youthline.ca

Trans Lifeline

Phone: 1-877-330-6366

Website: translifeline.org

What's Up Walk-In/Mental Health T.O.

Phone: 1-866-585-6486

Website: www.whatsupwalkin.ca

**Find additional local resources via:
apple.com/heretohelp**

charisejewell.com/normal