



Patient Resources: Mental Health and Addictions

► CRISIS SUPPORT (24/7)

- **Call 911 or go to the nearest hospital if you are in need of urgent service**
- **ConnexOntario** – helplines for drug and alcohol, mental health and gambling problems: connexontario.ca/en-ca/our-services
- **Crisis Text Line** – support for young people in crisis: crisistextline.ca | Text HOME to 686868
- **Seniors Safety Line** – for seniors who have experienced any type of abuse or neglect: 1-866-299-1011 | eapon.ca
- **Kids Help Phone** – for people younger than 20 years: kidshelpphone.ca | 1-800-668-6868
- **Gerstein Crisis Centre (Toronto)** – for adults 16 and older dealing with mental health and/or substance use issues: gersteincentre.org | 416-929-5200
- **Hope for Wellness** – mental health counselling and crisis intervention for all Indigenous people: hopeforwellness.ca | 1-855-242-3310
- **Good2Talk** – helpline for Ontario postsecondary students: 1-866-925-5454 | Text GOOD2TALKON to 686868 | good2talk.ca
- **Assaulted Women's Helpline** – support for women in Ontario who have experienced any form of abuse: awhl.org | 1-866-863-0511 | Text #SAFE (#7233)

► FREE ONE-ON-ONE COUNSELLING

- **Wellness Together Canada** – 24/7 counselling supported by the Canadian government: ca.portal.gs
- **Beacon Digital** – internet-based Cognitive Behavioural Therapy for Ontario residents: info.mindbeacon.com
- **Abiliti CBT** – Cognitive Behavioural Therapy for Ontario residents, run by Morneau Shepell: ontario.abiliticbt.com/home
- **BounceBack** – videos, telephone coaching and workbooks for ages 15 and older: bouncebackontario.ca

► PEER-TO-PEER SUPPORTS

- **Togetherall** – digital mental health support for ages 16 and up: togetherall.com
- **Talk4healing** – culturally grounded, confidential helpline for Indigenous women: talk4healing.com | 1-855-554-HEAL (4325)
- **Ontario Caregiver Helpline** – information and support for caregivers in Ontario: 1-833-416-2273 | Live chat available at ontariocaregiver.ca
- **LGBTQ YouthLine** – peer support for queer, trans, two-spirit youth (29 years and under) in Ontario: Text 647-694-4275 | Chat online at youthline.ca

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► GENERAL INFORMATION

- **Government of Ontario summary of resources** – ontario.ca/page/covid-19-support-people#section-4
- **Take Care 19** – community-sourced mental health supports for coping through COVID-19: takecare19.com
- **Anxiety Canada** – coping with COVID anxiety: anxietycanada.com/covid-19
- **CAMH** – mental health and COVID-19: camh.ca/en/health-info/mental-health-and-covid-19
- **Canadian Mental Health Association Ontario** – collated mental health, addictions and COVID-19 resources: ontario.cmha.ca/wp-content/uploads/2020/11/Resources-for-crisis-Ressources-en-cas-de-crise-FINAL.pdf
- **Children’s Mental Health Ontario Centres** – agencies providing treatment and support to children and youth, and their families (no OHIP card/referral required): cmho.org/findhelp

► ADDICTION AND RECOVERY SUPPORT

- **Overdose Prevention Line** – a confidential number to call if you are alone and using drugs: **1-888-853-8542**
- **Alcoholics Anonymous** – online intergroup: aa-intergroup.org/directory.php
- **Narcotics Anonymous** – na.org/meetingsearch
- **Canada Drug Rehab Addiction Services Directory** – directory of alcohol, drug rehab and other addiction-related services: 1-888-245-6887 | canadadrugrehab.ca

► APPS FOR MINDFULNESS

- **Mindshift** – build skills for managing anxiety and depression: anxietycanada.com/resources/mindshift-cbt
- **My Life: Stop. Breathe. Think.** – recommends brief mindfulness activities: my.life
- **Insight Timer** – database of guided meditations: insighttimer.com
- **Headspace** – guided meditations and exercises on mindfulness: headspace.com (\$)