

National resources



- ✓ **911** : For immediate danger, to yourself or a loved one (24/7/365)
- ✓ **811**: If someone you know is thinking about suicide (24/7/365)

Provincial and territorial resources

Alberta



- ✓ **211**: For information and referral to other services, including mental health.
- ✓ **1-877-303-2642** – Alberta Mental health line – toll-free (24/7/360).
- ✓ **1-844-383-7688** – Virtual opioid dependency Program – toll-free – available 8 am to 8 pm.
- ✓ **310-1818** – Family violence info line- toll-free.
- ✓ **1-866-403-8000** – Alberta’s one line for sexual violence- Available 9 a.m to 9 p.m, 7 days a week.
- ✓ **1-833-827-4230** - [counselling](#) – toll-free

British Columbia



- ✓ **310-6789** – Mental health support line.
- ✓ **1-800-784-2433 ou 988**: if you are experiencing feelings of distress or despair, including thoughts of suicide.

For more information: <https://helpstartshere.gov.bc.ca/our-partners>

Manitoba



- ✓ **988**: Crise Helpline, toll-free
- ✓ **204 786 8686 ou 1 888 322 3019**: Klinik Crisis Line
- ✓ **1-877-435 7170**: Suicide prevention & support line.
- ✓ **1-877-499-8770**: mobile crisis intervention team for individuals experiencing mental health or psychosocial crises, including those with mental illness and substance use disorders.

For more information: <https://www.gov.mb.ca/mhgw/index.html>

New Brunswick



- ✓ **211** or **1-855-258-4126** – For referrals to other services, including mental health – toll-free - (24/7/360)
- ✓ **1-866-355-5550** – Provincial helpline for addiction and mental health treatment, toll-free (24/7/360)
- ✓ **1-855-892-9992** - [ligne de réconfort](#) – comfort line for adults 55+, toll-free.

Newfoundland and Labrador



- ✓ **1-888-737-4668** or **709-737-4668** – Provincial Mental Health Crisis Line
- ✓ **1-877-999-7589** or **709-752-3916** – Mental health and addictions systems navigator
- ✓ **1-855-753-2560** or **709-753-2560**: Provincial Lifewise warm line

To learn: <https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/index-fr/>

Northwest Territories



- ✓ **988**: Suicide and crisis lifeline (24/7/360).
- ✓ **1-844-259-1793**: Nurse helpline for mental health and addiction support, including stress management, suicidal thoughts, abuse, sexual assault, depression, anxiety, grief, loss, and substance use.

To learn more:

<https://www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/help-lines>

Nova Scotia



- ✓ **988**- Suicide & Crisis Lifeline (24/7/360)
- ✓ **211** - For information and referral to other services, including mental health - toll-free- (24/7/360)
- ✓ **1-888-429-8167**: Provincial Mental Health and Addictions Crisis Line (24/7/360)
- ✓ **1-800-307-1686**: Peer Support phone service for individuals with experience in mental health and substance use issues - toll-free.

To learn more: <https://novascotia.ca/mental-health-and-wellbeing/fr/>

Nunavut



- ★ ✓ **1-800-265-3333 or 979-3333:** Helpline - If you need support or know someone who does (24/7/360)
- ✓ **1-844-534-1038** - Support for families and victims of domestic violence - toll-free.

To learn more:

<https://www.gov.nu.ca/en/health/mental-health-resources?msclkid=e1531244bd9311ec9dd9e9ec7bb8b80b>

Ontario



- ✓ **211:** Pour orienter vers d'autres services, notamment de santé mentale
- ✓ **1-866-531-2600** - For those struggling with alcohol and drugs - toll-free (24/7/360)
- ✓ **1-866-863-0511:** assaulted women's helpline (24/7/360)
- ✓ **1-866-267-6255** - Mental health counselling services for farmers - toll-free.

To learn more: <https://www.ontario.ca/fr/page/demandez-de-laide-en-cas-de-violence>

Prince Edward Island



- ✓ **1-833-553-6983:** Mental health and addictions access line + mobile mental health crisis intervention service to obtain assessment, treatment and referral to mental health care during a crisis, offered daily from 10 am to 10 pm.
- ✓ **1-800-736-8006** - Mental health line for farmers.
<https://www.farmerstalk.ca/FR>

To learn more:

<https://www.princeedwardisland.ca/en/information/health-pe/mental-health-support-and-services>

Quebec



- ✓ **811**- Free confidential telephone consultation service for Quebec residents to connect with a psychosocial worker.
- ✓ **1-866-277-3553** – For support if you or a loved one is considering suicide

To learn more: <https://www.quebec.ca/en/health/finding-a-resource/info-social-811>

Saskatchewan



- ✓ **988**: Suicide and crisis lifeline
- ✓ **1-800-667-4442** – Farmer support line (24/7/360)

To learn more: <https://sk.211.ca/emergency-crisis-hotlines/>

Yukon



- ✓ **867-456-3838 ou 1-866-456-3838**: Mental health and addiction services - toll-free - 8:30 am to 4:30 pm