

These resources were compiled by /u/asaneinsanity, huge thanks for the help!

Alberta:

- Calgary Distress line: 1 (403) 266-1967
- Distress Line Calgary: 1 (403) 266-4357
- Cold Lake Doctor Margaret Savage Crisis Centre: 1 (866) 594-0533
- All of AB St. Paul & District Crisis Centre: 1 (800) 263-3045
- Fort Mac & NE AB: 1 (800) 565-3801
- Chinook Health Region & South Calgary: 1 (888) 787-2880
- Edmonton & Northern AB: 1 (800) 482-4357
- 211 OR www.ab.211.ca – Network of community, social, and government services available 24/7
- Mental Health Helpline: 1 (877) 303-2642 (Advice, crisis intervention, referrals)

British Columbia:

- Anywhere in BC: 1 (800) 784-2433
- Christian-Based Crisis Line (All of BC): (604) 852-9099 OR 1 (888) 852-9099
- 310Mental Health Support: 310-6789 (No area code required)
- Vancouver Island : 1 (888) 494-3888 OR chat @ www.vicrisis.ca
- Greater Vancouver: (604) 872-3311 OR 1 (866) 661-3311; Serves Vancouver, North Vancouver city and district, Bowen Island, West Vancouver, Powell River and area, the Sunshine Coast, Squamish, Whistler, Pemberton, Howe Sound and the Sea-to-Sky Corridor
- Fraser Health Crisis Line: (604) 951-8855 OR 1 (877) 820-7444; Serves the Fraser Health Region from Burnaby to Boston Bar: New Westminster, Coquitlam, Maple Ridge, Pitt Meadows, White Rock, South Surrey, Delta, Surrey, Langley, Abbotsford, Mission, Chilliwack, Hope, and Agassiz
- Interior Crisis Line Network: 1 (888) 353-2273 (This line will connect you with a specific crisis line for the following areas: East Kootenay, Kelowna, North Okanagan, Shuswap, Revelstoke & surrounding area, Trail & Rossland, Nelson, Grand Forks, Castlegar, Christina Lake, New Denver, Nakusp, and Salmo, 100 Mile House to Bella Coola & Areas in between
- Prince George: (250) 563-1214 OR 1 (888) 562-1214 (Adult line); (250) 564-8336 OR 1 (888) 564-8336 (Youth Line)
- Richmond, South Delta, Ladner, & Tsawwassen: (604) 279-7070

- Online chat service for youth: www.youthinbc.com (noon to 1am)
- Online chat service for adults: www.crisiscentreachat.ca (noon to 1am)

Manitoba:

- All of MB – Klinik Crisis Line: (204) 786-8686 OR 1 (888) 322-3019
- MB Suicide Line: 1 (877) 435-7170
- Klinik Sexual Assault Crisis Line: (204) 786-8631 OR 1 (888) 292-7565
- First Nations & Inuit Hope for Wellness Help Line: 1 (855) 242-3310

Interlake-Eastern Region Health Authority

- Crisis Line: (204) 482-5419 OR 1 (866) 427-8628
- Mobile Crisis Team: (204) 482-5376 OR 1 (877) 499-8770; Adults: 2pm to 2am; Youth 17 and under: 1:30pm to 9pm

Northern Health Authority

- Thompson Youth (17 and under) mobile crisis team: 1 (866) 242-1571; 7 days/week 2pm-2am

Prairie Mountain Health - South district (former Brandon, Assiboine)

*Adult: 1 (888) 379-7699 * Under 18: 1 (866) 403-5459 * Mobile crisis team: (204) 725-4411 * North District (Former Parkland): 1 (866) 332-3030

Southern Health

*East of Red River: 1 (888) 617-7715 *West of Red River: 1 (866) 588-1697

Winnipeg:

- Crisis response centre: show up in person 817 Bannatyne,
- Adult mobile crisis team: (204) 940-1781
- Youth mobile crisis team: (204) 949-4777
- Crisis chatline: www.supportline.ca (Monday to Friday 10am-9pm)

New Brunswick:

- Chimo Helpline (all of NB): 1 (800) 667-5005
- Addiction & Mental Health Mobile Crisis Team Moncton: 1 (866) 771-7760 (Monday to Sunday, 12pm-10pm)

Newfoundland & Labrador:

- Mental Health Crisis Centre: 1 (888) 737-4668 OR (709) 737-4668
- Sexual assault crisis line: (709) 726-1411
- Mobile Crisis Response Team (St. John's): 1 (888) 737-4668
- Healthline to access mental health & Addictions services: 1 (888) 709-2929

Northwest Territories:

- Crisis line: 1 (800) 661-0844
- Telephone Group sessions (open & closed groups): 1 (800) 661-0844 & ask to speak to a Carecoach

Nova Scotia:

- Mental Health Mobile Crisis Team/Crisis Line (All of NS): 1 (888) 429-8167 – the Mobile crisis team serves Halifax & surrounding areas from 1pm to 1am.
- Avalon Sexual Assault Centre (Halifax & Surrounding areas): 1 (902) 425-0122
- Bullying Helpline (Halifax & Surrounding areas): 1 (902) 490-7283
- 811 Nova Scotia Helpline: Call 811 or 211

Nunavut:

- Awareness centre: (867) 982-0123
- Nunavut Kamatsiaqtut Helpline: 1 (800) 265-3333 OR (867) 979-3333
- NWT Crisis Line: 1 (800) 661-0844 – can be used by Nunavut residents

Ontario:

Distress Lines:

- Cambridge: (519) 658-5455
- Durham Region: (905) 430-2522 OR 1 (800) 452-0688
- Kingston: (613) 544-1771
- Lanark, Leeds, and Grenville Counties: 1 (800) 465-4442
- Niagara Region: (905) 688-3711
- North Halton: (905) 877-1211
- Northern Ontario: 1 (855) 554-4325
- Oakville: (905) 849-4541

- Ottawa & Region: (613) 238-3311
- Brampton & Mississauga: (905) 459-7777
- Caledon: 1 (877) 298-5444
- Gatineau: (819) 775-3223
- Ottawa: (613) 741-6433
- Toronto: (416) 408-4357
- Wellington & Dufferin Counties: (519) 821-3760 OR 1 (888) 821-3760
- Windsor & Essex County: (519) 256-5000

All of Ontario:

- Drug & Alcohol Helpline: 1 (800) 565-8603
- Mental Health Helpline: 1 (866) 531-2600

Prince Edward Island:

- Island Helpline: 1 (800) 218-2885

Quebec:

IF YOUR AREA IS NOT LISTED HERE, PLEASE CALL THE QUEBEC NATIONAL CRISIS LINE

- Quebec National Crisis Line: 1 (866) 277-3553
- Centre de prévention Suicide Athabaska-Érable : (819) 362-8581 (Érable) ; (819) 751-2205 (Athabaska)
- Rimouski : (418) 724-2463
- Rivière-du-loup : (418) 862-9658
- Chicoutimi & Surrounding Areas : (418) 545-1919
- Baie St-Paul : (418) 435-2212
- La Malbaie : (418) 665-3921
- Quebec City : (418) 683-4588
- Shawinigan : (819) 539-3232
- Trois-Rivières : (819) 379-9238
- Montréal : (514) 723-4000
- Hull : (819) 595-9999
- Rimouski : (418) 724-2463
- St-Georges-de-Beauce : (418) 228-0001
- St-Jérôme : (450) 569-0101

- Granby : (450) 375-4252
- Sorel-Tracy : (450) 746-0400
- St-Hyacinthe : (450) 774-6952
- St-Jean-Sur-Richelieu : (450) 348-6300
- Valleyfield : (450) 371-4090

Saskatchewan:

- Mobile Crisis Service/Crisis Line Saskatoon : (306) 933-6200
- Melfort : 1 (800) 611-6349 OR (306) 752-9455
- Hudson Bay : 1 (866) 865-7274 OR (306) 865-3064
- Prince Albert : (306) 764-1011
- Regina : (306) 525-5333 OR (306) 569-2724
- Saskatchewan 211 : CALL 211 or www.sk.211.ca
- North Saskatchewan: 1 (800) 611-6349

Yukon:

- Yukon Distress & Support Line: 1 (844) 533-3030 (ONLY AVAILABLE 7PM-3AM)
- Yukon Distress & Support Line: 1 (800) 563-0808