

SUPPORT AND CRISIS LINES

- National:
 - Crisis Services Canada: 833-456-4566
 - Canadian Indian Residential Schools Crisis: 866-925-4419
 - KidsHelpPhone: 800-668-6868
 - First Nations and Inuit Hope for Wellness: 855-242-3310
 - LGBTQ+ Peer Support Youthline: 800-268-9688
 - Naseeha Youth Helpline for Muslim Youth: 866-627-3342
 - Parent Helplines: 855-775-7005 and 778-782-3548
 - Stronger Minds by BEACON:
<https://www.mindbeacon.com/strongerminds?>
 - Trans LifeLine: 877-330-6366
- Alberta:
 - Big White Wall: www.bigwhitewall.com
 - Help In Tough Time:
<https://www.albertahealthservices.ca/amh/Page16759.aspx>
 - Mental Health Crisis Line: 403-266-4357
 - Mental Health Co-Pilots: <https://mentalhealthcopilots.org>
- British Columbia
 - Grandparents Raising Grandchildren Support Line: 855-474-9777
 - Mental Health Crisis Line: 800-784-2433
 - Mental Health Support: 310-6789
- Ontario:
 - Good2Talk Post-Secondary Student Helpline: 866-925-5454
 - Mental Health and Addictions System Navigation: 866-531-2600
- Manitoba
 - Mental Health Crisis Line: 877-435-7170

- Parent Zone: 877-945-4777
- New Brunswick
 - Mental Health Crisis Line: 800-667-5005
- Newfoundland and Labrador
 - Mental Health Crisis Line: 888-737-4668
- Northwest Territories
 - Mental Health Crisis Line: 800-661-0844
- Nova Scotia
 - Mental Health Crisis Line: 888-429-8167
- Nunavut
 - Mental Health Crisis Line: 800-265-3333
- PEI
 - Mental Health Crisis Line: 800-218-2885
- Quebec
 - Ligne Parents: 800-361-5085
 - Mental Health Crisis Line: 866-277-3553
- Saskatchewan
 - Mental Health Crisis Line: 306-525-5333
- Yukon
 - Mental Health Crisis Line: 844-533-3030