

HELP/HOPE NUMBERS

211 Ontario: 211 quickly and confidentially connects people to social services and community connections across the province.

- You can call, text or chat online to 211 staff

Quinte Health Crisis Intervention Centre: Crisis service based out of BGH for individuals 16+.

- Talk - 24/7 - 613-969-7400 ext 2753 (or ask to speak with a crisis counsellor)
- In Person - Daily from 7:30am-11:30pm - BGH Hospital - 265 Dundas Street East, 4th floor

CMHA-HPE: Open Access: Local same day telephone or videoconference mental health support for individuals 16+.

- Talk - Monday-Friday - 8:00am -4:00pm - 613-967-4734; 1-888-292-0208

CMHS-HPE: Local same day telephone crisis supports for individuals under 18.

- Talk - Monday-Friday - 8:30am-4:30pm - 613-332-3807 - 1-844-462-2647

After hours consultation:

- Talk - Monday-Friday - 4:30pm-8:30am/weekends - 1-844-462- 2647 - press option 2 (answering service will have the on-call worker return your call)

KHSC Urgent Consult Clinic: Urgent risk assessment for individuals under 18. • Referrals can be made via family doctor

Talk Suicide Canada:

- Talk - 24/7 - 1-833-456-4566
- Text - 4pm to 12am ET - 45645

Bullying Canada

- Call 1-877-352-4497

Overdose Prevention Line

- Call - 1-888-688-6677

Wellness Together Canada: Free, live counselling 24/7

- Youth (under 18): Call 1-888-668-6810 / Text WELLNESS to 686868
- Adults (over 18): Call 1-866-585-0445 / Text WELLNESS to 741741
- National Overdose Prevention Line: • Talk - 24/7 - 1-888-688-6677

- **Kids Help Phone:** For individuals up to 20 years of age

- Talk - 24/7: 1-800-668-6868

- Text - 24/7: text HELLO to 686868

- Online Live Chat: 7pm to 12am. <https://kidshelpphone.ca/live-chat/>

- App: Always There

Teen Line:

- Talk - 9:00pm-1:00am: 1-800-852-8336
- Text - 9:00pm-12:00am: text TEEN to 839863
- App - 9:00pm-1:00am: TeenTalk

Good2Talk: For post secondary students.

- Talk - 24/7 - 1-866-925-5454 •
- Text - 24/7 - GOODTOTALKON to 686868

First Nations and Inuit Hope for Wellness Help Line:

Indigenous supports available in English, French, and Cree, Ojibway and Inuktitut on request. • Talk - 24/7 - 1-855-242-3310 • Online Chat - 24/7 - www.hopeforwellness.ca

Talk 4 Healing: Culturally grounded indigenous helpline for women. • Talk - 24/7 - 1-855-554-HEAL

Native Youth Crisis Hotline:

- Talk - 24/7 - 1-877-209-1266

Black Youth Helpline:

- Talk/Text - 1-833-294-8650 • Email - info@blackyouth.ca

Trans Lifeline:

- Talk - 24/7 - 1-877-330-6366 •
- Online - www.translifeline.org

LGBT Youthline:

- Talk - Sun-Fri from 4:00pm-9:30pm: 1-800-268-9688
- Text - Sun-Fri from 4:00pm-9:30pm: 1-647-694-4275
- Online Chat - Sun-Fri from 4:00pm-9:30pm: www.youthline.ca

NEDIC: National Eating Disorder Information Centre

- Online - Monday-Thursday from 9am to 9pm; Friday from 9am to 5pm;
www.nedic.ca - click the "start chat" button
- Talk - Monday-Thursday from 11am to 7pm; Friday from 11am-5pm - 1-877-209-1266

ONTX (Ontario Online Text and Crisis Service):

- Online Live Chat - Daily from 2pm-2am
<https://distresscentredurham.com/ontario-online-text-crisisservices/>
- Text - Daily from 2pm-2am daily - 258258

Togetherall (formerly Big White Wall): An online mental health service that offers peer support and self-management tools for individuals 16+ experiencing mild to moderate anxiety and depression and other related conditions. The wall is monitored by mental health professionals 24/7 and is supported by clinical analytics.

- Online - www.bigwhitewall.ca (click on the "join us" links to register and follow the prompts to complete registration)

The Sexual Assault Centre of Quinte and District (SACQD):

- Talk - 24/7 - 1-877-544-6424

Assaulted Women's Helpline:

- Talk - 24/7 - 1-866-863-0511

National Human Trafficking Hotline:

- Talk - 24/7 - 1-833-900-1010

Youthab - Quick Connections: Local, same day single session virtual counselling and therapy for youth aged 16-24. Offered Thursday's at 9:30am. Sessions can be booked up to 24hrs in advance. •

- Call - 613-969-0830 and speak to Reception for booking

CMHA-HPE - Central Intake: Local mental health service provider that can connect individuals 16+ with One-Step Therapy, the Ontario Structured Psychotherapy Program, or other AMHS specific programs.

- Call - Monday-Friday - 9:30am-5:30pm - 310-OPEN (6736)
- Online - www.hopedreamrecover.ca

Ontario Structured Psychotherapy (OSP) Program: free psychotherapy for individuals 18+ experiencing depression and anxiety related concerns. Please contact your family doctor for a referral.

- CAMH - <https://www.camh.ca/en/your-care/programs-and-services/ontario-structured-psychotherapy-osp-program>
- The Royal - <https://www.theroyal.ca/osp>
- Ontario Shores - <https://www.ontarioshores.ca/cms/one.ca>

BounceBack: Free skill-building program managed by the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

- Online - www.bouncebackontario.ca

AbilitiCBT/iCBT: Free online CBT program to help with anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.

- Online - <https://myicbt.com/home>

TeleCBT: Free OHIP covered online counselling specializing in the use of CBT. •
Online - www.telecbt.ca

Breaking Free: Free wellbeing and recovery support program that provides CBT tools and support for any type of substance use.

- Online - <https://www.breakingfreeonline.ca/>
- App - Breaking Free Companion Canada
- access code = yhq21

Gambling Self-Help: Free online self-help gambling tools.

- Online - <http://problemgambling.ca/gambling-help/>

CCI - Centre for Clinical Intervention: Free online self-help resources for a variety of mental health problems.

- Online - www.cci.health.wa.gov.au/Resources/Looking-AfterYourself

Get Self Help: Free online cognitive behaviour therapy self-help resources self-help resources for a variety of mental health problems.

- Online - <https://www.getselfhelp.co.uk/>

Connex Ontario: Discover mental health, addiction, and problem gambling services in Ontario.

- Call - 1-866-531-2600 - 24/7
- Online - <https://www.connexontario.ca/en-ca/> (includes live chat and direct email feature)
- App - ConnexGO Online/Virtual Tele-Health Care:

CouchMD: Phone appointments with Canadian doctors specializing in mental health

- Call - 1-647-365-4870
- Online booking at www.couchmd.ca

Cover Health: Virtual walk-in clinic •

- Online booking at <https://cover.health/>

Tulip Health: Phone appointments with a doctor

- Call - 1-647-326-4285
- Online booking at <https://tuliphealth.ca>