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

Access this list online at: ontariofamilyphysicians.ca/mha
Patient Resources: Mental Health and Addictions

GENERAL INFORMATION

- **Government of Ontario summary of resources** – [ontario.ca/page/covid-19-support-people#section-4](http://ontario.ca/page/covid-19-support-people#section-4)
- **Take Care 19** – community-sourced mental health supports for coping through COVID-19: [takecare19.com](http://takecare19.com)
- **Anxiety Canada** – coping with COVID anxiety: [anxietycanada.com/covid-19](http://anxietycanada.com/covid-19)
- **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](http://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](http://aa-intergroup.org/directory.php)
- **Narcotics Anonymous** – [na.org/meetingsearch](http://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](http://canadadrugrehab.ca)

APPS FOR MINDFULNESS

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

Access this list online at: [ontariofamilyphysicians.ca/mha](http://ontariofamilyphysicians.ca/mha)