



March 24, 2020 Please post and share immediately.

Support Services for all community members Ontario and Canada Wide Crisis services

As we navigate through these difficult and stressful times, Unifor Local 229 would like to share these resources available to all members of our families, communities and workplaces. Please forward this information out to all members, families and your communities.

CMHA Crisis Response Services:

Thunder Bay- Phone: 807-346-8282

TTY and District of Thunder Bay- Phone Toll Free: 1-888-269-3100

Crisis Services Canada evolved out of the Canadian Distress Line Network – a national network of existing distress, crisis and suicide prevention line ... [more](#)

439 University Ave., Toronto, ON, M5G 1Y8 [Map](#)

1-833-456-4566 (Crisis Line)

<http://www.crisisservicescanada.ca>

Area Served: [Canada](#)

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and ... [more](#)

ON, Canada

1-866-925-5454

<http://www.good2talk.ca>

Area Served: Ontario

Ontario-wide information and referral for people experiencing mental health and/or addiction issues. Service is provided 24/7/365 by toll-free telephone, ... [more](#)

ON, Canada

1-866-531-2600

<http://www.connexontario.ca>

Area Served: Ontario

[Assaulted Women's Helpline](#)

Free, anonymous, confidential 24-hr telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of ... [more](#)

Toronto, ON, M5T 2W2 [Map](#)

416-863-0511

<http://www.awhl.org>

Area Served: Ontario



[Fem'aide](#)

Provincial support line for francophones. For women affected by violence. 24/7/365. Offers a listening ear, information, safety planning, information and ... [more](#)

Toronto, ON, M5G 2P6

1-877-336-2433

<http://www.femaide.ca>

Area Served: Ontario

[First Nations and Inuit Hope for Wellness Help Line](#)

If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away. Service is available in Cree, Ojibway, Inuktitut, English and French. ... [more](#)

ON, Canada

1-855-242-3310

<https://www.canada.ca/en/health-canada/s...>

Area Served: [Canada](#)

[Kids Help Phone](#)

Kids Help Phone is Canada's only bilingual phone and on-line counselling service for youth. It's free, anonymous and confidential. Professional ... [more](#)

439 University Avenue, Toronto, ON, M5G 1Y8 [Map](#)

416-586-5437

<http://www.kidshelpphone.ca>

Area Served: [Canada](#)

[NEED2 Prevention Education and Support \(NEED2\) : Youthspace.ca \[Online and SMS Text Chat\]](#)

Youthspace.ca offers emotional support and crisis intervention to youth in Canada under 30yrs. Our highly-trained volunteers are online every night (6 PM to ... [more](#)

Victoria, BC [Map](#)

<http://youthspace.ca>

Area Served: [Canada](#)