



General Distress Lines

Additional options are available to you at the following link:

<http://www.crisisservicescanada.ca/en/need-help/looking-for-local-resources-support/>

British Columbia

Crisis Line Association of BC

1800SUICIDE (24 hours): 1-800-784-2433

Mental Health Support (24 hours): 310-6789 (no area code needed)

Alberta

St. Paul and District Crisis Association

Toll-free (24 hours): 1-800-263-3045

Mental Health Support Line

1-877-303-2642

Saskatchewan:

Healthline

811

Manitoba

Manitoba Suicide Prevention & Support Line (24/7)

1-877-435-7170

Ontario

Eastern Ontario: Crisis Line

Bilingual Toll Free: 1-866-996-0991

For a list of numbers for other regions: <http://www.dcontario.org/centres.html>

Quebec

Association québécoise de prévention du suicide

Sans frais (24h/24): 1-866-APPELLE (277-3553)

New Brunswick

Provincial Helpline Toll Free (24 hours)

1-800-667-5005

Nova Scotia

Mental Health and Addictions, Nova Scotia Health Authority

Toll Free (24 hours): 1-888-429-8167



Prince Edward Island

Island Helpline

Toll Free (24 hours): 1-800-218-2885

Newfoundland and Labrador

Mental Health Crisis Centre

Toll Free (24 hours): 1-888-737-4668

Yukon

Yukon Distress & Support Line c/o Many Rivers Counselling and Support Services

Toll Free (7 pm–12 am): 1-844-533-3030

Northwest Territories

NWT Help Line

Toll Free (7 pm–11 pm): 1-800-661-0844

Nunavut

Awareness Centre

Crisis Line (24 hours): (867) 982-0123

Nunavut Kamatsiaqtut Help Line

Toll Free (7 pm–11 pm): 1-800-265-3333



**Canadian Centre
on Substance Use
and Addiction**

CCSA was created by Parliament to provide national leadership to address substance use in Canada. A trusted counsel, we provide national guidance to decision makers by harnessing the power of research, curating knowledge and bringing together diverse perspectives.

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