

RESOURCES

CRISIS SERVICES CANADA: NATIONAL SUICIDE PREVENTION HOTLINE

Call toll free 24/7 365 **1.833.456.4566** OR Text **45645**, 4 PM - 12 AM ET

THE 211

211 connects people to the right information and services, strengthen Canada's health and human services, and helps Canadians become more engaged with their communities.

Visit <https://211ontario.ca/> or call 2-1-1

TOGETHERALL (FORMERLY BIG WHITE WALL)

Commissioned by over 250 organisations globally, Togetherall is an online service providing access to millions with anxiety, depression and other common mental health issues.

Visit <https://togetherall.com/en-ca/> to learn more

BOUNCEBACK ONTARIO

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is 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.

Visit <https://bouncebackontario.ca/> to get started