

Need someone to talk to? Don't hesitate... call NOW!!

Talk 4 Healing

Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages.

- [Toll-free: 1-855-554-4325](tel:1-855-554-4325)
- Text: [1-855-554-4325](tel:1-855-554-4325)
- [Live web chat](#)



Young people

Good2Talk

- For people ages 17 to 25.
- [Toll-free: 1-866-925-5454](tel:1-866-925-5454)
- [Email](#)

Indigenous peoples

Hope for Wellness Helpline

- Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada (available in some Indigenous languages).
- [Toll-free: 1-855-242-3310](tel:1-855-242-3310)
- [Live web chat](#)

BounceBack®

- A free cognitive behavioural therapy (CBT) program that offers guided mental health self-help supports for **adults and youth 15 and older**.
- [Toll-free: 1-866-345-0224](tel:1-866-345-0224)

Breaking Free Online

A free online therapy tool designed to help Ontarians ages 16 and older reduce or stop the use of over 70 substances, such as tobacco, alcohol and drugs, including opioids.

[Breaking Free Online | Recovery Program for Alcohol & Drugs](#)



TO FIND OUT MORE INFORMATION, OR TO ACCESS ANY OF THE ABOVE LINKS, THEY CAN BE FOUND AT

Find mental health support | ontario.ca

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