

LOOKING FOR SUPPORT WITH YOUR MENTAL HEALTH? NEVER BE AFRAID TO REACH OUT FOR HELP. REMEMBER, SEEKING HELP IS A SIGN OF STRENGTH. YOU DON'T HAVE TO FACE YOUR STRUGGLES ALONE. THERE IS SUPPORT NEARBY.



# MENTAL HEALTH SUPPORTS

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS:  
CALL 911

VISIT YOUR NEAREST EMERGENCY DEPARTMENT  
CALL CRISIS RESPONSE THUNDER BAY: 346-8282

## Kids Help Phone

<https://kidshelpphone.ca/>  
Call: 1-800-668-6868  
Text: CONNECT to 686868

Confidential crisis support and professional counselling for youth up to 20 years old offered 24/7

## Talk4Healing

Call or Text: 1-855-554-HEAL  
<http://talk4healing.com/>  
Live chat option available on website

Culturally grounded, confidential helpline, for Indigenous women (available in 14 languages) offered 24/7

## Good2Talk

<https://good2talk.ca/>  
Call: 1-866-925-5454  
Text: GOOD2TALKON to 686868

Confidential crisis support and professional counselling for post-secondary students (ages 17-25) offered 24/7

## Togetherall

<https://togetherall.com/en-ca/>

Online mental health and wellbeing service that allows you to express your feelings and connect with others in a safe and secure online space.

Resources and self-assessments available.

Accessible 24/7

Moderated by trained practitioners

## Bounce Back Ontario

<https://bouncebackontario.ca/>

Skill-building program delivered through a variety of videos and over the phone coaching to help manage low mood, mild to moderate depression, anxiety, stress, and worry

## Youthline

<https://www.youthline.ca/>  
Text: (647) 694-4275  
Live chat on website

Confidential online or text peer support for LGBTQ2SI youth Sunday to Friday from 4:00 pm to 9:30 pm

TO FIND OUT WHERE YOU CAN ACCESS COUNSELLING SUPPORT AND TREATMENT FOR MENTAL HEALTH CONCERNS:

CALL 211 OR VISIT THE 211 NORTH WEBSITE: [WWW.211NORTH.CA](http://WWW.211NORTH.CA)

CALL CONNEXONTARIO AT 1-866-531-2600 OR VISIT THE CONNEXONTARIO WEBSITE: [HTTPS://WWW.CONNEXONTARIO.CA/EN-CA/](https://WWW.CONNEXONTARIO.CA/EN-CA/)  
CONFIDENTIAL AND FREE SUPPORT FOR ADDICTIONS, MENTAL HEALTH, AND PROBLEM GAMBLING OFFERED 24/7