

Mental health resources: National

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
2-1-1	Call or text: 2-1-1 Online: 211.ca	211 is available 24/7 across Canada by phone, website, or text. 211 helps connect people to local information and services.	National	Navigational tool	Wellness support	General population				Yes	English, French
8-1-1 Healthline	8-1-1	Registered nurses are available 24/7 to provide confidential health advice and support.	National	Telephone	Wellness support	General population	Yes	Yes	Yes	—	English, French
9-8-8: Suicide Crisis Helpline	Call or text: 9-8-8 Online: 988.ca	"You deserve to be heard. We're here to listen. A safe space to talk, 24 hours a day, every day of the year."	National	Telephone (call or text), online service	Crisis support		Yes	—	—	—	English, French
Badge of Life Canada	badgeoflifecanada.org/peer-support	Weekly online peer support group sessions for public safety personnel and/or their adult family members.	National	Online service	Peer support	Public safety personnel and their families	Yes	—	—	Yes	English
Badge of Life Canada: Crisis resources	badgeoflifecanada.org/crisis-resources	Provides free crisis and mental health support resources for Canadian public safety personnel.	National	Navigational tool	Crisis support	Public safety personnel	Yes	—	—	—	English
Beyond Silence	beyondsilence.ca/app	App designed to promote early intervention and support for the mental health of health care providers.	National	App	Wellness support	Health care providers	Yes	—	—	—	English, French
BounceBack	cmha.ca/bounce-	A free skill-building	National	Online service	Wellness	General	Yes	—	Yes	—	English

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	back	program from the Canadian Mental Health Association (CMHA) for people with low mood, depression, anxiety, or general stress.			support	population					French
Canada Drug Rehab Addictions Services Directory	canadadrugrehab.ca	Free online directory of alcohol and drug rehab programs and other addiction-related services in Canada.	National	Navigational tool	Wellness support and addiction support	General population	Yes	—	—	—	English
Canadian Institute for Public Safety Research and Treatment	cipsrt-icrtsp.ca	Knowledge hub of mental health information for public safety personnel.	National	Knowledge hub	Wellness support and PTSD support	Public safety personnel	Yes	—	—	—	English , French
Canadian Medical Association Physician Wellness Hub	cma.ca/physician-wellness-hub/topics/peer-support	A navigation tool that finds peer support for physicians for each province.	National	Online service	Navigational tool	Physicians	Yes	—	—	—	English , French
Canadian Medical Association: Physician Wellness Program	cma.ca/physician-wellness-support-services	A navigation tool for physicians to find wellness support services for each province.	National	Online service	Navigational tool	Health care providers	Yes	—	—	—	English , French
Centre for Addiction and Mental Health	camh.ca	CAMH provides a wide range of mental health services for patients of all ages and families.	National	Online service	Wellness support	General population	Yes	Yes	Yes	Yes	English , French
Employee Assistance Program	health.canada.ca/en/health-canada/services/environmental-workplace-health/occupation	An online chat that can be used to get a referral for counselling sessions with a mental health	National	Online service	Wellness support	Military members, Veterans, and their families	Yes	—	—	Yes	English , French

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[al-health-safety/employment-assistance-services/contact-us/chat-step-1-3.html](https://canemerg-urgencecan.com/category/mental-health-resources/national-en/)

professional. For current/former CAF or RCMP members and their families.

Family Information Line	1-800-866-4546	A confidential, personal, bilingual, and free service offering information, support, referrals, reassurance, and crisis management to the military community.	National	Telephone	Counselling	Military families	Yes	—	—	Yes	English, French
Healing in Colour	healingincolour.com	Directory to find a BIPOC therapist nearby and access other resources.	National	Navigational tool	Counselling	Black, Indigenous, People of Colour (BIPOC)	Yes	—	—	—	English
Hope for Wellness Helpline (Chat)	hopeforwellness.ca	Immediate, culturally competent telephone crisis intervention counselling support for First Nations and Inuit.	National	Online chat	Crisis support	Indigenous populations	Yes	—	Yes	—	English, French (Cree, Ojibway, Inuktitut available upon request)
Hope for Wellness Helpline (Telephone)	1-855-242-3310	Immediate culturally competent, telephone crisis intervention counselling support for First Nations and Inuit. Open 24/7.	National	Telephone	Crisis support	Indigenous populations	Yes	—	Yes	—	English, French (Cree, Ojibway, Inuktitut available upon request)
Indigenous Services	canada.ca/en/indigenous-services-	Navigation tool to services provided to	National	Online service	Navigational tool	Indigenous populations	Yes	—	—	—	English, French

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Canada	canada.html	Indigenous peoples.									
Kids Help Phone (Online)	kidshelpphone.ca	Offers resources, crisis support, and counselling primarily for youth, but anyone can access their services.	National	Online service	Wellness support	General population	Yes	Yes	Yes	—	English. French
Kids Help Phone (Telephone)	1-800-668-6868	Offers resources, crisis support, and counselling primarily for youth, but anyone can access their services. Contact a professional 24/7.	National	Telephone	Wellness support	General population	Yes	Yes	Yes	—	English. French
Lifeline Canada Foundation	thelifelinecanada.ca	Provides online information about anxiety, depression, grief support, and suicide.	National	Online service	Wellness support	General population	Yes	—	—	—	English. French
MindShift CBT	anxietycanada.com/resources/mindshift-cbt	A free app using CBT strategies to help with worry, panic, perfectionism, social anxiety, and phobias.	National	Mobile app	Wellness support	General population	Yes	—	—	—	English. French
Multicultural Mental Health Resource Centre	multiculturalmentalhealth.ca	Provides culturally safe and competent mental health information for Canada's diverse population.	National	Resource hub	Wellness support	Black. Indigenous. People of Colour (BIPOC)	Yes	Yes	Yes	Yes	English. French
Naseeha Mental Health	naseeha.org/helpline-textline	Offers a free 24/7 helpline and education for the Muslim population of Canada.	National	Online service	Wellness support	Muslims	Yes	—	—	—	English. French. Arabic. Farsi. Urdu. Somali
National Indian Residential	1-866-925-4419	Provides 24-hour crisis support to former Indian	National	Telephone	Crisis support	Indigenous populations				Yes	English

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School Crisis Line		Residential School students and their families.									
Nurse 2 Nurse Peer Support	n2nps.com	Canadian non-profit, trauma-informed organization that provides peer support services for nurses, including biweekly group support and psychological resiliency education.	National	Online service and in-person service	Peer support	Nurses	Yes	—	—	—	English
Operational Stress Injury Social Support (OSISS)	cfmws.ca/support-services/health-wellness/mental-health/operational-stress-injury-social-support-(osiss)		National	Online service	Peer support	Military members, Veterans, and their families	Yes	—	—	Yes	English, French
PeerOnCall	oncallapp.ca	Access to anonymous peer support via text or phone. Also provides access to other support resources and tools.	National	App	Peer support	Public safety personnel	Yes	—	—	—	English, French
pflag Canada	pflagcanada.ca	Helps LGBTQ2SIA+ people and their loved ones connect with resources and find supportive communities.	National	Online service	Navigational tool	LGBT2SQIA+ people and their families	Yes	—	Yes	Yes	English, French
PSPNET: For PSP	pspnet.ca/en/for-psp	Provides free, confidential, online cognitive behaviour therapy courses for current and former public safety personnel and their spouses.	National (Available in New Brunswick, Nova Scotia, Ontario, Quebec, and Saskatchewan.)	Online service	Wellness support	Public safety personnel	Yes	—	—	—	English, French

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Strongest Families	strongestfamilies.com/military-and-veterans/	A resource of programs to support military members, Veterans, and their families' mental health.	National	Online service	Wellness support	Military members, Veterans, and their families	Yes	Yes	Yes	Yes	English, French
Strongest Families: ICAN	strongestfamilies.com/ican	Free, self-directed, web-based well-being course.	National	Online service	Wellness support	General population	Yes	—	—	—	English, French
Trans Lifeline	877-330-6366	Provides peer support for any trans person in Canada. Also has a US number for Spanish-language calls.	National	Telephone	Peer support	Trans people	Yes	—	Yes	—	English, Spanish
Veteran Crisis Helpline	1-800-268-7708	A confidential and free service available 24/7.	National	Telephone	Crisis support	Veterans, former RCMP members, their family members, and caregivers	Yes	—	—	Yes	English, French
Veterans Affairs Canada Mental Health Services	veterans.gc.ca/en/mental-and-physical-health/mental-health-and-wellness	Information on how to access mental health and wellness support for Veterans.	National	Online service	Wellness support	Military members, Veterans, and their families	Yes	—	—	Yes	English, French
Veterans Affairs Canada: OSI clinics	veterans.gc.ca/en/mental-and-physical-health/mental-health-and-wellness/assessment-and-treatment/osi-clinics	A navigation tool to find local operational stress injury (OSI) clinics.	National	Online service	Navigation tool	Military members, Veterans, and their families	Yes	—	—	Yes	English, French
Well Central	wellcentral.ca	A web-based online channel with free interactive courses for those seeking better mental health.	National	Online service	Wellness support	General population	Yes	—	—	—	English, French

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Wounded Warriors Canada: C.O.P.E.	woundedwarriors.ca/our-programs/couples-overcoming-ptsd-everyday	C.O.P.E., or Couples Overcoming PTSD Everyday, is a couples-based trauma program for Veterans and first responders affected by operational stress injuries.	National	In-person service	Wellness support	Military members, Veterans, military spouses; public safety personnel and their spouses	Yes	—	—	Yes	English
Wounded Warriors Canada: Spousal Resiliency Program	woundedwarriors.ca/our-programs/spousal-resiliency-program	A four-day, clinically facilitated trauma group for spouses of military members, Veterans, and public safety personnel who have been exposed to operational stress injuries (such as PTSD) in their relationships.	National	In-person service	Wellness support and PTSD support	Spouses of military members, Veterans, and public safety personnel	Yes	—	—	Yes	English
Wounded Warriors Canada: Trauma Resiliency Program	woundedwarriors.ca/our-programs/trauma-resiliency-program	A three-day group counselling program for Veterans and first responders; focuses on acquiring tools to overcome the effects of trauma exposure.	National	In-person service	Wellness support and PTSD support	Military members, Veterans, and public safety personnel	Yes	—	—	—	English