



Mental Health Works – Immediate and Community Resources

**Resources subject to change*

Free & Confidential Immediate Support Resources:

Resource	Description
9-8-8 Suicide Crisis Helpline Toll-Free (24/7/365) Call or Text: 988	9-8-8 Suicide Crisis Helpline offers support to anyone concerned about suicide. Whether you are suffering from a loss, worried about someone who may be having suicidal thoughts, or having suicidal thoughts yourself, they have highly trained responders who are there to provide support.
Trans Lifeline 1-877-330-6366 translifeline.org	Trans Lifeline “is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.” Available 24/7.
Hope for Wellness Help Line (Indigenous) 1-855-242-3310 hopeforwellness.ca	Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French, as well as in Cree, Ojibway and Inuktitut on request.



Community Resources:

Resource	Description
<p>Family Doctor</p>	<p>Your family doctor can support your overall health. They can also refer you to a psychiatrist if you need a higher level of care. Don't have a family doctor? You can sign-up with Health Care Connect at: 1-866-797-0007 or online at: ontario.ca/page/find-family-doctor-or-nurse-practitioner.</p>
<p>ConnexOntario 1-866-531-2600 connexontario.ca</p>	<p>ConnexOntario is a free resource that can connect you to mental health, addiction and problem gambling services in your local area. They are available 24/7.</p>
<p>Ontario Structured Psychotherapy <i>To learn more, go to ontariohealth.ca/osp</i></p>	<p>Ontario Structured Psychotherapy is a free program that offers a range of services (from self-led to therapist-supported) for adults experiencing mild-to-moderate anxiety or depression.</p>
<p>Black Mental Health Canada 1-888-220-2510 blackmentalhealth.ca</p>	<p>Black Mental Health Canada exists to provide access to affordable mental health services and education for the Black community.</p>
<p>Your local CMHA branch <i>Search "find cmha in your area" or visit: cmha.ca/find-help/find-cmha-in-your-area/.</i></p>	<p>Your local CMHA branch is a great way to learn about local community services, as well as getting direct support.</p>
<p>Workplace Benefits <i>My Workplace Benefits information:</i></p> <div data-bbox="142 1465 555 1776" style="border: 1px solid #ccc; height: 148px; width: 254px;"></div>	<p>Your workplace may have benefits such as an Employee Assistance Program (EAP). EAP offers short-term counselling, referrals and other supports to you and eligible family members.</p>