

MENTAL HEALTH RESOURCES

YOUTH MATTER. YOU ARE NOT ALONE.

HELPLINES

CALL/TEXT/CHAT

KIDS HELP PHONE

1-800-668-6868
TEXT CONNECT TO 686868
[HTTPS://KIDSHELPPHONE.CA/LIVE-CHAT/](https://kidshelpphone.ca/live-chat/)

DISTRESS CENTRES OF GREATER TORONTO

1-905-459-7777

CANADA SUICIDE PREVENTION

CALL 1.833.456.4566 OR
TEXT 45645

E-MENTAL HEALTH

[WWW.EMENTALHEALTH.CA](http://www.ementalhealth.ca)

THE 24H MENTAL HEALTH CRISIS LINE

1-866-996-0991
[CRISISLINE.CA](http://crisisline.ca)

GOVERNMENT HEALTH

2-1-1

CANADIAN SPORT HELPLINE

[HTTPS://ABUSE-FREE-SPORT.CA](https://abuse-free-sport.ca)
1-888-837-7678

NATIONAL EATING DISORDER INFORMATION CENTRE (NEDIC)

1-866-633-4220

YOUTHSPACE

TEXT (778) 783-0177
[WWW.YOUTHSPACE.CA](http://www.youthspace.ca)

THE LIFELINE APP

[WWW.LIFELINECANADA.CA](http://www.lifelinecanada.ca)

APPS

BE GAME
READY

SAM
(ANXIETY)

HEALTHY
MINDS

CALM

10%
HAPPIER

THINKFUL

RECOVERY
RECORD

HEADSPACE

MOOD
TRACKER

MINDSHIFT

HAPPIFY

SMILING
MINDS

BETTER
HELP

EXPLORE

INFORMATION/EDUCATION

MENTAL HEALTH AND SERVICE INFORMATION ONTARIO:

[WWW.MENTALHEALTHHELPLINE.CA](http://www.mentalhealthhelpline.ca)

MIND AT PLAY (SPORT-SPECIFIC MENTAL HEALTH SUPPORT):

[HTTPS://MHIPRO.CA/](https://mhipro.ca/)

YOUTH MENTAL HEALTH CANADA

[WWW.YMHC.NGO](http://www.ymhc.ngo)

GAME PLAN

[WWW.MYGAMEPLAN.CA](http://www.mygameplan.ca)