

Mental Health Resources

First Nations and Inuit Hope and Wellness Helpline:

1-855--242-3310

hopeforwellness.ca

24/7 YSB-Crisis Line:

613-260-2360

www.ysb.ca

24/7 Online crisis chat:

www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/

24/7 Distress Centre:

613-238-3311

Kids Help Phone:

1-800-668-6868

www.kidshelpphone.ca/live-chat

LGBTQ Youthline:

1-800-268-9688

Black Youth Help Line:

1-833-294-8650 (toll free)

Blackyouth.ca

Youthline LGBTTIQQ2SA:

647-694-4275 (call or text 4:30 to 9:30pm)

Youthline.ca

Naseeha Muslim Youth Helpline:

1-866-627-3342

(call or text 12pm to 9pm)

Mobile Crisis:

613-722-6914 Responds to call from individuals 16 years and over, family members, and professionals in the community

For additional Resources please visit our
[JMSS Parent & Teen Resources](#)