

# MENTAL HEALTH SUPPORTS

## WELLNESS RESOURCES & HELPLINES



### CONNEX ONTARIO DISTRESS & CRISIS

**1-866-531-2600**

**DEVELOP A PLAN THAT ENHANCES YOUR STRENGTHS & RESOURCES TO GET YOU BACK ON TRACK.**

Adult one-on-one counselling for addressing specific needs.

Free and confidential health services for mental health, gambling, and/or substance issues.

[connexontario.ca/en-ca/](http://connexontario.ca/en-ca/)

### GRIEF & BEREAVEMENT SUPPORT

**905-898-6265**

**TO HELP UNDERSTAND AND MANAGE YOUR GRIEF PROCESS.**

Bereaved Families of Ontario (BFO) is a fully inclusive and supportive organization to help those in need.

Available to help cope with navigating personal grief.

Available Mon-Fri 9:30am-4:00pm

[bfoyr.com/](http://bfoyr.com/)

### HOPE FOR WELLNESS

**1-855-242-3310**

**TO HELP, DEVELOP AND COPE WITH RECONCILING TOWARDS INDIGENOUS COMMUNITIES AND INDIVIDUALS.**

Immediate mental health counselling and support for all Indigenous peoples across Canada experiencing emotional distress.

Available for First Nations, Metis, and Inuit individuals and communities.

Available 24/7

[firelight.ca/2021/01/28/indigenous-mental-health/](http://firelight.ca/2021/01/28/indigenous-mental-health/)

### ACROSS BOUNDARIES

**416-787-3007 EXT. 222**

**WORKS WITH A DYNAMIC RANGE OF RACIALIZED INDIVIDUALS TO PROVIDE HELP FOR MENTAL HEALTH AND/OR ADDICTIONS.**

Provides a inclusive and dignified environment for individuals who are facing substance or mental challenges.

[acrossboundaries.ca/](http://acrossboundaries.ca/)

### PEER SUPPORT WARMLINE

**1-888-768-2488**

**RESOURCES TO HELP YOU OVERCOME EVERYDAY BARRIERS AND MENTAL BLOCKS.**

Support for mental health and/or substance abuse challenges.

For those feeling lonely, anxious, isolated, or in need for a friendly ear.

Available 7 Days a Week 3:00PM - 7:00PM

[dcontario.org/resources/usefulresources/](http://dcontario.org/resources/usefulresources/)

### NEDIC (NATIONAL EATING DISORDER INFORMATION CENTRE)

**1-866-633-4220 (toll free)**

**416-340-4156 (main office)**

**GET HELP FROM SOCIAL WORKERS WHO TRULY LISTEN AND UNDERSTAND EATING DISORDERS.**

Provides information, resources, referrals, and support for eating disorders and inquiries

A confidential space who serves all of Canada.

[nedic.ca/](http://nedic.ca/)

### ONTARIO ASSOCIATION SUICIDE PREVENTION

**1-833-456-4566**

**OFFERS A WIDE RANGE OF SERVICES AND PROGRAMS TO HELP INDIVIDUALS WHO ARE STRUGGLING TO COPE WITH EVERYDAY DEMANDS.**

Encourages the prevention of suicide through interventions and postvention actions.

Can talk individually and one-on-one, available to call outbound, and provide further additional resources.

Available 24/7

[suicidepreventionontario.ca/](http://suicidepreventionontario.ca/)