

MENTAL HEALTH SUPPORTS

WELLNESS RESOURCES & HELPLINES

UCELDO Safety
Excellence Through Action

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/

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/

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/

ONTARIO ASSOCIATION SUICIDE PREVENTION

☎ **1-833-456-4566**

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/

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/

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/

★ **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/