

Need mental health support?



What: crisis counselling for women who need emotional support and possible crisis intervention
Ages: All
Hours: 24/7 365 days a year
Link: <http://www.awhl.org/>
Text: #SAFE ((#7233) on your Bell, Rogers, Fido or Telus Mobile
Call: 416 863 0511; Toll Free: 416 364 8762 or 1 866 863 0511



What: an app that offers free, safe, and engaging support
Ages: 16 to 29 years
Hours: Monday to Friday and Sundays 4 p.m. to 9 p.m.
Link: <http://beanbagchat.ca/>

BIG WHITE WALL®

What: A peer support community – connect with others who feel like you

- Safe and anonymous
- Express yourself without feeling judged

Ages: All
Hours: 24/7
Link: <https://www.bigwhitewall.com/>



What: A free skill-building program managed by the Canadian Mental Health Association (CMHA)

- Designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry
- Delivered over the phone with a coach and through online videos

Ages: All
Hours: 24/7
Link: <https://bouncebackontario.ca/what-is-bounceback-youth/>

Kids Help Phone

What: Conversation with someone whom you can trust, who won't judge you, and who wants to help

Ages: All
Hours: Available 24/7
Link: <https://kidshelpphone.ca/>
Text: **Connect** to 686868
Call: 1 800 668 6868

Need mental health support?



MindShift CBT

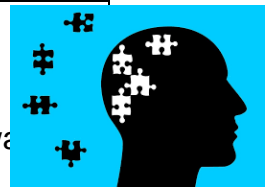
Free Evidence-Based Anxiety Relief



What: Helps you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety

Ages: All

Link: <https://www.anxietycanada.com/resources/mindshift-cbt/>



mindyourmind

What: Free, safe, and engaging support for young people by young people

Ages: 14 to 29 years

Hours: 24/7

Link: <https://mindyourmind.ca/>

Naseeha

What: Free confidential telephone helpline to support Muslim youth

- Youth receive immediate, anonymous and confidential support

- Provides tools to address mental health

Ages: Youth

Hours: noon to 9:00 p.m.

Link: <https://naseeha.org/>

Call or text: 1 866 627 3342



Toronto Distress Centre

What: Delivers crisis, emotional support and suicide prevention + intervention + postvention service agency

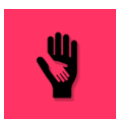
Ages: All

Hours: 24/7 365 days a year

Link: <https://www.torontodistresscentre.com/>

Text: 45645

Call: 416 408 4357



What's Up? App

What: A free app utilising Cognitive Behavioural Therapy and Acceptance Commitment Therapy methods to help you cope with depression, anxiety, anger, stress and more.

Ages: All

Link: <https://apps.apple.com/ca/app/whats-up-a-mental-health-app/id968251160>

For more resources and information on Covid-19: [Toronto 311](#)