

Mental Health Wellness Resources

Compass Group Canada's *Just Now* program aims to provide our associates and communities with mental health resources from trusted experts while fostering open dialogue among our colleagues. Never has that been more important than now, during the current global environment, and uncertainty resulting from the COVID-19 pandemic.

We have developed this page to help support you by providing easy to access resources that provide real solutions for coping with new stresses. And as always, **if you need urgent help**, please call 1-833-456-4566.

Should you require immediate mental health support, please call the [Crisis Services Canada](#) at:

- toll-free 1-833-456-4566 24/7, or
- text CSPS at 45645, from 4PM – 12AM Eastern.

Resources Available:

- **National Crisis Hotlines**
 - Page 3 and 4
- **Canadian Mental Health Association (CAMH)**
 - [Website](#)
 - Contact CAMH - 1 800 463-2338, then press 2
 - [CAMH COVID-19 resource page](#)
 - [Talking to your Children about COVID-19](#)
 - [Conversations You Need to Have about Mental Illness](#)
- **World Health Organization (WHO)**
 - [Coping with Stress](#)
 - [Helping Children cope with stress](#)
 - [Mental Health Considerations](#)
- **Additional Compass Canada Support Material**
 - Employee Assistance Program:
Health Advocate
 - [Website](#)
 - Call 1-877-240-6863
 - E mail: answers@HealthAdvocate.com



Mental Health Wellness Resources

Resources Available:

- **For Children**
 - [Kids Help Phone](#) site (options for Text, Call, Chat)
 - [Scholastic Learn at Home Resources](#)
 - [Scholastic Things to do with your kids](#)
- **Government of Canada**
 - [COVID-19 Information page](#)
 - [How to care for someone with COVID-19](#)
- **BounceBack:** Free online mental health support
 - [Website](#)



Mental Health Wellness Resources

National Crisis Hotlines

[Kids Help Phone](#)

1-800-668-6868

[Crisis Services Canada](#)

1-833-456-4566 or text 45645

[First Nations and Inuit Hope for Wellness Help Line](#)

1-855-242-3310

[Canada Drug Rehab Addiction Services Directory](#)

1-877-746-1963

[National Eating Disorder Information Centre](#)

1-866-633-4220

National resources for information about mental illness

[Bell Let's Talk](#)

[Canadian Association for Suicide Prevention](#) (not a crisis line)

613-702-4446

[Canadian Mental Health Association](#)

416-646-5557

[Canadian Psychological Association](#)

1-888-472-0657

[Mood Disorders Society of Canada](#)

613-921-5565

[Schizophrenia Society of Canada](#)

1-800-263-5545

[Mental Health Commission](#)

613-683-3755

British Columbia Crisis Hotlines

[Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

British Columbia Resources

[Canadian Mental Health Association - British](#)

[Columbia Division](#)

1-800-555-8222

[HeretoHelp](#)

1-800-661-2121

[Youth in B.C. online chat](#)

Greater Vancouver Area: 604-872-3311

Howe Sunshine & Sunshine Coast: 1-866-661-3311

[Aboriginal Wellness Program](#)

(604) 736-2033 or 1-866-884-0888

[B.C. Psychological Association](#) - Find a

Psychologist

1-800-730-0522

[B.C. Problem Gambling Help Line](#)

1-888-795-6111

Alberta Crisis Hotlines

[Distress Centre](#)

403-266-4357

Alberta Resources

[Canadian Mental Health Association - Alberta Division](#)

780-482-6576

[Suicide Information and Education Services](#)

403-342-4966

[Psychologists Association of Alberta](#) - Find a Psychologist

1-888-424-0297

Saskatchewan Crisis Hotlines

[Saskatoon Crisis Intervention Service](#)

306-933-6200

[Mobile Crisis Services](#)

306-757-0127

Saskatchewan Resources

[Canadian Mental Health Association - Saskatchewan Division](#)

1-800-461-5483

[Psychology Association of Saskatchewan](#) - Find a Psychologist

Manitoba Crisis Hotlines

[Manitoba Suicide Prevention Line "Reason to Live"](#)

1-877-435-7170

[Klinic Crisis Line](#)

1-888-322-3019

[Manitoba Sexual Assault Crisis Line](#)

1-888-292-7565

Manitoba Resources

[Canadian Mental Health Association - Manitoba Division](#)

204-982-6100

[Klinic Community Health](#)

204-784-4090

[Mental Health Education Resource Centre of Manitoba](#)

1-855-942-6568

[Manitoba Psychological Society](#) - Find a Psychologist

204-488-7398

Northwest Territories Crisis Hotlines

[Northwest Territories Help Line](#)

1-800-661-0844

Northwest Territories Resources

[Department of Health and Social Services](#)

1-867-767-9061



Mental Health Wellness Resources

Quebec Crisis Hotlines

[Centre de Prevention du Suicide de Quebec](#)

1-866-277-3553

Quebec Resources

[Action on Mental Illness](#)

1-877-303-0264

[Centre de Prevention du Suicide du Haut-Richelieu](#)

450-348-6300

[Movement Sante Mentale Quebec](#)

514-849-3291

Newfoundland and Labrador Crisis Hotlines

[Mental Health Crisis Line](#)

1-888-737-4668

Newfoundland and Labrador Resources

[Canadian Mental Health Association - Newfoundland and Labrador Division](#)

1-877-753-8550

[Mental Health and Addictions Services triage line](#)

1-844-353-3330

[Association of Psychology in Newfoundland and Labrador](#) - Find a Psychologist

709-739-5405

New Brunswick Crisis Hotlines

[Chimo Helpline](#)

1-800-667-5005

New Brunswick Resources

[Canadian Mental Health Association - New Brunswick Division](#)

506-455-5231

[College of Psychologists of N.B.](#) - Find a Psychologist

506-382-1994

Prince Edward Island Crisis Hotlines

[The Island Helpline](#)

1-800-218-2885

Prince Edward Island Resources

[Canadian Mental Health Association - Prince Edward Island Division](#)

902-566-3034

[Psychological Association of Prince Edward Island](#) - Find a Psychologist

Nunavut Crisis Hotlines

[Nunavut Kamatsiaqtut Help Line](#)

1-800-265-3333

Nova Scotia Crisis Hotlines

[Mental Health Mobile Crisis Line](#)

1-888-429-8167

Nova Scotia Resources

[Canadian Mental Health Association - Nova Scotia Division](#)

902-466-6600

[Association of Psychologists of Nova Scotia](#) - Find a Psychologist

902-422-9183

Yukon Crisis Hotlines

[Yukon Crisis Line](#)

403-668-9111

Yukon Resources

[Yukon Health and Social Services](#)

1-866-456-3838

[Mood Disorders Society of Canada - Yukon Division](#)

1-867-667-8346

[Canadian Mental Health Association - Yukon](#)

1-867-668-6429

Ontario Crisis Hotlines

[Ontario Mental Health Helpline](#)

1-866-531-2600

[Good2Talk](#)

1-866-925-5454

[Gerstein Crisis Centre](#)

416-929-5200

[Mental Health Crisis Line](#)

In Ottawa: 613-722-6914

In the larger Ottawa area: 1-866-996-0991

[ONTX Ontario Online & Text Crisis Service](#)

Text 258258

[District and Crisis Ontario Helplines](#)

416-486-2242

[Connex Ontario](#)

1-866-531-2600

Ontario Resources

[Ontario Psychological Association](#) - Find a Psychologist

416-961-5552

[Canadian Mental Health Association - Ontario Division](#)

1-800-875-6213

[Reconnect](#)

416-248-2050

[Ontario Victim Support Line](#)

1-888-579-2888

[Ontario 211](#)

1-877-330-3213

[Drug and Alcohol Helpline](#)

1-800-565-8603

[Toronto Distress Centre](#)

416-408-4357

[Toronto Rape Crisis Centre](#)

416-597-8808

