

Student Support Resources

Emergencies

If you or someone you know is in immediate danger, call **9-1-1**.

Supporting Others

Students caring for a friend or family member who is expressing suicidal thoughts or self-harm behaviours are encouraged to get support at **Youth Space**:

<https://youthspace.ca/youthspace-resources/youthspace-guides/>

Crisis Lines You Can Access — Need Someone to Talk To?

Kids Help Phone

Web: kidshelpphone.ca/

To talk to a counsellor:

Text CONNECT to 686868

Phone: 1-800-668-6868

Search for youth programs in your area:

apps.kidshelpphone.ca/resourcesaroundme/welcome.html

Talk Suicide Canada

Call the toll-free helpline at 1-833-456-4566 or text 45645

Phone option available in English and French, 24 hours a day, 7 days a week

Pour les habitants du Québec, veuillez appeler 1-866-APPELLE (1-866-277-3553)

Text option available in English, 4PM - Midnight ET (standard SMS rates apply)

Web: talksuicide.ca/

BullyingCanada

Get support by phone or text: 1-877-352-4497

Email the support team: Support@BullyingCanada.ca

Web: bullyingcanada.ca/get-help/

Other Supports

Wellness Together Canada

Wellness Together offers support services and resources for mental health, substance use and crisis care for youth and adults. To learn more, visit: wellnesstogether.ca/en-CA

What's Up Walk-In

(Toronto Area)

Web: whatsupwalkin.ca/

To be connected to a counsellor for a free telephone or video session:

Phone: 1-866-585-6486 (Mental Health TO) Monday - Friday 9am - 7pm ET

Canadian Association for Suicide Prevention (CASP)

Web: suicideprevention.ca/resources/

Directory of bereavement and crisis support centres across Canada

St. Stephen's Community House: Community PEERS

(Toronto)

Non-Crisis Peer Support Line: Peers are available to listen & chat

Monday - Saturday: 12 Noon - 8pm

Phone: 647-875-8967

Community PEERS — Peers Elevating & Extending Resources & Supports — is a collective of youth and young adults who are invested in supporting the well-being of youth ages 13 to 29.

StepStones for Youth

StepStones offers a number of programs for youth under 25 years old who come from unstable, low-income homes and have been in contact with child protection, and/or legal systems.

They have compiled the following list of resources for youth in Toronto:

- **Counselling services:** stepstonesforyouth.com/resources/youth-resources/counselling/
- **Services for Black youth:** stepstonesforyouth.com/resources/youth-resources/services-for-black-youth/
- **Services for Indigenous youth:** stepstonesforyouth.com/resources/youth-resources/services-for-indigenous-youth/

Reconciliation Canada

Reconciliation Canada is leading the way in engaging Canadians in dialogue and transformative experiences that revitalize the relationships among Indigenous peoples and all Canadians.

Resources related to mental health and emotional wellbeing, trauma, crisis intervention and suicide prevention are available at reconciliationcanada.ca/need-help/.

This page includes resources specific to Indigenous populations, such as the Indian Residential School Survivors Society (IRSSS), KUU-US Crisis Line Society (British Columbia) and First Nations Health Authority.

Wood's Homes

(Calgary)

Eastside Community Mental Health Services (ECMHS) offers all-ages support when you need someone to talk to.

Phone: 403-299-9699 (8 am–11 pm)

Text: 587-315-5000 (9 am–10 pm)

Web: woodshomes.ca/programs/eastside-community-mental-health-services/

Youth Empowerment by Youth Era

A mental health platform designed for youth and young adults to *share their own experiences* and how they've coped, *feel empowered* by learning about topics that directly affect them and their friends, and *find resources* to help them conquer the challenges they face affecting their mental health.

Web: youthempowerment.com/

Services & Supports for Indigenous Youth

Indian Residential School Survivors Society (IRSSS)

For Indian Residential School survivors and their families, support is available 24 hours a day through the National Indian Residential Schools Crisis Line: 1-866-925-4419.

We Matter

Feeling down? Feeling hurt? We Matter is a place to help Indigenous youth get through hard times, whether you need support yourself or want to support someone you know.

This page features contact information for national and regional help services for all provinces and territories in Canada: wemattercampaign.org/get-help

Students experiencing suicidal thoughts can find help at: wemattercampaign.org/get-help/suicidal-thoughts

Toolkits

We Matter also offers free toolkits for youth, teachers, and support workers to guide them in using We Matter videos and materials to explore themes of hope, self-care, breaking cycles, identity, thinking about the future, community and supporting others. People can use the toolkits to work through these topics on their own or with others.

- The [Indigenous Youth Toolkit](#) will help you use We Matter to manage any hard times you may be going through in life, and/or to support friends, family, and those around you.
- The [Toolkit for Teachers, Educators and Facilitators](#) will help those working with Indigenous youth ages 12 and up in a classroom or group setting. It includes additional information on history, context and culture, and tips for discussing colonization and its impacts on Indigenous communities and youth.
- The [Toolkit for Support Workers \(Youth Workers, Counsellors, Social Workers\)](#) will help adults working with Indigenous youth in a one-on-one or small group setting to engage them in conversations about hardship, hope and healing.

First Nations and Inuit Hope for Wellness Help Line (Government of Canada)

Call the toll-free helpline at 1-855-242-3310 for mental health and wellness support

Phone and live chat options, available 24 hours a day, 7 days a week

Chat counseling is available in English and French

Phone counselling is available in English, French and Cree, Ojibwe and Inuktitut (by request)

Web: hopeforwellness.ca/

NAN HOPE: Nishnawbe Aski Mental Health and Addictions Support Access Program

This First Nations-led program offers community-driven, culturally appropriate and timely mental health and addictions support to meet the specific mental health needs of members of the 49 First Nations communities in the *Nishnawbe Aski Nation Territory in northern Ontario*.

Phone (Available 24/7) and Text (8am–12am ET) support: 1-844-626-4673

Live Chat: LINK (Available 8am–12am ET)

Web: nanhope.ca/

Services available in Oji-Cree, Cree, Ojibwe & English

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They have compiled the following list of services for Indigenous youth:

stepstonesforyouth.com/resources/youth-resources/services-for-indigenous-youth/

Services & Supports for Black Youth

Black Youth Helpline

The Black Youth Helpline model was created by youth, for youth, to offer primary prevention of social and psychological breakdown in communities by focusing on education, health and community development.

BYH offers a culturally appropriate resource that youth, families, schools and other organizations can turn to for support. Contact begins an initial assessment to help identify and understand problems in order to address them in cooperation with your interests and goals.

National Helpline for Canadian Youth: Anyone can initiate contact for support!

Web: blackyouth.ca/contact-us/

Phone: 416-285-9944 (Greater Toronto Area) or Toll-Free 1-833-294-8650

Email: info@blackyouth.ca

RiseUp (Powered by Kids Help Phone)

RiseUp powered by Kids Help Phone is Canada's first national, 24/7, bilingual e-mental health support service for Black youth. The service is free across Canada.

Access wellness support by texting RISE to 686868 or by [Facebook Messenger](#)

Web: kidshelpphone.ca/rise

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They have compiled the following list of services for Black youth:

stepstonesforyouth.com/resources/youth-resources/services-for-black-youth/

Africa Centre

(Edmonton/Calgary)

Offers a 6-month mental health mentorship program and free counselling sessions for Black youths and their families.

Apply to be a mentor or mentee at: africacentre.ca/mental-health-mentorship

Counselling (in partnership with Alberta Black Therapists Network): africacentre.ca/counselling

Healing in Colour

Directory of registered therapists who are Black, Indigenous and People of Colour (*Note: This is not a free service. Therapists set their own fees.*)

Web: healingincolour.com/

Services & Supports for 2SLGBTQI Youth

LGBT Youthline

The Lesbian, Gay, Bi & Trans Youthline offers free, confidential and non-judgemental peer support for youth age 26 and under.

Available Sunday to Friday, 4 pm to 9:30 pm.

Text: 647-694-4275

Chat available at youthline.ca/get-support/ways-we-support/#

Trans Lifeline

Trans Lifeline's hotline is a peer support phone service run by trans people for trans and questioning peers. To access peer support for those supporting trans loved ones, call and ask for the Family & Friends Line.

Phone: Call 24/7 in Canada (1-877-330-6366)

Web: translifeline.org/

Parents, Friends of Lesbians and Gays (Pflag) Canada

The Pflag Canada network provides peer support, education and advocacy for a Canada that affirms respects and values all sexualities, genders and gender expressions.

Web: pflagcanada.ca/