

Reach out. You are not alone.

Keep this card in your wallet for a quick list of available resources in case you or a friend need help.

Hope for Wellness

24/7 online chat

hopeforwellness.ca

24/7 phonenumber

1-855-242-3310

Kids Help Phone

24/7 phonenumber

1-800-668-6868

24/7 text message chat

Connect with an Indigenous crisis responder, when available, by messaging FIRST NATIONS, INUIT or METIS to 686868

LGBT Youthline

Online chat

4-9:30pm Sun-Fri
youthline.ca

Text message chat

4-9:30pm Sun-Fri
647-694-4275

We-Chee-Way-Win Crisis Line

24/7 crisis phonenumber

1-800-465-2600

Talk Suicide Canada

Text message chat

4pm-12am daily
Text 45645

24/7 phonenumber

1-833-456-4566

Alateen (Alcoholics Anonymous)

Al-Anon Family Groups Mobile App

App-based virtual support meetings for youth ages 13-18 who have been affected by someone else's alcohol use.

You will find judgement-free, anonymous support at all of these resources.