

Crisis & Safety Resources



National Canadian 24/7 Crisis Support Lines:

Canada (English): 1-800-273-TALK (8255)

Canada (French): 1-866-APPELLE (277-3553)

Canada First Nations/Inuit (English, French, Inuktitut, Cree, Ojibway): 1-855-242-3310

Kids Help Phone: 1-800-668-6868 & NEW Text 686868

Good2Talk Post-Secondary Crisis Line: 1-866-925-5454

The Trevor Project (LGBTQ+ Youth): 1-800-268-9688

Provincial Crisis 24/7 Support Lines:

Ontario Mental Health Helpline: 1-866-531-2600

ONTX Ontario Text Crisis Line: Text 741741

Ontario 211: dial 211

Ontario Drug and Alcohol Helpline: 1-800-565-8603

Ontario Assaulted Women's Helpline: 1-866-863-0511

Dufferin County:

DCAFS: Talk-In Clinic: 655 Riddell Rd Orangeville 519-941-1530

CMHA Peel Dufferin: 1-888-811-2222

Family Transition Place: 519-942-4122

Caledon Dufferin Victim Services: 519-942-1452

The Edify Centre: 519-307-4500

Helpful Apps/Websites for Mental Health:



BigWhiteWall: www.bigwhitewall.ca: This is an on-line safe space where you can access support 24/7. Free to Ontarians. This is a support community and not a crisis Resource



Bounceback: Free on-line/telephone skill building program designed to help those 15+ with managing symptoms of stress and anxiety. Must get a Dr. Referral



MoodTools: This app is designed to help users get rid of negative thoughts and improve the overall mood. There is a thought diary, an activities section, and even a test so the app can provide help specifically for the user.



7Cups: A free, confidential online chat helpline with trained listeners/counsellors.



Virtual Hope Box: This app helps users cope with mental illnesses. It provides relaxation skills, distractions, and positive thinking tools.

