



BLACK MENTAL HEALTH MATTERS CANADA

Provincial Mental Health Supports

The Canadian Mental Health Association developed a wonderful list of resources for mental health supports in Ontario which have been curated below. We've added a few additional resources as well.

General Mental Health Tips: <https://ontario.cmha.ca/news/tips-to-manage-mental-health-during-covid-19/>

BounceBack: <https://bouncebackontario.ca/>

A free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

ConnexOntario: 1-866 -531-2600 or www.connexontario.ca

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental health and/or gambling. Available 24/7.

Crisis Services Canada: 1-833-456-4566

Suicide prevention and support.

Distress and Crisis Ontario: <http://www.dcontario.org/>

Distress Centres (DC's) across Ontario offer support and a variety of services to their communities. At a DC you can find a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, seven days a week. The website also offers a chat function.

Togetherall: togetherall.com

Safe peer-to-peer mental health community that is accessible online 24/7. Free to all Ontarians aged 16+.

Good2Talk Helpline: 1-866-925-5454 or text GOOD2TALKON to 686868 Ontario's 24/7 helpline for postsecondary students.

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868 Youth mental health support available 24/7.

Children's Mental Health Ontario Centres: cmho.org/findhelp/

100 member organizations operating in every region in Ontario, providing treatment and support to children, youth, and families. Free. No referral required.

Hope for Wellness Help Line: 1-855-242-3310

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, Cree, Ojibway and Inuktitut.



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Talk4healing (for Indigenous women): 1-855-554-4325

LGBT Youthline Ontario: 647-694-4275 + <https://www.youthline.ca/> (chat, text and email currently available)
Ontario-wide peer-support for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.

Assaulted Women's Helpline: TOLL-FREE: 1-866-863-0511 TOLL FREE TTY: 1-866-863-7868#SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile
24-hour telephone and TTY crisis line for all women in Ontario who have experienced any form of abuse.

Seniors Safety Line: 1-866-299-1011

Provided by Elder Abuse Ontario, the Seniors Safety Line provides contact and referral information for local agencies across the province that can assist in cases of elder abuse.

Ontario Caregiver Helpline: 1-833-416-2273 + live chat also available at <https://ontariocaregiver.ca/> Provides caregivers with a one-stop resource for information and support.

Lumino Health: [Stress and Anxiety Explorer](#)

Information and tools from Lumino Health and mental health partners.

Black Youth Helpline: <https://blackyouth.ca/> National helpline for black youth and their families.

Across Boundaries: <http://www.acrossboundaries.ca/#> Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. These frameworks address the negative impact of racism and discrimination on mental health and well-being.

Stella's Place: <https://stellasplace.ca>

The place for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges to get the support they need.

Black Creek Community Health Centre: <https://www.bcchc.com>

A non-profit community-based organization that provides health care services and programs geared to vulnerable populations living in Toronto's North West communities.

COVID-19 SUPPORTS:

Government of Ontario website: <https://covid-19.ontario.ca/>

For up-to-date information on COVID-19 in Ontario.

COVID-19 self-assessment tool: <https://covid-19.ontario.ca/self-assessment/#q0> To help determine how to seek further care.