

# CANADIAN YOUTH MENTAL HEALTH RESOURCES

Created By Sarah wild n small & Mia skoone

<https://www.instagram.com/mentalhealth4youth/>

<https://www.instagram.com/sarahwildnsmall/>

## BC

- Foundry BC- <https://foundrybc.ca>
- United way Lower mainland - <https://www.uwlm.ca/your-impact/all-that-kids-can-be/>
- Archway Services- <https://archway.ca/program/youth-resource-centre/>
- Bc Mental Health - <http://www.bcmhsus.ca>

## Alberta

- Alberta Health Care - <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7805>
- Sarah Wild & Small W/ UAVS - <https://aboriginalvoices.ca/youth-4/> & <https://aboriginalvoices.ca/wp-content/uploads/2020/08/Community-Resource-List-Aug-26.pdf>
- Help Seeker youth support resources- <https://search.helpseeker.org/search/listings?culture=en&viewCenter=52.10812265659686,-113.761455&zoom=10&viewPort=51.860734,-114.137737,52.354147,-113.385173&searchArea=51.860734,-114.137737,52.354147,-113.385173&userPosition=49.18094516935875,-123.96098591236827&searchText=youth%20&tagIds=30,31,72>
- <https://open.alberta.ca/publications/pathways-to-hope-best-practices-in-suicide-prevention-for-alberta-schools>
- Vantage community services - <http://www.vantagecommunityservices.ca>

## Sask

- Wannishka (get up and rise) - <https://www.instagram.com/waanishka/>
- White Buffalo Youth Lodge - <https://www.sktc.sk.ca/programs-services/family-community-services/community-support/white-buffalo-youth-lodge/>
- Say CW Tool Kit <https://saycw.com/resources/toolkits/mental-health/>
- Sask Prevention Institute <https://skprevention.ca/mental-health/youth-health/>

## Manitoba

- Mobile crisis Service - <https://wrha.mb.ca/mental-health/mobile-crisis-service/>
- List of Crisis Services in manitoba - <https://www.gov.mb.ca/health/mh/crisis.html>
- Manitoba Farm, Rural & Northern Support Services supportline.ca - online counselling 1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)
- Interlake Eastern Regional Health Authority  
<https://www.ierha.ca/default.aspx?cid=13360&lang=1>
- Q <https://northernhealthregion.com/>
- Project 11 -  
<https://www.truenorthyouthfoundation.com/news/p11-check-in-with-don-amero/>

## Ontario

- Pathways [www.ppcsottawa.com](http://www.ppcsottawa.com)
- YMHC <https://ymhc.ngo>
- Youtuni - <https://www.yotuni.org>

## Quebec

- Indigenous Uni Student Resources
- McGill First Peoples' House <https://www.mcgill.ca/fph/student-support>
- AGIDD - SMQ <http://www.agidd.org>.
- Association Des Médecins Psychiatres Du Québec <https://ampq.org> (in French only)
- Mouvement Santé Mentale Québec [Http://www.mouvementsmq.ca](http://www.mouvementsmq.ca)

## Nova Scotia

- IWK Health Centre <http://www.iwk.nshealth.ca/mental-health>
- Nova Scotia Health  
<https://mha.nshealth.ca/en/services/community-support-service-child-and-adolescent>
- Beacon Program
- Caperbase Outreach Program
- <https://mha.nshealth.ca/en/services/eating-disorders-nova-scotia-edns>

## PEI

- Mental Health and Addictions Online, Phone, and Text-based Supports  
<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-and-addictions-online-phone-and-text-based-supports>
- Mental Health Walk-in Clinics  
<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-walk-clinics>
- Call the Island Helpline  
<https://www.princeedwardisland.ca/en/information/health-pei/call-island-helpline>
- INSIGHT Program for Youth  
<https://www.princeedwardisland.ca/en/information/health-pei/insight-program-youth>
- CMHA <https://pei.cmha.ca>

## Newfoundland Lab

- <https://www.bridgethegapp.ca/adult/get-inspired/nl-mental-health-crisis-line/>
- <https://primarycare.ementalhealth.ca/index.php?m=record&ID=9943>
- <https://www.lghealth.ca/your-health/programs-and-services/mha/>
- Libra House Inc.      Libra House is an emergency crisis shelter for women and children who are experiencing violence/abuse. Our mandate is to provide support and shelter to women and children experiencing abuse. We provide temporary crisis shelter and related services in a cooperative living environment for women and children who are victims of violence. We assist in the development and improvement of services and facilities to meet the needs of women and children. We work to empower women to make their own decisions for themselves and their children.

## New Brunswick

- Indigenous university funding- New Brunswick Aboriginal Peoples Council  
<https://nbapc.org/programs-and-services/isetp/>
- CMHA Events <https://cmhanb.ca/events>
- Family Enrichment and Counselling Service Inc. (FECS) <https://www.ementalhealth.ca>
- Horizon Health Network <http://www.horizonnb.ca/moncton-addiction-mental-health.php>

## Yukon

- Reach Out Support Line: Call 1-844-533-3030
- Drop-In Counselling Services By Phone: Call (867) 668-6429
- All Genders Yukon

Provides an apolitical, confidential support group for transgender, two-spirited, non-binary and intersex individuals and their loved ones. Provides connections for those exploring gender identity or expression or seeking to connect with the gender diverse community of Yukon.  
[allgendersyukon@hotmail.com](mailto:allgendersyukon@hotmail.com)

- 306 Alexander Street, Whitehorse

Provides a drop-in program, hot meals and a safe and supportive atmosphere for youth ages 11 to 18. A small annual membership fee gives each young person access to meals, programs and a shower. Financial support is available for all BGCY programs.

Tuesday to Saturday 3pm to 9pm

(867) 393-2824

- First Nations and Inuit Hope for Wellness Help Line

Toll-free: 1-855-242-3310

## NWT

- Covid Resources <https://www.gov.nt.ca/covid-19/en/mental-health>
- Health and social services <https://www.facebook.com/NTHSSA>
- NWT Help Line 1-800-661-0844
- Health and Social Services  
[https://www.hss.gov.nt.ca/en/resources?search\\_api\\_views\\_fulltext=Mental+health&sort\\_by=field\\_resource\\_publication\\_date&sort\\_order=DESC](https://www.hss.gov.nt.ca/en/resources?search_api_views_fulltext=Mental+health&sort_by=field_resource_publication_date&sort_order=DESC)

## Nunavut

- Embrace Life Council <http://inuusiq.com/>
- Naho Inuit Mental Wellness <http://www.naho.ca/inuit/mental-wellness/>
- Kamatsiaqtut Help Line: 1-867-979-3333
- Nunavut Department of Health <https://www.gov.nu.ca/health/information/mental-health>

## All of Canada

- Kids Help Phone Phone: 1-800-668-6868 [Online chat](#) Text: Text "CONNECT" to 686868
- Hope for Wellness chat Phone: 1-855-242-3310 [Online chat](#) Phone counselling is also available in: Cree, Ojibway, Inuktitut
- Crisis Services Canada Call: 1-833-456-4566 Text: 45645
- List of resources -  
<https://thelifelinecanada.ca/help/crisis-centres/canadian-crisis-centres/#Ontario>
- Crisis Hotlines [https://www.mhfa.ca/sites/default/files/mhfa\\_self-care-resilience-guide.pdf](https://www.mhfa.ca/sites/default/files/mhfa_self-care-resilience-guide.pdf)
- Mental Health 4 Youth -