

MIGRAINECANADA.ORG

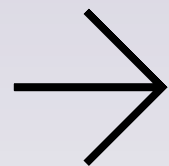
# NATIONAL & PROVINCIAL MENTAL HEALTH SUPPORT LINES

**You are not alone.  
Seeking help is a sign of  
strength, not weakness.**

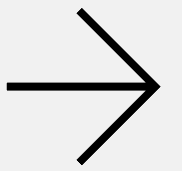
**Contact 911 if there is a risk of harm to self or others.**



**Migraine**<sup>TM</sup>  
Canada

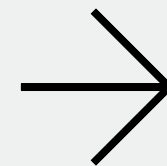


# TIPS FOR COPING WITH A CRISIS



- ✿ Create a Crisis Plan: Prepare in advance with a list of contacts and helpful activities.
- ✿ Seek Support: Talk to friends, family, or mental health professionals.
- ✿ Use Crisis Hotlines: Access hotlines or text lines for immediate help.
- ✿ Practice Deep Breathing: Calm your nervous system with slow, deep breaths.
- ✿ Find a Safe Space: Stay in a comfortable, safe place with comforting items.
- ✿ Limit Stimulation: Remove yourself from overwhelming environments.
- ✿ Attend to Basic Needs: Drink water, eat something, and try to rest or nap.
- ✿ Practice Mindfulness: Focus on the present through mindfulness or meditation.
- ✿ Avoid Harmful Behaviors: Stay away from alcohol or drugs as coping mechanisms.
- ✿ Seek Professional Help: Make an appointment with a therapist or counselor.
- ✿ Get Emergency Help: Go to an emergency room or call services if in immediate danger.

# NATIONAL RESOURCES



Please note that phone counselling is not for use in emergencies. If you, or somebody you care about, is in danger, call 911 right away.

## Wellness Together Canada

- Call **1-866-585-0445** to speak with a Program Navigator who can help you find the resources and support on the portal that would be most helpful for you.
- Call **1-866-585-0445** for Phone Counselling available 24/7.

## Crisis Text Line Canada

- Text **CONNECT to 686868** from anywhere in Canada, any time, about anything. For more information visit their website **[www.crisistextline.ca](http://www.crisistextline.ca)**

## Credit Counselling Canada

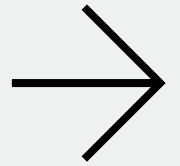
- Financial Crisis Support Call **1-866-398-5999**
- Visit their website **<https://creditcounsellingcanada.ca/>**

## Canadian Suicide Prevention Service (CSPS)

- Call **1-833-456-4566** Visit their website **[www.crisisservicescanada.ca](http://www.crisisservicescanada.ca)**

# NATIONAL RESOURCES

## CONT.



### **First Nations and Inuit Hope for Wellness Help Line**

- Call **1-855-242-3310**
- Or visit their website **[www.hopeforwellness.ca](http://www.hopeforwellness.ca)**

### **LGBTIQ2S + Community: Trans Lifeline**

- Call **877-330-6366**
- Or visit their website **<https://www.translifeline.org/>**

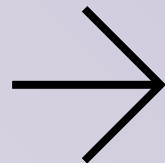
### **Befrienders Worldwide**

- **<https://help.befrienders.org/>**
- Information on how to help others  
**<https://help.befrienders.org/how-to-help-others/>**

### **Child & Youth Resource: Kids Help Phone**

- Get support in multiple languages over the phone 24/7 at **1-800-668-6868.**
- Or visit their website to live chat with a counsellor.  
**<https://kidshelpphone.ca/need-help-now-text-us/>**

# PROVINCIAL RESOURCES



## Lifeline Canada

- Visit their website to find local resources broken down by province/region of Canada. **Canadian Crisis Centres - The LifeLine Canada Foundation**

## Talk Suicide Canada

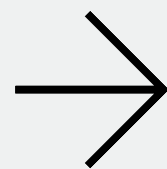
- Visit Talk Suicide Canada for mental health and suicide prevention resources broken down by province/region of Canada. **<https://talksuicide.ca/community-resources>**

## ONTARIO

- Mental health services in Ontario: **1-866-531-2600**
- All crisis support contacts (English):  
**<https://ontario.cmha.ca/provincial-mental-health-supports/>**
- All crisis support contacts (French):  
**<https://ontario.cmha.ca/fr/soutien-en-sante-mentale-au-niveau-provincial/>**
- Find your CMHA in ontario (English): **<https://cmha.ca/find-your-cmha>**
- Find your CMHA in ontario (French):  
**<https://cmha.ca/fr/trouvez-votre-acsm-locale>**

# ALBERTA

- Mental Health Hotline: **1-877-303-2642**
- Mental Health HelpLine (English):  
**<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>**



# BRITISH COLUMBIA

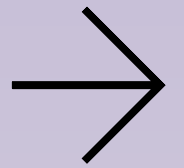
- Mental Health Line: **310-6789** (area code not required to be dialed)
- Suicide Line: **1-800-784-2433**
- Crisis Line Association of BC:  
**<https://www.healthlinkbc.ca/mental-health-substance-use/resources/crisis-line>**

# NUNAVUT

- Kamatsiaqtut Help Helpline: **1-867-979-3333** or Toll-free at **1-800-265-3333** (24 hours).
- Mental Health Questions or concerns (English):  
**<https://gov.nu.ca/health/information/mental-health-questions-or-concerns>**
- Mental Health Questions or concerns (French):  
**<https://gov.nu.ca/fr/sante/information/questions-ou-preoccupations-concernant-la-sante-mentale>**



# SASKATCHEWAN



- HealthLine Online: dial 811 Mental Health & Wellness (english):  
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/mental-health-and-illness>
- Mental Health & Wellness (French):  
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-an> List of various support lines: <https://saskfirstrespondersmentalhealth.ca/need-help-now/>

# MANITOBA

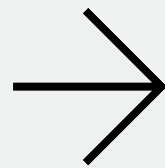
- Klinik Crisis Line: **204-786-8686** or **1-888-322-3019**
- Mental Health List of Crisis Lines (English):  
<https://www.gov.mb.ca/health/mh/index.html>
- Mental Health List of Crisis Lines (French):  
<https://www.gov.mb.ca/health/mh/index.fr.html>

# BRITISH COLUMBIA

- Mental Health Hotline: **1-844-533-3030**
- Mental Health Support services (English):  
<https://yukon.cmha.ca/programs-services/reach-out-support-line-1-844-533-3030/>



# PEI



- Mental Health Line: **1-833-533-9333**
- Mental Health Services (English):  
**<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services>**
- Mental Health Services (French):  
**<https://www.princeedwardisland.ca/fr/information/sante-i-p-e/services-sante-mentale>**

# HALIFAX

- Mental Health Crisis Line: **1-888-429-8167**
- Mental Health Crisis Line (English):  
**<https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>**
- Mental Health Crisis Line (French):  
**<https://mha.nshealth.ca/fr/services/provincial-mental-health-and-addictions-crisis-line>**

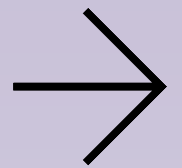
# NEWFOUNDLAND AND LABRADOR

- HealthLine811: **1-888-709-2929**
- Help Lines (English):  
**<https://www.gov.nl.ca/hcs/findhealthservices/helplines/>**
- Help Lines (French): **<https://www.gov.nl.ca/hcs/renseignements-en-francais/>**





# NEW BRUNSWICK



- CHIMO HelpLine: **1-800-667-5005**
- Mental Health (English):  
**<https://www2.gnb.ca/content/gnb/en/departments/health/AddictionsandMentalHealth.html>**
- Mental Health (French):  
**<https://www2.gnb.ca/content/gnb/fr/ministeres/sante/traitements-dependances-sante-mentale.html>**

# NORTHWEST TERRITORIES

- Help Line Number: **1-800-661-0844**
- Help Line (English):  
**<https://www.hss.gov.nt.ca/en/services/nwt-help-line>** Help Line (French): **<https://www.hss.gov.nt.ca/fr/services/ligne-d%E2%80%99aide-des-tno>**

# QUEBEC

- Listening services and support: **1-855-852-7784**
- Listening Services (French): **<https://amiquebec.org/listen/>**
- Listening Services (English): **<https://amiquebec.org/listen/>**

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ARE  
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Canada

**Contact 911 if there is a risk of harm to self or others.**

 [www.migrainecanada.org](http://www.migrainecanada.org)  [info@migrainecanada.org](mailto:info@migrainecanada.org)

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