

MIGRAINECANADA.ORG

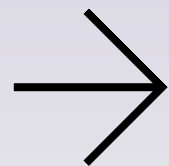
NATIONAL & PROVINCIAL MENTAL HEALTH SUPPORT LINES

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

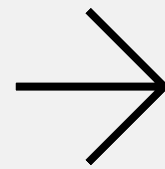
Contact 911 if there is a risk of harm to self or others.



MigraineTM
Canada

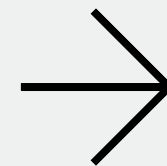


TIPS FOR COPING WITH A CRISIS



- ✿ 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**

Credit Counselling Canada

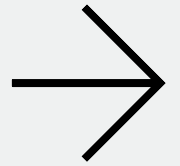
- Financial Crisis Support Call **1-866-398-5999**
- Visit their website **<https://creditcounsellingcanada.ca/>**

Canadian Suicide Prevention Service (CSPS)

- Call **1-833-456-4566** Visit their website **www.crisisservicescanada.ca**

NATIONAL RESOURCES

CONT.



First Nations and Inuit Hope for Wellness Help Line

- Call **1-855-242-3310**
- Or visit their website **www.hopeforwellness.ca**

LGBTIQ2S + Community: Trans Lifeline

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

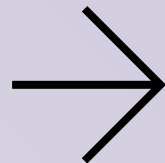
Befrienders Worldwide

- **<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

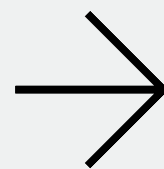
- Visit Talk Suicide Canada for mental health and suicide prevention resources broken down by province/region of Canada. **<https://talksuicide.ca/community-resources>**

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

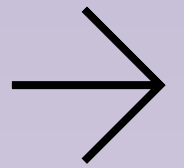
- Mental Health Line: **310-6789** (area code not required to be dialed)
- Suicide Line: **1-800-784-2433**
- Crisis Line Association of BC:
<https://www.healthlinkbc.ca/mental-health-substance-use/resources/crisis-line>

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

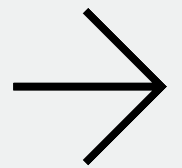
- Klinik Crisis Line: **204-786-8686** or **1-888-322-3019**
- Mental Health List of Crisis Lines (English):
<https://www.gov.mb.ca/health/mh/index.html>
- Mental Health List of Crisis Lines (French):
<https://www.gov.mb.ca/health/mh/index.fr.html>

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

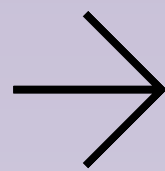
- Mental Health Crisis Line: **1-888-429-8167**
- Mental Health Crisis Line (English):
<https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>
- Mental Health Crisis Line (French):
<https://mha.nshealth.ca/fr/services/provincial-mental-health-and-addictions-crisis-line>

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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MigraineTM
Canada

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

 www.migrainecanada.org  info@migrainecanada.org

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