

Mental Health Helplines

NWT # 1-800-661-0844

BC 1 800 784 2433

Kids helpline 1 800 668 6868

Alberta 403 266 4357

Saskatchewan 306 933 6200

Manitoba 1 855 942 6568

Ontario 1 866 996 0991

Quebec 1 866 277 3553

Newfoundland 1800 737 4668

New Brunswick 1800 667 5005

Nova Scotia 1 888 429 8167

PEI 1 800 218 2885