

## HELPLINES

If you or someone you know is in immediate danger, please call 9-1-1 or go to your nearest hospital.

This is an extensive list of useful helplines in your time of need, when experiencing a crisis yourself or helping someone who requires support. The information provided below is valid as of January 23, 2021. Please note, as various organizations update their information and availability, we will do our best to maintain informative and accurate material wherever possible. In order to do this, we rely on volunteers to send updates should a link prove to be incorrect in the future.

Before sending information regarding broken links, we urge you to try a different [web browser](#).

If your organization is not listed, please submit website and contact information to: [maxderratproductions@gmail.com](mailto:maxderratproductions@gmail.com).

Please forward Helpline edits to: [maxderratproductions@gmail.com](mailto:maxderratproductions@gmail.com)

### **In Canada**

**Feeling Overwhelmed?** There is a great deal of support and contact information listed here and can be overwhelming. If you don't know where to start, we suggest dialing **2-1-1** on your phone if you are in North America so you can be connected with the human service call center. You can learn more about the **2-1-1** number in Canada [here](#).

### ***Abortion***

[Pro Choice](#) - NAF National Abortion Federation Helpline [Call: 1-800-772-9100](tel:1-800-772-9100)  
[NAF Referral Line](#) [Call : 1-877-257-0012](tel:1-877-257-0012)

### ***Abuse and Violence***

[Assaulted Women Helpline](#) [Call: 1-866-863-0511](tel:1-866-863-0511)

[Canadian Resource Centre for Victims of Crime](#) [Call: 1-877-232-2610](tel:1-877-232-2610)

[Child Abuse](#) [Call 1-800-668-6868](tel:1-800-668-6868) or [Text CONNECT](#) to 686868

[Canadian Network for the Prevention of Elder Abuse](#) [1-800-622-6232](tel:1-800-622-6232) - [province/territory](#)

[Crisis Helpline for those affected by gender-based violence](#)

[Domestic and Family Violence](#) National Domestic Violence Hotline – Free Confidential 24/7  
[Call: 1-800-799-7233](tel:1-800-799-7233) “Everyone deserves healthy relationships”

[Love Is Respect](#) – Support for teens and young adult relationships - [Call: 1-866-331-9474](tel:1-866-331-9474) or Text: LOVEIS to [22522](tel:22522)

[Shelter Safe - Women's Shelter](#) - If you are a woman experiencing abuse, there is someone you can reach out to any time of day or night. For more information contact [info@endvaw.ca](mailto:info@endvaw.ca)

### ***Crisis***

[Child and Youth in Crisis](#) - [Call 1-800-668-6868](tel:1-800-668-6868) or [Text CONNECT to 686868](#)  
[CAMH - for mental health, addiction, self-refer services](#) Call: [416 535-8501](tel:416-535-8501), press 2, then 4.

[Canadian Mental Health Association](#) – Find contact and location details [here](#).

[Mental Health Support](#) - If you or someone you know is in immediate danger, please call 9-1-1 or go to your nearest hospital. If you need emotional support, help is available.

[Crisis Services Canada - Find Local Resources and Support near you](#) Call: [1-833-456-4566](tel:1-833-456-4566)  
(Available to all Canadians of all ages seeking support)

[Crisis Text Line](#) - [TEXT 741741](tel:741741) - [How Does It Work?](#)

[CASP - Canadian Assoc. for Suicide Prevention](#)

[Canadian Armed Forces Member and Family Assistance Services](#) - [1-800-268-7708](tel:1-800-268-7708)

[Hope For Wellness Helpline](#) - [Call 1-855-242-3310 \(toll-free\)](tel:1-855-242-3310) 24 hours a day, 7 days a week or connect to the [online chat](#). Available to all Indigenous peoples across Canada who need counselling or immediate crisis intervention.

[First Nations Health Authority](#) This toll-free telephone number provides access to emotional and crisis referral services in both French and English. Counselors can also provide information about accessing other health supports available to claimants. Call [The National Residential School Crisis Line](#) at [1 866 925 4419](tel:1-866-925-4419)

[National Aboriginal Circle Against Family Violence](#) - [Find a shelter](#) or [Email for more information](#)

[Kids Help Phone](#) Call: [1-800-668-6868](tel:1-800-668-6868)

[LGBT+](#) - [YouthLine](#) Call [1-800-268-9688](tel:1-800-268-9688), Text [647-694-4275](tel:647-694-4275), [Live Chat Available 4-9:30pm](#)

[RUNAWAYS.org](https://runaways.org) Call [1-800-RUNAWAY](tel:1-800-RUNAWAY), [1-800-786-2929](tel:1-800-786-2929), [Text 66008](tel:66008), [CHAT](#) or [EMAIL](#)

[Shelter Safe - Women's Shelter](#) - If you are a woman experiencing abuse, there is someone you can reach out to any time of day or night. [For more information, email](#)

[Trans LifeLine](#) Call [1-877-330-6366](tel:1-877-330-6366)

[Veterans Affairs Canada - Mental Health Assistance](#) - Call toll-free: [1-800-268-7708](tel:1-800-268-7708)

[Victims Services Directory - By Type, Service Available and Location](#)

[Youthspace - online crisis and emotional support chat](#) [6pm-Midnight PST, 365 days a year](#)

### ***Crisis - Self-Harm***

[Suicide Prevention](#) – if you or someone you know is thinking about suicide, please call the [CSPS Canada Suicide Prevention Service](#) at [Call: 1-833-456-4566](tel:1-833-456-4566) (24/7) or [text 45645](tel:45645) (4 pm to 12 am ET). If you or someone you know is in immediate danger, please call 9-1-1 or go to your nearest hospital.

[Lifeline Call: 1-800-273-8255 \(TALK\)](tel:1-800-273-8255)

### ***Eating Disorder***

[National Eating Disorder Information Centre – NEDIC](#) - [Call: 1-866-633-4220](tel:1-866-633-4220)

### ***Elder Abuse***

[Canadian Network for the Prevention of Elder Abuse](#) [1-800-622-6232](tel:1-800-622-6232) - [by province/territory](#)

### ***Gambling***

[Gambling](#) - [Call: 1-866-531-2600](tel:1-866-531-2600)

[CONNEX - Support for Addiction, Problem Gambling and Mental Health Services](#) – [Call: 1-866-531-2600](tel:1-866-531-2600) or to [Chat now](#)

### ***Grief***

[Grief Share](#) [1\(800\)395-5755](tel:18003955755) Email: [info@griefshare.org](mailto:info@griefshare.org)

### ***Homeless***

[Covenant House - Toronto](#) for shelter/support [Call: 1-800-435-7308](tel:1-800-435-7308), [\(416\) 593-4849](tel:4165934849) or [find a location near you](#) - As many as 40,000<sup>1</sup> young people experience homelessness in Canada every year, and hundreds of youth are being trafficked<sup>2</sup> These issues deeply affect and shape young lives, and often transcend background, income or gender.

[The Salvation Army- 1-800-725-2769](#)

### ***Human Trafficking***

[Canadian Human Trafficking Helpline](#) access local support services, obtain information, as well as law enforcement and emergency services across the country. Contact the confidential, 24-7 Hotline at [1-833-900-1010](#)

### ***Mental Health***

[CAMH](#) - [for mental health, addiction, self-refer services](#) Call: [416 535-8501](#), press 2, then 4.

[Canadian Mental Health Association](#) – Find contact and location details [here](#).

[Mental Health Support](#) - If you or someone you know is in immediate danger, please call 9-1-1 or go to your nearest hospital. If you need emotional support, help is available.

[Max Derrat on YouTube](#) - You can find various topics including Mental Health, [Loneliness](#), [Pain](#) and [Guilt](#) and their effect on Autism. Among some of his most popular is his [Asperger's Series](#) covering areas such as [Meltdowns](#), [Eye-Contact](#), [Social Awkwardness](#), and more as well as [Anxiety](#), [ADHD](#), and other [Survival Tips](#).

[Max Derrat Discord Server](#) – This team understands the importance of mental health and autism awareness in the community and realize and appreciate that the need isn't strictly 9-5. Joining the Discord Server promotes camaraderie; you become an important participant choosing to focus on being a positive, compassionate and productive community member. The fact that they operate both remotely and globally means you can communicate with others when it is convenient for you and as often as you choose.

[Veterans Affairs Canada - Mental Health Assistance - Call toll-free: 1-800-268-7708](#)

[Youthspace - online crisis and emotional support chat 6pm-Midnight PST, 365 days a year](#)

### ***Legal***

[Legal Aid](#)

### ***Poison Control***

[Poison Control: Call 1-800-222-1222](#)

### ***Rape***

[National Sexual Assault Helpline - RAINN Call: 1-800-656-HOPE \(4673\)](#)

[Victims Support Line Directory](#)

[Support for Male Victims of Sexual Abuse Call: 1-866-887-0015](#)

[Find Help by location Call:1-888-579-2888](#)

[Rape Crisis Centre - Ontario](#) or [Call: Assaulted Women's Helpline at 1-866-863-0511](#)

### ***Suicide Prevention***

[Suicide Prevention](#) – if you or someone you know is thinking about suicide, call the [Canada Suicide Prevention Service](#) at 1-833-456-4566 (24/7) or text 45645 (4 pm to 12 am ET).

[Canada Suicide Prevention Call: 1-800-784-2433](#) or [1-800-SUICIDE](#) or Text START to [741741](#)

[Prevention, Warning Signs, Helping those in Crisis](#)

[CASP - Canadian Assoc. for Suicide Prevention](#)

[Veterans Affairs Canada - Mental Health Assistance - Call toll-free: 1-800-268-7708](#)

[Victims Services Directory - By Type, Service Available and Location](#)

[Youthspace - online crisis and emotional support chat 6pm-Midnight PST, 365 days a year](#)

[Canadian Armed Forces Member and Family Assistance Services - 1-800-268-7708](#)

---

### **UK Hotlines**

#### ***Abortion***

[MSI Choices](#) [Call: 0345 300 8090](#)

[NHS Services](#) [Call: 0345 300 3740](#)

#### ***Addiction***

[Alcohol Addiction Support Services by location](#)

[Drug Addiction Support Services by location](#)

#### ***Abuse and Violence***

[Child Abuse Call: 0800 1111](#)

[Crisis Text Line](#) [TEXT 85258](#) [How Does It Work?](#)

[Childline](#) Crisis (Under 18s) - [Call: 0800 1111](#)

[National Domestic Abuse Helpline](#) [Call: 0808 2000 247](#)

[Samaritans](#) [Call: 116 123](#) Crisis (Any Age)

#### ***Crisis***

[Crisis Text Line TEXT 85258 How Does It Work?](#)  
[Childline Crisis \(Under 18s\) - Call: 0800 1111](#)  
[National Domestic Abuse Helpline Call: 0808 2000 247](#)  
[Samaritans Call:116 123 \(Any Age\)](#)

### ***Eating Disorders***

[National Centre for Eating Disorders Call: 0845 838 2040](#)

### ***Gambling***

[Gambling - GamCare - Call: 0808 8020 133](#)

### ***Grief***

[Supportline Call: 01708 765200](#)  
[NHS Bereavement Support by location](#)

### ***Homeless***

[Homeless Services Call: 0808 800 4444](#)

### ***LGBT+***

[LGBT+ Switchboard 0300 330 0630](#)

### ***Mental Health***

[Samaritans Call:116 123 \(Any Age\)](#)

### ***Rape***

[Rape Crisis find a centre by location Call: 0808 802 9999](#)

### ***Runaways***

[Missing Children Europe Call:116000](#)  
[Samaritans - No Matter What Call: 116 123](#)

### ***Sexual Assault***

[Victim Support - Call: 0808 168 9111](#)  
[Rape Crisis Centre - Get Help](#) However you're feeling, try to remember this is not your fault, you are not to blame, and you are not alone. [Find a Rape Crisis Centre near you](#) or [Call: 0808 802 9999](#)

### ***Suicide Prevention***

[Samaritans Call: 116 123](#)

---

## **US Hotlines**

**Feeling Overwhelmed?** There is a great deal of information and contact numbers listed here and can be overwhelming. If you don't know where to start, we suggest dialing **2-1-1** on your phone if you are in North America so you can be connected with the national human service call center. You can learn more about the **2-1-1** number in the US [here](#).

### ***Abortion***

[ProChoice](#) - NAF National Abortion Federation Helpline [Call: 1-800-772-9100](#)  
[NAF Referral Line Call : 1-877-257-0012](#)

### ***Abuse and Violence***

[Child Abuse: Child Help](#) [Call: 1-800-422-4453 \(1-800-4-A-CHILD\)](#)  
[Child Help Resources for Kids](#) National Child Abuse 24/7 Hotline [Call: 1-800-422-4453](#)  
[CHAT with a counselor at Child Help](#)  
[Find child protection services in your area.](#)  
[ENDHARM - Report Elder Abuse Call: 1-866-ENDHARM \(1-866-363-4276\)](#)  
[Family Violence Helpline Call: 1-800-313-1310](#)  
[National Domestic Violence Hotline](#) Call [1 \(800\) 799-7233](#)

### ***Crisis***

[Crisis Text Line TEXT](#) 741741  
[Find a Shelter Near You](#) or [Call: 1-800-999-9999](#)  
[Covenant House: Call: 1-800-999-9999](#) - Suicide & Depression Crisis Line  
[Covenant House - Shelter Locations](#)  
[Life Line Chat](#) or call [1-800-273-TALK \(8255\)](#)  
[Nationals Suicide Prevention Lifeline Call: 1-800-273-8255](#)  
[United Way - by location](#) or call [211](#)  
[Crisis Helpline](#) Call [1-800-233-4357 \(HELP\)](#)  
[National Domestic Violence Helpline Call: 1-800-799-SAFE \(7233\)](#)  
[National Human Trafficking Hotline Call 1-888-373-7888](#) or [Text 233733](#)  
[S.A.F.E Helpline](#) Call [1-800-366-8288 DONT CUT](#)  
[The National Sexual Assault Hotline](#) available 24/7: [Call: 1-800-656-HOPE \(4673\)](#) or [CHAT](#)

### ***Eating Disorders***

[National Eating Disorders Helpline](#) [Call: 1-800-931-2237](#) [Text NEDA 741741](#) or [CHAT](#)

### ***Gambling***

[Gamblers Anonymous Helplines listed by State](#)  
[National Council on Problem Gambling Call 1-800-522-4700](#)  
[Compulsive Gambling Hotline call 1-410-332-0402](#)

### ***Grief***

[Grief Share 1\(800\)395-5755](#) Email: [info@griefshare.org](mailto:info@griefshare.org)

### ***Mental Health***

[National Institute of Mental Health Information Resource Centre Call: 1-888-826-9438](#)  
[National Hopeline Network, Suicide & Crisis Hotline 1-800-442-4673 \(HOPE\)](#)  
[LGBT+ Helpline - Call: 1-800-398-GAYS](#) or [Call: 1-888-843-4564](#) or  
Email: [HELP@LGBThotline.org](mailto:HELP@LGBThotline.org)  
[The Trevor Project Support Helpline \(LGBT+\) Call: 1 \(866\) 488-7386](#)  
[Trans Lifeline Call 1-877-565-8860](#)  
[MWAH – Messages Which Are Hopeful – Resources list](#)

### ***Poison Control***

[Poison Control Call: 1-800-222-1222](#)

### ***Runaway/Homeless***

[Covenant House - Shelter Locations](#)

[National Homeless/Runaway Hotline Call 1-800-231-6946](#)

[National Runaway Safeline: Call 1-800-RUNAWAY](#)

[RUNAWAYS.org](#) Call [1-800-786-2929](#), Text [66008](#), [CHAT](#) or [EMAIL](#)

### ***Self-Harm***

[National Suicide Prevention Lifeline Call: 1-800-273-8255](#)

[Call 1-800-366-8288 DONT CUT](#) [S.A.F.E Helpline](#)

### ***Sexual Assault/Rape***

[The National Sexual Assault Hotline](#) available 24/7: [Call: 1-800-656-HOPE \(4673\)](#) or [CHAT](#)  
[AIDS/HIV Hotline 1-800- FOR- AIDS](#) [HIV Info 1-800-HIV-0440 \(448-0440\)](#) or [Email](#)



## ***Suicide Prevention***

[IASP International Association for Suicide Prevention](#) Call: [1-800-784-2433](#) or [CHAT](#)  
[National Suicide Prevention Lifeline](#) Call: [1-800-273-TALK\(8255\)](#)

---

## **International**

[International Association for Suicide Prevention](#)  
[IASP Resources](#)

[Grief Share International](#) Call [919-562-2112](#)

[Max Derrat on YouTube](#) - You can find various topics including Mental Health, [Loneliness](#), [Pain](#) and [Guilt](#) and their effect on Autism. Among some of his most popular is his [Asperger's Series](#) covering areas such as [Meltdowns](#), [Eye-Contact](#), [Social Awkwardness](#), and more as well as [Anxiety](#), [ADHD](#), and other [Survival Tips](#).

[Max Derrat Discord Server](#) – This team understands the importance of mental health and autism awareness in the community and realize and appreciate that the need isn't strictly 9-5. Joining the Discord Server promotes camaraderie; you become an important participant choosing to focus on being a positive, compassionate and productive community member. The fact that they operate both remotely and globally means you can communicate with others when it is convenient for you and as often as you choose.

[If you are concerned about a loved one overseas, please call The Department of State](#)  
In the Canada & the US [Call: 1-888-407-4747](#)  
From Overseas [Call: 1-202-501-4444](#)

---

## **For More Information and Other Resources**

- [Addiction Helplines - On The Wagon](#)
- [Bounce Back Ontario - Mental Health Resource](#) and other resources by [province or territory](#) [Bounce Back Canada - Mental Health Resource](#) Call: 1-855-873-0013 or [Email](#)
- [Canadian Mental Health Association - Understanding Mental Illness](#) - Mental illness can take many forms, just as physical illnesses do. Mental illness is often feared and misunderstood, but with increased awareness, the fear can be reduced. If you, or someone you know has a mental illness, there is help. You are not alone. Learn more about mental illness and the variety of treatment options available to you and those in your community [here](#).
- [Canadian Resource Centre for Victims of Crime](#) Hundreds of programs exist to provide support services, sanctuary and practical assistance to crime victims throughout Canada. [Call: 1-877-232-2610](#) These services include: Information, Crisis intervention, Counselling, Emergency shelter, Advocacy, Short and long-term emotional support, Court preparation, Accompaniment throughout the justice system, Information sharing with victims of federally sentenced offenders (by the Correctional Service of Canada and the National Parole Board), and Referrals. Assistance programs are generally offered through a variety of agencies, including community, court-based and police-based services, as well as volunteers, non-governmental and charitable organizations. Use the Department of Justice Canada's online [Victim Services Directory](#) to search for victim services by [province or territory](#)
- [Canadian Network for the Prevention of Elder Abuse 1-800-622-6232](#)  
Visit the [Government of Canada's website](#) to find [Programs and Initiatives for Seniors](#) in your [province or territory](#). Alternatively, you can go to [seniors.gc.ca](#) and search for "Elder Abuse"; or call [1-800-622-6232](#).
- [ConnexOntario](#) - is an information and referral service, focusing on mental health, addiction and problem gambling services in the province. We are here to support Ontarians via phone, web-chat and email 24/7. Our knowledgeable and experienced staff offer supportive listening to help you discover the resources you need from our comprehensive database. Whether you are searching for yourself or a loved one, ConnexOntario is here to provide you with the right information, at the right time.
- [Covenant House Locations](#)

<a href="#">Anchorage, AK</a>	<a href="#">Asbury Park, NJ</a>	<a href="#">Atlanta, GA</a>	<a href="#">Atlantic City, NJ</a>
<a href="#">Berkeley, CA</a>	<a href="#">Camden, NJ</a>	<a href="#">Chicago, IL</a>	<a href="#">Detroit, MI</a>

<a href="#"><u>Elizabeth, NJ</u></a>	<a href="#"><u>Fort Lauderdale, FL</u></a>	<a href="#"><u>Grand Rapids, MI</u></a>	<a href="#"><u>Guatemala City, Guatemala</u></a>
<a href="#"><u>Houston, TX</u></a>	<a href="#"><u>Jersey City, NJ</u></a>	<a href="#"><u>Los Angeles, CA</u></a>	<a href="#"><u>Managua, Nicaragua</u></a>
<a href="#"><u>Mexico City, Mexico</u></a>	<a href="#"><u>Montclair, NJ</u></a>	<a href="#"><u>Newark, NJ</u></a>	<a href="#"><u>New Orleans, LA</u></a>
<a href="#"><u>New York, NY</u></a>	<a href="#"><u>Oakland, CA</u></a>	<a href="#"><u>Orlando, FL</u></a>	<a href="#"><u>Philadelphia, PA</u></a>
<a href="#"><u>San Pedro Sula, Honduras</u></a>	<a href="#"><u>St. Louis, MO</u></a>	<a href="#"><u>Tegucigalpa, Honduras</u></a>	<a href="#"><u>Toronto, ON</u></a>
<a href="#"><u>Vancouver, BC</u></a>	<a href="#"><u>York, PA</u></a>	<a href="#"><u>Washington, DC</u></a>	

- [Kids Help Phone](#) Download the [Always There](#) app for additional support or access the [Kids Help Phone website](#).
- [Max Derrat on YouTube](#) - You can find various topics including Mental Health, [Loneliness](#), [Pain](#) and [Guilt](#) and their effect on Autism. Among some of his most popular is his [Asperger's Series](#) covering areas such as [Meltdowns](#), [Eye-Contact](#), [Social Awkwardness](#), and more as well as [Anxiety](#), [ADHD](#), and other [Survival Tips](#).
- [Max Derrat Discord Server](#) – This team understands the importance of mental health and autism awareness in the community and realize and appreciate that the need isn't strictly 9-5. Joining the Discord Server promotes camaraderie; you become an important participant choosing to focus on being a positive, compassionate and productive community member. The fact that they operate both remotely and globally means you can communicate with others when it is convenient for you and as often as you choose.
- [End Abuse for Those With Disabilities](#)
- [Hope for Wellness](#) Help Line - Call 1-855-242-3310 (toll-free) 24 hours a day, 7 days a week or connect to the [online chat](#). Available to all Indigenous peoples across Canada who need counselling or immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed. Telephone and online counselling are available in English and French. Telephone counselling is also available in Cree, Ojibway and Inuktitut upon request. When you access the Hope for Wellness Help Line online counselling service, you will leave the Government of Canada website and access

anonymous counselling services on a website hosted by the same Indigenous service provider that operates the Hope for Wellness Help Line.

Experienced and culturally competent Help Line counsellors can help if you:

- want to talk
- are distressed
- have strong emotional reactions
- may be triggered by painful memories

If asked, counsellors can work with you to find other wellness supports that are accessible near you.

### **Human Trafficking**

- [Canadian Human Trafficking Helpline](#) access local support services, obtain information, as well as law enforcement and emergency services across the country. Contact the confidential, 24-7 Hotline at [1-833-900-1010](#). Contact our anti-human trafficking team at [\(416\) 593-4849](#) or toll-free at [1-800-435-7308](#) or by email at [endht@covenanthouse.ca](mailto:endht@covenanthouse.ca) (Monday to Friday, 8 a.m. – 6 p.m.)
- [Covenant House](#) Homelessness and human trafficking deeply affect and shape young lives, and often transcend background, income or gender. Covenant House strives to prevent homelessness and sex trafficking by sharing knowledge, raising awareness and reconnecting youth with their families and social networks. By combining nearly 40 years of frontline experience with current research, they provide the community with tools to support those in need, intervene and stop homelessness and trafficking before it can begin. They work together to ensure every young person has the potential for a bright future.
- [NEDA National Eating Disorder Association - Information and Referral Helpline](#) 1-800-931-2237 - Chat hours are Monday-Thursday 9am-9pm Eastern Time, and Friday 9am-5pm Eastern Time.
- [Legal Aid](#) - The Legal Aid Program is a cost-shared program that provides contribution funding to the provinces and territories for the delivery of legal aid services for economically disadvantaged persons. and helps to ensure that the Canadian justice system is fair, relevant and accessible and that public confidence in the justice system is maintained. This federal-provincial/territorial collaboration on legal aid is based on the shared responsibility for criminal justice by the federal government, under its constitutional authority for criminal law-making and procedure, and by the provincial/territorial governments, under their constitutional authority for the administration of justice, including legal aid.
- [Peer Support Canada](#) Peer support is emotional and practical support between two people who share a common experience, such as a mental health challenge or illness. A Peer Supporter has lived through that similar experience, and is trained to support others. Peer Support Canada also offers certification for Peer Supporters, Family Peer Supporters, and for Peer Support Mentors. Peer Support Certification is a confirmation of one's

knowledge, skills, and experience as a peer supporter. Certification verifies one's alignment with the nationally endorsed Standard of Practice, and is recognized across Canada. The Standards of Practice for mental health peer supporters were developed in consultation with peer supporters from across the country and endorsed by peer leaders representing interests nationwide. The national Standards of Practice consist of the knowledge, competencies, experience, and code of conduct requirements to effectively provide peer support services with due care and skill in a variety of settings.

- [PSSP - Problem System Support Program - Gambling](#)
- MWAH – Messages Which Are Hopeful – [Resources list](#)
- [Middle Earth New Jersey Resource Links](#)
- The Department of Justice respects the [Official Languages Act](#) and the [relevant Treasury Board policies](#), and is committed to ensuring all information and services on its site are available in both English and French. However, users should be aware that information from external sources that is not subject to the Official Languages Act is provided as a convenience and is available only in the language in which it was provided.
- [Child Help](#) -If you would like more information on child abuse, need assistance reporting abuse, or to speak with a Child Help counselor, please call or text the Child Help National Child Abuse Hotline at [1-800-4-A-CHILD](tel:1-800-4-A-CHILD) (1-800-422-4453). You can also live chat with a trained counselor at [www.childhelphotline.org](http://www.childhelphotline.org). The hotline is available 24 hours a day and all calls are confidential. For more information on the hotline, visit [www.childhelp.org/hotline](http://www.childhelp.org/hotline).
- If you are contacting Child Help to receive assistance in reporting abuse, please do not use the email option below. Please call or text the Child Help National Child Abuse Hotline at [1-800-4-A-CHILD](tel:1-800-4-A-CHILD) (1-800-422-4453). You can also live chat with a trained counselor at [www.childhelphotline.org](http://www.childhelphotline.org). While the hotline is available 24 hours a day, email inquiries have a 24-48 hour response time (Monday-Friday). Additionally, emails are not confidential. [Have a question or need more information? Provide your contact information, and we'll reach out to you.](#)
- [LifeSpeak](#) is an online health and wellness platform that includes videos, podcasts, action plans and “Ask the experts” sessions on 22 various subjects that will provide you with insights to help you manage your mental health. Life Speak is accessible confidentially, 24/7, from anywhere you are. Contact [LifeSpeak](#) for more information.
- [Child and Youth in Crisis](#) - [Call 1-800-668-6868](tel:1-800-668-6868) or [Text CONNECT to 686868](#) - Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors. You can also receive support from a crisis responder at any time about anything using the [Messenger App or Facebook website](#). Download the [Always There](#) app for additional support or access the [Kids Help Phone website](#)

- [Childline UK](#) is working [a little differently](#) because of coronavirus. You can still start a [1-2-1 chat](#) with them from 9am - 10:30pm. Or you can call [0800 1111](#) for free from 9am - 3:30am. You can also [send an email using a Childline account](#) any time, and they try to reply within a day.
- [National Human Trafficking Hotline Call 1-888-373-7888 or Text 233733](#) The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week.
- [Self-Injury Outreach and Support S-I Outreach: Coping and Recovery](#)

---

### **Information Obtained From .....**

[Safe links and resources](#)

[Canadian Centre for Substance Abuse](#)

[MY PLAN app](#)

[Addiction Helplines - On The Wagon](#)

[Suicide Risk Information](#)

[EXPOW Emergency Contact List](#)

[Canadian Mental Health Association - Understanding Mental Illness](#)

[Bounce Back](#) - BounceBack® is a free program from the Canadian Mental Health Association (CMHA) that helps you build skills to improve your mental health. Find out whether BounceBack® is right for you.

[National Toolkit](#)

[Please Live - Hotlines](#)

[Self-Harm Information](#)

[The Wellness Society](#) – some valuable information, however the number listed for support for the Bereavement Trust Helpline is no longer available.

[Teen Lifeline \(peer counseling hotline in AZ\)](#): (602) 248-8336 or 1 (800) 248-8336

[Find your United Way](#) – There are close to 1,800 local United Ways worldwide.

Check out the resources from [National Human Trafficking Resource Center](#) and find out more about the indicators of potential human trafficking and how you can help.

[Human Trafficking Hotline Call: 1-888-373-7888 CHAT TEXT "HELP" or "BEFREE" to 233733](#)

### **Resources under review for accuracy**

[National Youth Crisis Support](#) Call: [1-800-448-4663](#) (Under 18) – unable to find a direct website link

Sexual Assault - 1-888-407-4747 leads to a Department of State website – not exactly helpful – this was listed under Rape and Sexual Assault on a few websites which could possibly be helpful for someone inquiring on behalf of someone outside of their home country.

\*\*\*\*\*Notes to self - Under Rape and Sexual Assault, 1-888-407-4747 is listed as the number to call which in fact directs me to [Department of State - Travel Website](#)

National Missing Children Hotline Call: 1-800-235-3535 ???????? This links to this [Harry Kent](#)

Self-Harm -0300 123 3393 uncertain – limited availability – reference to Samaritans

\*\*\*Disclaimer for Helplines and Victim Services Directory

While reasonable efforts are made to present current and accurate information in this directory, the information is provided on an “as is” basis with no guarantee of its accuracy or veracity. Neither Max Derrat nor Max Derrat Productions accept any liability or responsibility for damages caused directly or indirectly by the use of the information contained in this directory or that which may be accessed through this directory by way of links to other sites.

Neither Max Derrat nor Max Derrat Productions endorse or recommend any products or services included in this directory. It is incumbent upon users of this online resource to conduct the appropriate screening before pursuing assistance.

Users should also be aware that some of the programs listed may charge a fee for the services they provide. Generally, the fee is based on a sliding scale. We suggest calling the organization directly for information on victim services and fees.