911 connects to fire, police and medical services. 911 on any phone

Crisis Services Canada for individuals struggling with suicidal thoughts

www.crisisservicescanada.ca/en/

Phone

1 833 456 4566

Text 45645

Ontario 211 connection to community and social services in your area 24/365 in 150 languages

www.211ontario.ca

Phone 211

Kids Help Phone free online and telephone counselling to youth and children across Canada

www.kidshelpphone.ca

Phone

1 800 668 6868

Trans life Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

www.Translifeline.org

Phone

877 565 8860

Canadian Forces Member Assistance Program is a service that can provide counselling services for CF members and their families in their own local communities.

https://www.canada.ca/en/department-national-defence/services/guide/programs-canadian-forces/cfmap.html

Phone

1 800 567 5803

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada.

www.hopeforwellness.ca

Phone

1-855-242-3310

24/7

Break The Fake site helps young people recognize and stop the spread of misinformation on line

www.mediasmarts.ca/break-fake

Phone

1 800 224 7721

Canada’s Food Guide has information about healthy eating

www.food-guide.canada.ca-en/

Phone

613 957 8329

Kanatsiaqtut Nunavut Helpline can help if you are in an area where you can’t reach Kids Help Phone

www.nunavuthelpline.ca

Phone

1 800 265 3333

The Amygdala Hijack

https://youtu.be/9u3UvXqArqs

The Single Most important Thing You Can Do For Your Stress?

https://youtu.be/I6402QJp52M

23 and 1/2 hours: What is the  single best thing we can do for our health?

https://youtu.be/aUaInS6HIGo

What canI do to get through a crap week?

https://youtu.be/o\_X0K4ZrvFQ

A powerful lesson on Time Management

https://youtu.be/F5JI\_6nsgaM

US Veterans Affairs 27 free apps mental health and much more

https://www.myhealth.va.gov/mhv-portal-web/mobile-apps