

Ontario: crisis and support lines

Phone and text lines run by public services and community agencies

In an emergency, or if someone is in immediate danger, call 911. Thinking about suicide, or worried about someone? Call or text **9-8-8**, any time, anywhere in Canada.

Anywhere in Canada

9-8-8 Suicide Crisis Helpline

Canada · 24/7 · English and French · an interpreter for other languages may be available by phone

Call or text 9-8-8

Kids Help Phone (for young people)

Youth across Canada · 24/7

1-800-668-6868 · text CONNECT to 686868

Hope for Wellness Helpline

Indigenous people across Canada · 24/7

1-855-242-3310

211

Not a crisis line · finds local services · more than 150 languages · hours vary by province

Dial 2-1-1 (also text and chat)

Text4Amal (Canadian Arab Institute)

Arab community in Canada · free · daily text messages for three months · not a crisis line

**Text "Amal" to +1 855 947 HOPE
(+1 855 947 4673)**

Crisis lines in Ontario

ConnexOntario

Ontario · 24/7 · free · interpretation by phone

1-866-531-2600

Distress Centres of Greater Toronto

Greater Toronto Area · 24 hours a day, 365 days a year

416-408-4357 (408-HELP)

Good2Talk

Post-secondary students in Ontario · 24/7

1-866-925-5454 · text GOOD2TALKON to 686868

Health advice, information and support in Ontario

Health811

Ontario · registered nurses · 24/7 · free

8-1-1 · TTY 7-1-1 · online chat



More lines and the latest version

Scan the code, or go to teocounselling.com/resources#on, for every line above with its full details, plus poison centres, naloxone, and supports for specific communities.

Not every line is open 24/7. Where a line has set hours, they are shown with it.