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Mental Wellness and Crisis Support Resources

Located in the Wood Room between 10am – 2pm: In-Person Mental Health Supports, by Shkaabe Makwa at CAMH. Available to everyone.

- The Wood Room is located on the other side of lobby.
- Vendor Booths are located in Registration Area.

Hope for Wellness - 24/7 toll-free Helpline at 1-855-242-3310, or connect to the online chat at www.hopeforwellness.ca.

- The Hope for Wellness Help Line offers immediate mental health counseling and crisis intervention to all Indigenous peoples across Canada. Service is available in Cree, Ojibway, Inuktitut, English and French. Callers may ask about the availability of services in the language of their choice.

Indian Residential School Survivor Crisis Line - 24/7 Toll-Free, 1-866-925-4419

- A national service for anyone experiencing pain or distress as a result of their residential school experience.

Indian Residential School Survivors Society (IRSSS), Toll-Free 1-800-721-0066

Kids Help Phone - 1-800-668-6868 (24/7 and toll-free) or text CONNECT to 686868.

- For youth and young adults aged 5 to 29 who want confidential and anonymous care from trained responders.

LGBT YouthLine - Text: 4 PM – 9:30 PM, at 647-694-4275. Chat: 4 PM – 9:30 PM at <https://www.youthline.ca/>

- YouthLine offers confidential and non-judgmental peer support through our text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

Talk Suicide Canada – 24/7 Toll-free 1 (833) 456-4566 or text 45645 4pm-midnight.

- Talk Suicide Canada (formerly known as Crisis Services Canada) is a collaboration of distress and crisis centres from across Canada, offering Canada's first nationally available, regionally delivered suicide prevention service.

Toronto Distress Centres: 416 408-4357 or 408-HELP

- A service agency dedicated to providing timely emotional support, crisis intervention, and suicide prevention to people in distress.

Please call 911 if you or someone you know is in immediate danger or needs urgent medical care.