Ontario Health North

Mental Health Resources

January 6, 2022

The following are some of the resources available for people in need of mental health and addictions services:

Anti-human Trafficking Services and Supports - Find organizations that provide a range of wrap-around services to help trafficking survivors rebuild their lives and regain independence, including crisis intervention, trauma therapy, counselling and skills training. Services also include dedicated supports for children and youth and survivor-led programming. Indigenous survivors can access supports designed by and for Indigenous people, including counselling, cultural programming, addictions treatment and leadership development services. Community anti-human trafficking service providers | ontario.ca

Behavioural Supports Ontario – This site will provide you and your loved ones with information about behaviour change in older adults due to dementia, mental health or neurological conditions. Public health resources, practical tips, wellness strategies, family care partner resources and more. https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx

Bounce Back – A free skill-building program managed by the Ontario Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. https://bouncebackontario.ca/

Breaking Free Ontario – A free engaging, interactive and highly personalized digital recovery support program for substance dependence for Ontarians aged 16+. Accessible 24/7 on any device, the program gives patients a powerful toolkit of psychoeducation, practical resources and positive coping skills to support their long-term recovery. https://www.breakingfreeonline.ca/

Canadian Mental Health Association (CMHA) – Local offices in most cities that provide a variety of mental health services. https://ontario.cmha.ca/

Centre for Addictions and Mental Health – Offers a variety of Indigenous mental health services www.camh.ca

ConnexOntario – Accurate and comprehensive list for mental health and addictions service availability with 24/7 mental health and addictions system navigation and information. 1-866-531-2600 or https://www.connexontario.ca/information-services

Community Health Centres (CHC) - Provides primary health and health promotion programs for individuals, families and communities; some Indigenous focused centres include Anishnawbe Health Toronto and Misiway Milopemahtesewin CHC in Timmins.
http://www.health.gov.on.ca/en/common/system/services/chc/locations.aspx

Crisis Services Canada – A national network of existing distress, crisis and suicide prevention line services. https://www.crisisservicescanada.ca/en/ or 1-833-456-4566

Good 2 Talk – Good2Talk provides confidential support services for post-secondary students and can receive professional counselling and information and referrals for mental health, addictions and well-being. 1-866-925-9454 or text 686868 or https://good2talk.ca/

Hope for Wellness Hotline: Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in: Cree, Ojibway, Inuktitut. Open 24 hours. I-855-242-3310 or https://www.hopeforwellness.ca/

Indian Residential School Support Line – Help is available 24/7 for people experiencing pain or distress as a result of their residential school experience. Call 1-800-464-8106 or the 24 Hour Crisis Line: 1-866-925-4419 (open 7 days a week).

Indigenous Friendship Centers – To find an Indigenous Friendship Centre, go to the Ontario Federation of Indigenous Friendship Centers (www.ofifc.org) and click on Friendship Centers.

Infopoint – Helpdesk is available from 8 am-8 pm to provide quick responses (30 minute turnaround time) to questions about access to services for First Nations Communities. 1-855-446-2719 or infopoint@fnhma.ca

Kids Help Phone – 24/7 phone counselling service for children and youth: 1 800 668 6868.

LGBT Youth Hotline – Youth Line offers confidential and non-judgmental peer support; 1 800 268 9688 or text 647 694 4275 or https://www.youthline.ca/

Lifeguard App – The Lifeguard App is now available for use in Northwestern Ontario. The app, which can be downloaded from Google Play or Apple's App Store, is a valuable self-protection tool for people who use drugs. Lifeguard provides access to information and resources for any member of the community. The app provides quick access to regional drug safety notifications, information any person can then share, and by doing help make their community a safer, healthier place.

Local Aboriginal Health Access Centres – Access to Traditional Healers, counsellors, crisis workers and support groups. https://www.allianceon.org/aboriginal-health-access-centres

Mental Health and Counselling Benefits through First Nations Inuit Health Branch - Guide to accessing mental health and counseling services.
https://www.sac-isc.gc.ca/eng/1576093404318/1579114266033

Mental Wellness Teams – Provide a variety of services from capacity planning to clinically based services. Local Canadian Mental Health Associations, crisis intervention programs, community mental health programs, crisis emergency services offered by local hospitals. https://connect.northeasthealthline.ca/

Mental Health Resources for Health Care Workers during COVID-19 - CAMH provides access to mental health and addiction supports for health care workers impacted by the COVID-19 pandemic. This includes access to resources, psychotherapy and psychiatric services. https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals

Metis Nation Of Ontario Mental Health Services – Offers a wide range of services and supports to individuals and families dealing with mental health and addictions issues. www.metisnation.org

NAN Hope – (1-844-NAN-HOPE) Nishanawbe Aski Nation Mental Health and Addictions Support Access Program developed as a targeted approach to support Mental Health/Addictions for NAN communities; this service is accessible via telephone, text, or web chat. https://nanhope.ca/

Ontario Problem Gambling Helpline – Provides information about problem gambling services in Ontario. 1-888-230-3505 or https://www.gamblingtherapy.org/en/ontario-problem-gambling-helpline-canada

OTN Mood and Anxiety Virtual Care – Virtual care solutions for providers https://otn.ca/providers/mood-anxiety/

Regional Warm Line – This pre-crisis line offers peer support to people across northeastern Ontario and addresses challenges facing people with lived experience. 1-866-856-9276 (WARM) or http://nisa.on.ca/services/the-regional-warm-line/

See The Doctor – Free online service that provides patients with 24/7 access to a family doctor for non-COVID-19 related issues during the crisis (covered by OHIP). https://seethedoctor.ca/

Talk 4 Healing – Culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario; providing culturally sensitive crisis counselling, advice and support; (call or text) 1-855-554-4325

Talk to a clinician – For frontline health care worker and would like confidential support from a clinician, including iCBT supports, you can self-refer online or by phone to any of the access points below. https://www.ontario.ca/page/covid-19-support-people#support-health-care-worker

The Access Point Northwest - Community Mental Health services within Alpha Court, Canadian Mental Health Association (CMHA) – Thunder Bay, St. Joseph's Care Group (SJCG), and Thunder Bay Regional Health Sciences (TBRHSC) have come together to offer a single access point and referral form for many of the services that they offer. These organizations offer access to programs in outpatient

mental health, supportive housing, case management, and chronic pain management that provide a range of options for clients needing these services. https://northwestaccesspoint.ca/

Thunderbird – Mary Deleary (mdeleary@thunderbirdpf.org) Mary will be able to provide you and your group with information on a Community of Practice Platform supporting Tx Centered and Mental Wellness Clinics.

Togetherall – Formerly called Big White Wall, Togetherall is an online peer-to-peer support community for mental health for people ages 16+, which is available online, 24/7, and is completely anonymous. https://togetherall.com

University of Toronto Libraries Indigenous Health Resources: Webpage containing information regarding health agencies and Indigenous responses to COVID-19. Included in the resources is an Indigenous COVID-19 Pathway Hotline, public announcements available in Indigenous languages and guidelines for supporting communities. Also included is a number of resources pertaining to Indigenous Knowledge and Wellness. https://guides.library.utoronto.ca/indigenoushealth/covid19

211.ca - Canada's primary source of information on government and community based health and social services. 211 is available by phone, chat, website, and text in different regions – dial 2-1-1 or visit 211.ca to connect to community services.