

CRISIS HOTLINES

Crisis Hotlines By Province	CONTACT
British Columbia	Anywhere in BC: 1-800-784-2433 Vancouver: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Mental Health Support Line: 310-6789 Seniors Distress Line: 604-872-1234
Alberta	403-266-HELP (4357) Alberta Wide: 1-877-303-2642
Saskatchewan	La Ronge 24 Hours: 306-425-4090 Prince Albert Mobile Crisis: 306-764-1111 Regina: 306-757-0127 Saskatoon Mobile Crisis: 306-933-6200 Southwest: 1-800-567-3334
Manitoba	Klinic Crisis: 204-786-8686 1-888-322-3019 TTY 204-784-4097 Suicide Line: 1-877-435-7170 Farm and Rural Support Services: 1-866-367-3267
Ontario	Mental Health Helpline: 1-866-531-2600 Tele-health Ontario: 1-866-797-0000 Specific region contact information found at: http://www.dcontario.org/help.html
Quebec	Crisis Centre (Montreal): 450-679-8689 Suicide Action: 1-866-277-3553
New Brunswick	24 Hour: 811 Chimo Helpine: 1-800-667-5005 Or 9-1-1
Nova Scotia	902-429-8167 1-888-429-8167
Prince Edward Island	1-800-218-2885 or 811
Newfoundland and Labrador	709-777-3200 1-888-737-4668
Yukon	1-800-448-3000
Nunavut	1-867-645-3333 1-867-979-7680