

MENTAL HEALTH RESOURCES

First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310 (toll free; provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24/7)

Centre for Addiction and Mental Health (CAMH) - <http://www.camh.ca/en/hospital/Pages/home.aspx>

Canadian Mental Health Association (CMHA)- <http://www.cmha.ca/>

Mental Health Commission of Canada - <http://www.mentalhealthcommission.ca/English>

eMentalHealth.ca, Mental Health Services Help and Support in Your Community - [http:// www.ementalhealth.ca/](http://www.ementalhealth.ca/)

Kids Help Phone – www.kidshelpphone.ca; 1-800-668-6868 (free, 24/7, confidential, anonymous and available to children and youth 5-20 years)

Ontario specific resources

Canadian Mental Health Association, Ontario - <http://ontario.cmha.ca/>

Children's Mental Health Ontario - <http://cmho.org>

Youth Net - <http://www.youthnet.on.ca/en/home>