



The 30-Day Mindfulness Challenge

Only takes 5-10 minutes a day to improve mood, performance, and reduce stress.

Bridge **the** gapp

To learn more or to register for any of these programs, visit:

Bridgethegapp.ca



Kids Help Phone

Offers free phone, live chat and texting support to children and youth, 24/7 in French and English.

Call **1.800.668.6868**, visit KidsHelpPhone.ca or download the **Always There App**.

It is free, confidential and can be anonymous.

Crisis Text Line

Anyone can text 'Talk' to **686868** to chat with a trained volunteer crisis responder to help with issues – big or small.

It is free, confidential, and available 24/7.

Gambling Help Line

Is available 24/7 to anyone with a problem or negatively impacted by gambling, including family or friends. It is free, confidential and offers information, resources and crisis intervention.

Call **1.888.899.HELP (4357)**

Hope for Wellness Help Line

Offers 24/7 mental health counselling and crisis intervention to Indigenous people across Canada. Call **1.855.242.3310**, or visit hopeforwellness.ca to chat with a counsellor. This service is available in English, French, Cree, Ojibway, and Inuktitut, upon request.



Is a free, confidential service that provides information, tools, advice and support while people work toward being smoke free. Connect by phone **1.800.363.5864**, or text **1.709.700.7002**. Visit smokershelp.net for hours of operation.

What are E-Mental Health Services?



Benefits of E-Mental Health Services

E-mental health uses the Internet and technologies, such as phone, websites and apps to bring evidence-based mental health services directly to people, free of cost and in many cases 24/7. It improves access by reducing barriers and allowing people to have more choice in services most appropriate for them.

Bridge the gapp

Bridgethegapp.ca is the 'go-to' website for mental health information and connection to local supports and services. Sign up for online programming, tools, and services in each region and share personal stories of recovery with others.

811 HEALTHLINE

Dial **811** 24/7 to speak with experienced, local registered nurses about physical and mental health services and questions about health-related topics.

Provincial Mental Health and Addictions Systems Navigator

Available 8:30 a.m. to 4:30 p.m., Monday to Friday, to help people navigate the mental health and addictions system, problem solve, review options and connect to services. Video relay service (VRS) calls are welcome.

Call **1.877.999.7589**



Offers free phone and online coaching for children, youth and their families experiencing mental health or behavioural issues.

Programs include:

- Behavioural concerns (for ages 3-12)
- Bedwetting (for ages 5-12)
- Anxiety Program (for ages 6-11)
- Defeat Anxiety (for ages 12-17)

Provincial Mental Health Crisis Line

Offers free, confidential phone support, 24/7 for people experiencing a mental health crisis.

Call **1.888.737.4668** or TTY: **1.888.709.3555**

Provincial Warm Line

Offers non-emergency, non-crisis telephone peer support daily for people with mental health issues and their loved ones. Open 10:00 a.m. to 12:00 a.m. seven days a week.

Call **1.855.753.2560**

breathingroom
because everyone needs some



Is an online program for people, aged 13-24, looking to find ways to manage stress, anxiety and depression. No referral needed.



Is a free phone and online coaching program that supports young adults, aged 18-30, to learn skills to overcome anxiety and cope with major life stressors.

Call **1.866.470.7111**



Therapy Assistance Online

An online program that combines education materials with brief contact by phone, chat or video conferencing with a counsellor to improve health and wellness. TAO is for anyone aged 16 and over, and available in English and French.