

# Crisis Chat and Text Services across Canada

*\*If you are looking for phone lines, please look at our comprehensive Resource List. This list focuses on text/IM services\**

## » Service All of Canada «

- **Kids Help Phone:** [www.kidshelpphone.ca](http://www.kidshelpphone.ca) or 1-800-668-6868
  - **Mode:** Chat (IM) and Phone
  - **Age Range:** Under 20
  - **Hours:** 24/7 Phone. Chat is Wednesday-Sunday and is 3pm-11pm PST
- **Woods Homes:** [http://www.woodshomes.ca/site/PageNavigator/home/contact\\_crisis\\_services.html](http://www.woodshomes.ca/site/PageNavigator/home/contact_crisis_services.html)
  - **Text:** 587-315-5000 **Phone:** 1-800-563-6106
  - **Mode:** Chat (IM), text and phone
  - **Age Range:** Any
  - **Hours:** 24/7 Phone. Chat/text 9am-10pm MST every day

## » Alberta Only «

- **Calgary Connecteen:** <http://calgaryconnecteen.com/> or 403-266-TEEN (8336)
  - **Mode:** Chat (IM), Text and Phone
  - **Age Range:** Youth
  - **Hours:** 24/7 Phone. Chat and text is 3pm-10pm MST Monday to Friday and 12pm-10pm MST Saturday and Sunday.
- **Distress Centre:** <http://www.distresscentre.com/> or 403-266-HELP (4357)
  - **Mode:** Chat (IM) and Phone
  - **Age Range:** Under 20
  - **Hours:** 24/7 Phone. Chat is 3pm-10pm MST every day
- **Edmonton Crisis Line:**
  - <https://edmonton.cmha.ca/programs-services/online-crisis-chat/>
  - **Mode:** Chat (IM)
  - **Age Range:** Any
  - **Hours:**
    - Sunday: Noon to 4:00PM (MST)
    - Monday: 6:00 to 10:00PM (MST)
    - Tuesday: 6:00 to 10:00PM (MST)
    - Wednesday: 6:00 to 10:00PM (MST)
    - Thursday: 6:00 to 10:00PM (MST)
    - Friday: 6:00 to 10:00PM (MST)
    - Saturday: 12:00 to 4:00PM (MST)

## » British Columbia Only «

- **Crisis Center:** <http://crisiscentrechat.ca/>
  - **Mode:** Chat (IM)
  - **Age Range:** 25+
  - **Hours:** 12pm-1am PST
- **Vancouver Island Crisis Line:** <http://www.vicrisis.ca/> \*Vancouver Island Only\*
  - **Mode:** Chat (IM), Text and Phone Line
  - **Age Range:** All ages
  - **Hours:** Chat & Text 6pm-10pm. Phone 24/7.
- **Youth in BC:** <http://youthinbc.com/>
  - **Mode:** Chat (IM)
  - **Age Range:** Under 25
  - **Hours:** 12pm-1am PST

## » Manitoba Only «

- **Manitoba Farm, Rural & Northern Support Services:**
- <http://www.ruralsupport.ca/> or 1-866-367-3276
  - **Mode:** Chat (IM) and Phone
  - **Age Range:** All Ages
  - **Hours:** Monday to Friday 10am-9pm CST

## » Ontario Only «

- **Youth Line for LGBTQ+ teens:**
- *Chat:* <http://www.youthline.ca/> , *Text:* 647-649-4275, *Toll-Free phone:* 1-800-268-9688
  - **Mode:** Chat (IM), Text and Phone
  - **Age Range:** Under 26
  - **Hours:** 4pm-9:30pm EST Sunday-Friday.

## » Yukon Only «

- **Youth in BC:** <http://youthinbc.com/>
  - **Mode:** Chat (IM)
  - **Age Range:** Under 25
  - **Hours:** 12pm-1am PST
- **Crisis Center:** <http://crisiscentrechat.ca/>
  - **Mode:** Chat (IM)
  - **Age Range:** 25+
  - **Hours:** 12pm-1am PST