

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 «

- **Crisis Services Canada:** <http://www.crisisservicescanada.ca/> or 1-833-456-4566
 - **Mode:** Chat (IM) and Phone
 - **Age Range:** All
 - **Hours:** 24/7 Phone. Chat is 5pm-1am ET every day
- **Kids Help Phone:** 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
 - **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 «

- **BC211:** <http://www.bc211.ca/>
 - **Mode:** Chat (IM) and Phone
 - **Age Range:** All
 - **Hours:** 24/7 Phone, Texting Service 8am-11pm PST
- **Crisis Center:** <http://crisiscentrechat.ca/>
 - **Mode:** Chat (IM)
 - **Age Range:** 25+
 - **Hours:** 12pm-1am PST
- **Northern Youth Online:** <http://www.northernyouthonline.ca/>
 - **Mode:** Chat (IM) and Phone
 - **Age Range:** Under 25
 - **Hours:** 4pm-10pm Daily Chat PST, 24/7 Phone Line
- **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