

# Crisis Chat and Text Services across Canada

## » Service All Across Canada «

**Crisis Services Canada:** <http://www.crisisservicescanada.ca/> or 1-833-456-4566

- **Mode:** Chat (IM) and Phone
- **Age Range:** Under 20
- **Hours:** 24/7 Phone. Chat is Wednesday-Sunday and is 3pm-11pm PST

**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 «

**Alberta 24/7 Mental Health Help Line:** 1-877-303-2642

- **Mode:** Phone
- **Age Range:** All
- **Hours:** 24/7

**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:**
  - Monday – Friday, 6:00pm-10:00pm MST

- Saturday/Sunday, 12 noon – 4:00pm MST

## » British Columbia Only «

- **Alcohol and Drug Information and Referral Service:**
  - **Mode:** Phone
  - **Lower Mainland:** 604-660-9382 **Phone:** 1-800-663-1441
  - **Age Range:** All
  - **Hours:** 24/7
- **BC211:** <http://www.bc211.ca/>
  - **Mode:** Chat (IM) and Phone
  - **Age Range:** All
  - **Hours:** 24/7 Phone, Texting Service 8am-11pm PST
- **BC Bereavement and Grief Help Line:** <https://www.bcbh.ca>
  - **Mode:** Phone or email
  - **Phone:** 1-877-779-2223 **Email:** [contact@bcbh.ca](mailto:contact@bcbh.ca)
  - **Age Range:** any
  - **Hours:** Monday-Friday, 9am-5pm
- **Crisis Center:** <http://crisiscentrechat.ca/>
  - **Mode:** Chat (IM)
  - **Age Range:** 25+
  - **Hours:** 12pm-1am PST
- **KUU-US Crisis Line (Support for Indigenous Peoples Only):**
  - **Mode:** Phone
  - **Youth Phone:** 250-723-2040
  - **Adults/Elders Phone:** 250-723-2040
  - **Age Range:** All
  - **Hours:** Phone
- **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.
- **Victim Link BC:** 1-800-563-0808
  - **Mode:** Phone (110 languages available!)
  - **Age Range:** All
  - **Hours:** 24/7

- **Youth Against Violence Line:** [www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)
  - **Mode:** Phone (or text, for deaf or Hard of Hearing [HoH] folks *only*)
  - **Phone:** 1-800- 680-4264 **Text (Deaf or HoH folks only):** 604-836-6381
  - **Hours:** 24/7
- **Youth in BC:** <http://youthinbc.com/>
  - **Mode:** Chat (IM)
  - **Age Range:** Under 25
  - **Hours:** 12pm-1am PST

## » Manitoba Only «

- **Kids Help Phone 24/7 Text Line:**
- <https://kidshelpphone.ca/crisistextline> or text CONNECT to 686868
  - **Mode:** Chat (IM) and Phone
  - **Age Range:** Under 20 only
- **Manitoba Suicide Line:** 1-877-435-7170
  - **Mode:** Phone
  - **Age Range:** All
  - **Hours:** 24/7
- **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

## » New Brunswick Only «

- **New Brunswick Chimo Helpline:** 1-800-667-5005
  - **Mode:** Phone and Chat (IM) (<http://www.chimohelpline.ca/>)
  - **Age Range:** All
  - **Hours:** Phone 24/7, Chat (IM) 5pm-12am (midnight) daily

## » Newfoundland and Labrador Only «

- **Mental Health Crisis Line 24/7:** 1-888-737-4668
  - **Mode:** Phone
  - **Age Range:** All
  - **Hours:** 24/7

## » Northwest Territories Only «

- **NWT Helpline:** 1-800-661-0844
  - **Mode:** Phone
  - **Age Range:** All
  - **Hours:** 7pm-11pm MST

## » Nova Scotia Only «

- **Mental Health Mobile Crisis Team 24/7:** 1-888-429-8167
  - **Mode:** Phone
  - **Age Range:** All

## » Nunavut Only «

- **Nunavut Kamatsiaqtut Helpline 24/7:** 1-888-429-8167
  - **Mode:** Phone
  - **Age:** All

## » Ontario Only «

\* Please see <http://youthspace.ca/wp-content/uploads/2018/02/CrisisCounselingServicesOntario.pdf> for services in specific county areas in Ontario \*

- **ONTX Online Chat or Text Crisis Service**
- **Chat:** <http://dcontario.org/ontx.html>, **Text:** 258258
  - **Mode:** Chat (IM) and Text
  - **Age Range:** All
  - **Hours:** 2pm-2am EST
- **Reach Out 24/7 Chat:** [www.reachout247.ca](http://www.reachout247.ca)
- **Elgin, Oxford, Middlesex and London counties only!**
  - **Mode:** Chat (IM)
  - **Age Range:** All
- **Talk Healing - A Helpline for Aboriginal Women (Ontario only)**
  - **Mode:** Chat (IM) (<https://www.talk4healing.com/>) **Phone:** 1-855-554-HEAL (4325)
  - **Age Range:** All
  - **Hours:** 24/7
- **Toronto Distress Centre:** 416-408-4357
  - **Hours:** 24/7
  - **Directory for elsewhere in Ontario:** <http://dcontario.org/centres.html>

- **Youth Line for LGBTQ+ Folks**
- *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
- **Youth Services Bureau:**
- *Ottawa:* 613-260-2360 *Eastern Ontario:* 1-877-377-7775
  - **Mode:** Phone and Chat (IM) ([chat.ysb.ca](http://chat.ysb.ca))
  - **Age Range:** Under 18
  - **Hours:** 24/7

## » Prince Edward Island Only «

- **Island Helpline 24/7:** 1-800-218-2885
  - **Mode:** Phone
  - **Age Range:** Any
  - **Hours:** 24/7

## » Quebec Only «

- **Centre de prévention du suicide de Quebec 24/7:** 1-866-277-3553
  - **Mode:** Phone
  - **Age Range:** Any
  - **Hours:** 24/7
- **Prevention de Suicide et Soutien:** *Phone:* 1-833-456-4566 *Text:* 45645
  - **Mode:** Phone and Chat (SMS)
  - **Age Range:** Any
  - **Hours:** 24/7

## » Saskatchewan Only «

- **Saskatchewan Outreach and Support Services 24/7:** 1-800-611-6349
  - **Mode:** Phone
  - **Age Range:** Any
  - **Hours:** 24/7

## » Yukon Only «

- **Crisis Center:** <http://crisiscentreachat.ca/>
  - **Mode:** Chat (IM)
  - **Age Range:** 25+

- **Hours:** 12pm-1am PST
- **Many Rivers Yukon Distress Line:** 1-844-533-3030
  - **Mode:** Phone
  - **Hours:** 7pm-12am (midnight) PST
- **Victim Link BC:** 1-800-563-0808
  - **Mode:** Phone (110 languages available!)
  - **Age Range:** All
  - **Hours:** 24/7
- **Youth in BC:** <http://youthinbc.com/>
  - **Mode:** Chat (IM)
  - **Age Range:** Under 25
  - **Hours:** 12pm-1am PST