



**THE FOLLOWING
RESOURCE PAGES INCLUDE
CRISIS LINES, WEBSITES,
APPS, AND IDEAS FOR THE
FOLLOWING GROUPS:**

- **KIDS, YOUTH, STUDENTS**
- **FIRST NATIONS & INUIT**
- **2SLGBTQ+**
- **POSTPARTUM MOOD
DISORDERS**
- **PREGNANCY & INFANT LOSS**
- **CANADA-WIDE**
- **USA-WIDE**
- **INTERNATIONAL**



YOUTH NATIONAL SUPPORTS FOR SUICIDE PREVENTION

HELP LINES

KIDS HELP PHONE

1-800-668-6868 or text #686868

www.KidsHelpPhone.ca

GOOD2TALK POST SECONDARY CRISIS LINE

1-866-925-5454 or through 2-1-1

www.Good2Talk.ca

THE TREVOR PROJECT (for LGBTQ Youth)

1-800-268-9688

www.TheTrevorProject.org

BLACK YOUTH HELPLINE

1-833-294-8650 (9pm - 10pm everyday)

<https://blackyouth.ca/>

WE MATTER

Indigenous youth-led and nationally registered non-profit organization committed to Indigenous youth support, hope and life promotion.

<https://wemattercampaign.org>

Reach out to us at info@wemattercampaign.org if internet is not strong in your community, send us an email so we can send you a USB stick containing our We Matter videos!

We Matter Tool Kits for youth, teachers, support workers, and allies

<https://wemattercampaign.org/toolkits/>

BULLYING HOTLINE CANADA

1-877-352-4497

TALK SUICIDE CANADA

1-833-456-4566 or text 45645 between 4pm – midnight

Online chat at www.CrisisServicesCanada.ca

ADDITIONAL SUPPORTS

- Caregivers who can help increase safety
- Mental Health First Aid Supporting Youth trained community member
- On-campus Health & Wellness Center / Student Center
- Educational supports (Teacher, Teacher Assistant, School Mental Health worker, School Social Worker, Guidance Counsellor, etc.)
- Elders
- People, places, abilities, and activities that increase protective factors
- Sports coach / Dance teacher / Music teacher
- Big Brother / Big Sister mentor
- Faith community member
- Mental Health Therapist
- On-campus security or police / Resident staff
- Cultural activities and resources that instill a sense of identity and belonging

WEBSITES & APPS

- [MoodTools app](#) (thought diary and safety planning guide)
- Life Voice www.LifeVoice.ca (Safety planning idea bank and crisis resources)
- [WRAP \(Wellness Recovery Action Plan\)](#): free crisis and post crisis planning guides)
- Psychology Today www.PsychologyToday.com (search for therapists by city, by topic across North America)
- Cornell University [self-injury course](#) for parents and staff
- To Write Love On Her Arms www.TWLOHA.com
- Jack Project www.Jack.org
- The Trevor Project (for LGBTQ+ Youth) www.TheTrevorProject.org
- Project Semicolon www.ProjectSemicolon.org
- Lifeline Crisis Chat www.crisischat.org/chat
- Hashtag Hope www.HashtagHope.ca
- Befrienders Worldwide www.BeFrienders.org (search for helplines by country, by language)
- Canadian Association for Suicide Prevention (CASP) www.suicideprevention.ca
- Canadian Mental Health Association www.CMHA.ca
- Canadian Association for Addictions & Mental Health www.CAMH.ca



CHILD NATIONAL SUPPORTS FOR SUICIDE PREVENTION

HELP LINES

KIDS HELP PHONE (*staff are ASIST-trained and can safety plan*)

1-800-668-6868 or text #686868

www.KidsHelpPhone.ca

FIRST NATIONS & INUIT HOPE FOR WELLNESS LINE

1-855-242-3310

24/7/365 Inuktitut, Cree, Ojibway, English, French

Online chat at www.HopeForWellness.ca

BULLYING HOTLINE CANADA

1-877-352-4497

CRISIS SERVICES CANADA

1-833-456-4566 or text 45645 between 4pm – midnight

Online chat at www.CrisisServicesCanada.ca

NATIONAL ASSOCIATION OF FRIENDSHIP CENTRES

<https://www.nafc.ca/en/friendship-centres>

ADDITIONAL RESOURCES

- Caregivers who can help increase safety
- Mental Health First Aid trained community member
- Faith leader / youth pastor/ faith community friend
- Mental Health Therapist / Certified Play Therapist
- Educational supports (Teacher, School Mental Health worker, day-care worker, Educational Assistant, school social worker, guidance counsellor, etc.)
- Elders
- Social workers
- People, places, abilities, and activities that increase protective factors
- Sports coach / Dance teacher / Music teacher
- Big Brother / Big Sister mentor
- Cultural activities and resources that instill a sense of identity and belonging

WEBSITES & APPS

- [In Love While Parenting app](#) (helpful strategies for parents raising kids)
- Life Voice www.LifeVoice.ca (Safety planning idea bank and crisis resources)
- Canadian Association of Play Therapists www.CACPT.com
- [Big Life Journal](#) (Free printable growth mindset pages for kids)
- Canadian Mental Health Association www.CMHA.ca
- Befrienders Worldwide www.BeFrienders.org (search for helplines by country, by language)



INDIGENOUS SUPPORTS FOR SUICIDE PREVENTION

CRISIS LINES & RESOURCES

FIRST NATIONS & INUIT HOPE FOR WELLNESS LINE:

1-855-242-3310

24/7/365 Inuktitut, Cree, Ojibway, English, French

Staff trained in ASIST and all have counselling backgrounds and specialize in various areas such as addictions, sexual abuse, family violence, mental health, suicide, etc.

TALK SUICIDE CANADA

1-833-456-4566 English

1-866-APPELLE (277-3553) French

www.CrisisServicesCanada.ca

IRS (INDIAN RESIDENTIAL SCHOOL) SUPPORT LINE

1-800-464-8106

NATIONAL INUIT SUICIDE PREVENTION STRATEGY

www.itk.ca/national-inuit-suicide-prevention-strategy/

WE MATTER

Indigenous youth-led and nationally registered non-profit organization committed to Indigenous youth support, hope and life promotion.

<https://wemattercampaign.org>

Reach out to us at info@wemattercampaign.org if internet is not strong in your community, send us an email so we can send you a USB stick containing our We Matter videos!

We Matter Tool Kits for youth, teachers, support workers, and allies

<https://wemattercampaign.org/toolkits/>

NATIONAL ASSOCIATION OF FRIENDSHIP CENTRES

<https://www.nafc.ca/en/friendship-centres>

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- Elders & traditional healers
- Friendship Centers
- Faith leaders / spiritual community
- A trusted friend
- Nursing stations
- Mental Health Therapist
- Getting out on the land
- Engaging in cultural traditions
- People, places, abilities, and activities that increase protective factors

WEBSITES

- [National Association of Friendship Centers](#)
- [MoodTools app](#) (thought diary and safety planning guide)
- Life Voice www.LifeVoice.ca (Safety planning idea bank and crisis resources)
- [WRAP \(Wellness Recovery Action Plan\)](#): free crisis and post crisis planning guides)
- Cornell University [self-injury course](#) for parents and staff
- Canadian Association for Suicide Prevention (CASP) www.SuicidePrevention.ca
- Lifeline Crisis Chat www.crisischat.org/chat
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- The Trevor Project (for LGBTQ Youth) www.TheTrevorProject.org
- Project Semicolon www.ProjectSemicolon.org
- Canadian Mental Health Association (across Canada) www.CMHA.ca
- Canadian Association for Addictions & Mental Health (across Canada) www.CAMH.ca



2SLGBTQ+ NATIONAL SUPPORTS FOR SUICIDE PREVENTION

CRISIS / HELP LINES

TRANS LIFELINE (peer-led, 5pm – 1am EST)

In Canada Call: (877) 330-6366

In USA Call: (877)565-8860

THE TREVOR PROJECT (for LGBTQ Youth)

1-800-268-9688

KIDS HELP PHONE

1-800-668-6868

“GOOD2TALK” POST SECONDARY CRISIS LINE

1-866-925-5454

BULLYING HOTLINE CANADA

1-877-352-4497

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255) English

1-866-APPELLE (277-3553) French

24/7/365

FIRST NATIONS & INUIT HOPE FOR WELLNESS HELPLINE

1-855-242-3310

24/7/365 English, French, Inuktitut, Cree, Ojibway

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- A trusted friend / chosen family
- Your confidential Employee Assistance Program (EAP – ask HR if your organization has one)
- Educational supports
- Social workers
- Mental Health Therapist (search for a therapist by city, and by topic, at www.PsychologyToday.com)

WEBSITE RESOURCES

- It Gets Better (videos and educational resources for, and about, 2SLGBTQ+ peoples) <https://itgetsbettercanada.org/>
- Salaam Canada (for those who identify as Muslim + LGBTQ+) <https://www.salaamcanada.info/>
- Justice Trans (providing legal info for 2STNBGN <https://justicetrans.org/en/>)
- PFLAG <http://pflagcanada.ca/>
- The Trevor Project (for LGBTQ+ Youth) www.TheTrevorProject.org
- Project Youth AFFIRM (evidence-based CBT group for LGBTQ+ to learn coping skills for stress <https://www.projectyouthaffirm.org/>)
- Life Voice www.LifeVoice.ca
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- Canadian Mental Health Association (across Canada) www.cmha.ca
- Canadian Association for Suicide Prevention (CASP) www.suicideprevention.ca
- Canadian Association for Addictions & Mental Health (across Canada) www.camh.ca



INUIT SUPPORTS FOR SUICIDE PREVENTION

CRISIS LINES & RESOURCES

IRS (INDIAN RESIDENTIAL SCHOOL) SUPPORT LINE:

1-800-464-8106

NATIONAL INUIT SUICIDE PREVENTION STRATEGY:

www.itk.ca/national-inuit-suicide-prevention-strategy/

FIRST NATIONS & INUIT HOPE FOR WELLNESS LINE:

1-855-242-3310

24/7/365 English, French, Inuktitut, Cree, Ojibway
*Staff trained in ASIST and all have counselling
backgrounds and specialize in various areas such as
addictions, sexual abuse, family violence, mental health,
suicide, etc.*

TALK SUICIDE CANADA:

1-833-456-4566 (24/7), or text 45645 (4pm – midnight)

Online chat at www.TalkSuicide.ca

NATIONAL ASSOCIATION OF FRIENDSHIP CENTRES

<https://www.nafc.ca/en/friendship-centres>

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- Elders & traditional healers
- Pastor / church committee
- A trusted friend
- Educational supports
- Social workers
- Mental Health Therapist

WEBSITE RESOURCES

- We Matter Campaign (Indigenous pride and resource website, including videos and educational toolkits) <https://WeMatterCampaign.org/>)
- Life Voice www.LifeVoice.ca
- Canadian Association for Suicide Prevention (CASP) www.SuicidePrevention.ca
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- The Trevor Project (for LGBTQ+ Youth) www.TheTrevorProject.org
- Project Semicolon www.ProjectSemicolon.org
- Canadian Mental Health Association (across Canada) www.CMHA.ca
- Canadian Association for Addictions & Mental Health (across Canada) www.CAMH.ca



FIRST NATIONS SUPPORTS FOR SUICIDE PREVENTION

CRISIS LINES & RESOURCES

IRS (INDIAN RESIDENTIAL SCHOOL) SUPPORT LINE:

1-800-464-8106

NATIONAL INUIT SUICIDE PREVENTION STRATEGY:

www.itk.ca/national-inuit-suicide-prevention-strategy/

FIRST NATIONS & INUIT HOPE FOR WELLNESS LINE:

1-855-242-3310

24/7/365 English, French, Inuktitut, Cree, Ojibway

Staff trained in ASIST and all have counselling backgrounds and specialize in various areas such as addictions, sexual abuse, family violence, mental health, suicide, etc.

TALK SUICIDE CANADA:

1-833-456-4566 (24/7), or text 45645 (4pm – midnight)

Online chat at www.TalkSuicide.ca

NATIONAL ASSOCIATION OF FRIENDSHIP CENTRES

<https://www.nafc.ca/en/friendship-centres>

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- Elders & traditional healers
- Faith community
- A trusted friend or family member
- Traditional healing practices
- Educational supports
- Social workers
- Mental Health Therapist

WEBSITE RESOURCES

- We Matter Campaign (Indigenous pride and resource website, including videos and educational toolkits) <https://WeMatterCampaign.org/>)
- Life Voice www.LifeVoice.ca
- Canadian Association for Suicide Prevention (CASP) www.SuicidePrevention.ca
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- The Trevor Project (for LGBTQ Youth) www.TheTrevorProject.org
- Project Semicolon www.ProjectSemicolon.org
- Canadian Mental Health Association (across Canada) www.CMHA.ca
- Canadian Association for Addictions & Mental Health (across Canada) www.CAMH.ca



INDIGENOUS SUPPORTS FOR SUICIDE PREVENTION

CRISIS LINES & RESOURCES

FIRST NATIONS & INUIT HOPE FOR WELLNESSLINE:

www.HopeForWellness.ca 24/7/365

1-855-242-3310

Inuktitut, Cree, Ojibway, English, French

Staff trained in ASIST and all have counselling backgrounds and specialize in various areas such as addictions, sexual abuse, family violence, mental health, suicide, etc.

IRS (INDIAN RESIDENTIAL SCHOOL) SUPPORT LINE:

1-800-464-8106

TALK 4 HEALING (Beendigen)

<https://www.beendigen.com/programs/talk4healing/>

1-855-554-HEAL

Anishinaabe Women's Crisis Home and Family Healing Agency

TALK SUICIDE CANADA:

www.TalkSuicide.ca 24/7/365

1-800-273-TALK (8255) English

1-866-APPELLE (277-3553) French

WE MATTER

<https://wemattercampaign.org>

Indigenous youth-led and nationally registered non-profit organization committed to Indigenous youth support, hope and life promotion.

ADDITIONAL SUPPORTS

- Elders & traditional healers
- Friendship Centers (locate one through www.NAFC.ca)
- ASIST trained community member
- Mental Health First Aid trained community member
- Faith leader, or spiritual community
- A trusted friend
- Educational supports
- Social workers
- Mental Health Therapist (www.PsychologyToday.com search by city across North America, and by topic)

WEBSITE RESOURCES

- National Inuit Suicide Prevention Strategy: www.itk.ca/national-inuit-suicide-prevention-strategy/
- Canadian Association for Suicide Prevention (CASP) www.SuicidePrevention.ca
- Life Voice www.LifeVoice.ca – free safety planning guide & free downloadable crisis support sheets
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- It Gets Better (for 2SLGBTQ+) www.ItGetsBetter.org
- Canadian Mental Health Association (across Canada) www.CMHA.ca
- Canadian Association for Addictions & Mental Health (across Canada) www.CAMH.ca



CANADIAN SUPPORTS FOR SUICIDE PREVENTION

CRISIS / HELP LINES

CANADA (ENGLISH)

911 (Emergency services)

TALK SUICIDE CANADA

1-833-456-4566 or text 45645 www.TalkSuicide.ca

CANADA (FRENCH)

1-866-APPELLE (277-3553) French

KIDS HELP PHONE

1-800-668-6868, text 686868: www.KidsHelpPhone.ca

“GOOD2TALK” POST SECONDARY CRISIS LINE

1-866-925-5454: www.Good2Talk.ca

THE TREVOR PROJECT (FOR LGBTQ YOUTH)

1-800-268-9688: www.TheTrevorProject.org

FIRST NATIONS & INUIT HOPE FOR WELLNESS LINE

1-855-242-3310 Inuktitut, Cree, Ojibway, English, French

BOOTS ON THE GROUND (FIRST RESPONDERS, ONTARIO ONLY)

1-833-677-2668: www.BootsOnTheGround.ca

211 (not a crisis number but can help you locate local resources across your province)

2-1-1 www.211.ca

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- A trusted friend or family member
- Community member
- Peer support programs
- Faith community
- Educational supports
- Social workers
- Mental Health Therapist (www.PsychologyToday.com)

WEBSITE RESOURCES

- Life Voice www.LifeVoice.ca
- Canadian Association for Suicide Prevention (CASP) www.SuicidePrevention.ca
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- The Trevor Project (for LGBTQ Youth) www.TheTrevorProject.org
- Project Semicolon www.ProjectSemicolon.org
- Canadian Mental Health Association (across Canada) www.CMHA.ca
- Canadian Association for Addictions & Mental Health (across Canada) www.CAMH.ca
- Befrienders Worldwide <https://www.befrienders.org/>



U.S. SUPPORTS FOR SUICIDE PREVENTION

CRISIS / HELP LINES

EMERGENCY SERVICES: 911

LIFELINE NATIONAL SUICIDE PREVENTION: 1-800-273-TALK (8255)

English, press 1 for Military Veterans, 2 for Spanish

NATIONAL HOPELINE NETWORK: 1-800-SUICIDE (800-784-2433)

LIFELINE CRISIS LIVE-CHAT: <http://www.crisischat.org>

CRISIS TEXT LINE: Text "START" TO 741-741

GLBT HOTLINE: 1-888-843-4564

TREVOR CRISIS HOTLINE (LGBTQ+): 1-866-488-7386

TRANS LIFELINE: 1-877-565-8860

AIDS CRISIS LINE: 1-800-221-7044

VETERANS CRISIS LINE: Dial 988, then press "1"

NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-7233

SELF-HARM HOTLINE: 1-800-DONT CUT (1-800-366-8288)

NATIONAL SEXUAL ASSAULT HOTLINE: 1-800-656-HOPE (4673)

Online chat: www.online.rainn.org (English) www.rainn.org/es (Spanish)

FAMILY VIOLENCE HELPLINE: 1-800-996-6228

AMERICAN ASSOC OF POISON CONTROL: 1-800-222-1222

NATIONAL COUNCIL ON ALCOHOLISM & DRUG DEPENDANCY

HOTLINE: 1-800-622-2255

NATIONAL CRISIS LINE – ANOREXIA & BULIMIA: 1-800-233-4357

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- A trusted friend or family member
- Educational supports
- Social workers
- Mental Health Therapist
- Faith leaders / faith community members

WEBSITE RESOURCES

- Suicide.org www.suicide.org
- Life Voice www.LifeVoice.ca
- IMAlive www.imalive.com
- Lifeline Crisis Chat www.crisischat.org/chat
- Befrienders Worldwide [www.befrienders.org/need to talk](http://www.befrienders.org/need_to_talk)
- To Write Love On Her Arms www.TWLOHA.com
- Project Semicolon www.ProjectSemicolon.org
- It Gets Better <https://itgetsbetter.org/>
- The Trevor Project (for LGBTQ+ Youth) www.TheTrevorProject.org



INTERNATIONAL SUPPORTS FOR SUICIDE PREVENTION

CRISIS / HELP LINES

CANADA & UNITED STATES (ENGLISH & SPANISH)

911 (Emergency services)

1-800-273-TALK (8255) English, press 1 for Military Veterans, 2 for Spanish

CANADA (FRENCH)

1-866-APPELLE (277-3553) French

CANADA FIRST NATIONS & INUIT

1-855-242-3310 English, French, Inuktitut, Cree, Ojibway

UNITED KINGDOM

UK: +44 116 123 (UK/ROI - local rate),

Deaf/Hard of Hearing <http://www.ngts.org.uk/>

AUSTRALIA

13 11 14, 08 93 81 5555, 08 93 88 2500 (youth line)

FOR A LIST OF ADDITIONAL INTERNATIONAL CRISIS LINES PLEASE

VISIT:

<http://www.suicide.org/international-suicide-hotlines.html>

OR BEFRIENDERS WORLDWIDE [www.befrienders.org/need to talk](http://www.befrienders.org/need_to_talk)

ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- Faith community
- A trusted friend or family member
- Traditional or cultural practices
- Any place, any activity, and any person who feels safe & life-giving to you
- Educational supports
- Social workers
- Mental Health Therapist

WEBSITE RESOURCES

- Life Voice www.LifeVoice.ca
- Suicide.org www.suicide.org
- IMAlive www.imalive.com
- Lifeline Crisis Chat www.crisischat.org/chat
- To Write Love On Her Arms www.TWLOHA.com
- Hashtag Hope www.HashtagHope.ca
- Jack Project www.Jack.org
- The Trevor Project (for LGBTQ Youth) www.TheTrevorProject.org
- Project Semicolon www.ProjectSemicolon.org



POSTPARTUM MOOD DISORDER RESOURCE LIST FOR MOMS

CRISIS LINES (CANADA)

CANADA (ENGLISH)

911 (Emergency services)

1-833-456-4566 English

CANADA (FRENCH)

1-866-APPELLE (277-3553) French

HOPE FOR WELLNESS LINE (FIRST NATIONS & INUIT)

1-855-242-3310 English, French, Inuktitut, Cree, Ojibway

HELP LINES (ONTARIO)

SERVICE ONTARIO

1-866-532-3161 (ask for your local public health unit)

TELEHEALTH ONTARIO

1-866-797-0000 or TTY 1-866-797-0007

MENTAL HEALTH HELPLINE ONTARIO

1-866-531-2600

MOTHELRISK HELPLINE

1-877-439-2744; 416-813-6780, www.MotherRisk.org

ALCOHOL & SUBSTANCE USE HELPLINE

1-877-327-4636

ADDITIONAL SUPPORTS

- Call your family doctor, midwife, nurse, Doula, or OB/GYN
- Go to the Emergency department of your local hospital
- Speak to your psychiatrist, therapist, mental health professional
- Connect with your faith community
- Talk with a trusted friend or family member
- Online therapy: www.BetterHelp.com
- Find a therapist: www.PsychologyToday.com
- Free downloadable crisis support resources: www.LifeVoice.ca

WEBSITE RESOURCES

POSTPARTUM SUPPORT INTERNATIONAL

1-800-944-4773 www.postpartum.net

POSTPARTUM PROGRESS (peer to peer support, including a “warrior mom” playlist link to Spotify)

www.postpartumprogress.com

POSTPARTUM EDUCATION FOR PARENTS

www.sbpep.org

HERE TO HELP (lots of self-assessment tools and coping strategies for various mood disorders)

www.HereToHelp.BC.ca

SOLACE FOR MOTHERS (Healing after traumatic childbirth and those experiencing trauma in general)

www.SolaceForMothers.org

LA LECHE LEAGUE INTERNATIONAL (Breastfeeding support groups, articles on breastfeeding, tongue/lip ties, postpartum, etc., and podcasts on a wide variety of topics)

www.LLLI.org

MOTHER REACH

www.HelpForMom.ca

LIFE WITH A BABY

www.LifeWithABaby.com

LIFE WITH A NEW BABY

www.LifeWithNewBaby.com

BEST START ONTARIO'S MATERNAL, NEWBORN AND EARLY CHILD DEVELOPMENT RESOURCE CENTER

www.BestStart.org

MOOD DISORDERS ASSOCIATION OF ONTARIO

1-866-363-MOOD (6663), M-F, 9:30am – 5:00pm, www.MoodDisorders.ca

CANADIAN MENTAL HEALTH ASSOCIATION

www.CMHA.ca

CANADIAN ASSOCIATION FOR ADDICTIONS & MENTAL HEALTH

www.CAMH.ca

INFANT MENTAL HEALTH PROMOTION

www.imhpromotion.ca

HEALTHY BABIES, HEALTHY CHILDREN (a free Ontario program for families with kids 0-6 years old)

www.children.gov.on.ca/htdocs/English/earlychildhood/healthy/index.aspx



PATERNAL POSTPARTUM RESOURCE LIST FOR DADS

CRISIS LINES (CANADA)

CANADA (ENGLISH)

911 (Emergency services)

1-833-456-4566 English

CANADA (FRENCH)

1-866-APPELLE (277-3553) French

HOPE FOR WELLNESS LINE (FIRST NATIONS & INUIT)

1-855-242-3310 English, French, Inuktitut, Cree, Ojibway

HELP LINES (ONTARIO)

SERVICE ONTARIO

1-866-532-3161 (ask for your local public health unit)

TELEHEALTH ONTARIO

1-866-797-0000 or TTY 1-866-797-0007

MENTAL HEALTH HELPLINE ONTARIO

1-866-531-2600

ALCOHOL & SUBSTANCE USE HELPLINE

1-877-327-4636

ADDITIONAL SUPPORTS

- Book an appointment with your family doctor
- Go to the Emergency department of your local hospital
- Speak to your psychiatrist, therapist, mental health professional
- Connect with your faith community
- Talk with a trusted friend or family member
- Online therapy: www.BetterHelp.com
- Find a therapist: www.PsychologyToday.com
- Free downloadable crisis support resources: www.LifeVoice.ca

WEBSITE RESOURCES

POSTPARTUM MEN (support for men experiencing postpartum depression)

www.PostpartumMen.com or www.SadDaddy.com

POSTPARTUM DADS (resources for the support person)

www.PostpartumDads.org (Look for details to join the private Facebook group. This site also includes many real life PPPD stories.)

POSTPARTUM SUPPORT INTERNATIONAL

1-800-944-4773 www.postpartum.net

POSTPARTUM PROGRESS (peer to peer support)

www.postpartumprogress.com

POSTPARTUM EDUCATION FOR PARENTS

www.sbpep.org

BEST START: ONTARIO'S MATERNAL, NEWBORN AND EARLY CHILD DEVELOPMENT RESOURCE CENTER

www.BestStart.org

LIFE WITH A BABY

www.LifeWithABaby.com

LIFE WITH A NEW BABY

www.LifeWithNewBaby.com

MOOD DISORDERS ASSOCIATION OF ONTARIO

1-866-363-MOOD (6663), M-F, 9:30am – 5:00pm, www.MoodDisorders.ca

INFANT MENTAL HEALTH PROMOTION

www.imhpromotion.ca

CANADIAN MENTAL HEALTH ASSOCIATION

www.CMHA.ca

CANADIAN ASSOCIATION FOR ADDICTIONS & MENTAL HEALTH

www.CAMH.ca

HEALTHY BABIES, HEALTHY CHILDREN (a free Ont. program for families with kids 0-6 years old)

www.children.gov.on.ca/htdocs/English/earlychildhood/healthy/index.aspx



PREGNANCY AND INFANT LOSS BEREAVEMENT RESOURCES

CRISIS LINES (CANADA)

CANADA (ENGLISH)

911 (Emergency services)

1-833-456-4566

CANADA (FRENCH)

1-866-APPELLE (277-3553) French

HOPE FOR WELLNESS LINE (FIRST NATIONS & INUIT)

1-855-242-3310 English, French, Inuktitut, Cree, Ojibway

HELP LINES (ONTARIO)

SERVICE ONTARIO

1-866-532-3161 (ask for your local public health unit)

TELEHEALTH ONTARIO

1-866-797-0000 or TTY 1-866-797-0007

MENTAL HEALTH HELPLINE ONTARIO

1-866-531-2600

ALCOHOL & SUBSTANCE USE HELPLINE

1-877-327-4636

ADDITIONAL SUPPORTS

- Call your family doctor, midwife, nurse, Doula, or OB/GYN
- Go to the Emergency department of your local hospital
- Speak to your psychiatrist, therapist, mental health professional
- Connect with your pastor, faith community, family
- Talk with a trusted friend or family member
- Online therapy: www.BetterHelp.com
- Find a therapist: www.PsychologyToday.com

WEBSITE RESOURCES & SUPPORT GROUPS

PREGNANCY AND INFANT LOSS NETWORK: (Support groups, one-on-one phone support, subsequent pregnancy support in Ontario)

<https://pailnetwork.sunnybrook.ca/> 1.888.303.7245 (PAIL)

THE LOVE & LOSS PROJECT A baby loss resource-rich website for moms and dads including annual retreats

<https://lovelossproject.com/>

BEREAVED FAMILIES OF ONTARIO (Support groups for those experiencing pregnancy and infant loss)

Find all Ontario locations here: <http://www.bereavedfamilies.net/contact.htm>

PREGNANCY AND INFANT LOSS RECOMMENDED READING LIST:

<https://sites.google.com/site/bfotoronto/resources/alison/pregance-loss>

<http://www.grievingchildrenlighthouse.org/index.php/resources>

DEATH CAFÉ (Where people eat cake, drink tea, and talk about death)

<http://deathcafe.com/>

THE COPING CENTRE (Support groups in Cambridge, ON, for adults and children experiencing loss.)

<http://www.copingcentre.com/>

THE LIGHTHOUSE (For grieving children and youth. Located in Oakville.)

<http://www.grievingchildrenlighthouse.org>

SOLACE FOR MOTHERS (Healing after traumatic childbirth and those experiencing trauma in general)

www.SolaceForMothers.org

POSTPARTUM SUPPORT INTERNATIONAL

1-800-944-4773 www.postpartum.net

LIFE VOICE CANADA (Free downloadable crisis support resource lists)

www.LifeVoice.ca

MOOD DISORDERS ASSOCIATION OF ONTARIO

1-866-363-MOOD (6663), M-F, 9:30am – 5:00pm, www.MoodDisorders.ca

CANADIAN MENTAL HEALTH ASSOCIATION

www.CMHA.ca

CANADIAN ASSOCIATION FOR ADDICTIONS & MENTAL HEALTH

www.CAMH.ca