

HOW TO SUPPORT

QUICK ACCESS MENTAL HEALTH RESOURCE LIST FOR YOUR TEAM (CANADA)

Hope for wellness



Mental health counselling and crisis intervention to all Indigenous peoples across Canada.

1-855-242-3310
www.hopeforwellness.ca

LGBT Youthline

2SLGBTQ+ organization that affirms and supports the experiences of youth (29 and under).

1-800-268-9688 or
text 647-694-4275

www.youthline.ca

CRISIS TEXT

24/7 Text Support

Text "HOME" to 741741

crisistextline.org

Black Youth Helpline

Phone & text peer support & counselling for lived experiences of Black youth.

1-833-294-8650

www.blackyouth.ca

SUICIDE PREVENTION

Canada Suicide Prevention Line

1-833-456-4566 (English)

Text: 45645

www.crisisservicescanada.ca

This resource page was curated by Not 9 to 5, a non-profit global leader in mental health advocacy for all who work in the food and beverage sector.



www.not9to5.org