

Supports

Suicide Crisis Helpline - 988

HERE 24/7 – 1-844-437-3247

More information: When you call Here 24/7 you may be asked to provide your name and date of birth. If you're not comfortable with providing that information, you do have the option to remain anonymous. Here 24/7 will ask you what you are hoping to talk about, at your pace.

Compass Community Services – 1-888-821-3760

More information: Trained volunteers provide emotional support through active listening and empathy at times when you may feel stressed, overwhelmed, lonely, and hopeless. This service is confidential and free to all.

Community Torchlight Distress Centre Wellington / Dufferin – Distress line: 519-821-3760, Toll free line: 1-888-1-3760

More information: A free service to all residents of Guelph, Wellington, Dufferin that provides a 24/7 telephone listening service.

LGBTQ+ Support Line: 226-669-3760

More information: Trained volunteers and staff provide free and confidential emotional support and referrals to community resources. Operators use active listening and provide an inclusive space for those who identify as part of the LGBTQ+ community or to those who may be questioning their identity or sexuality. You can call or text the number for support.

Indigenous Specific Supports

Hope for Wellness Help Line – 1-855-242-3310

More information: Hope for Wellness offers immediate help to all Indigenous peoples across Canada in English, French, Cree, Ojibway and Inuktitut

Talk 4 Healing – 1-855-554-4325

More information: Free 24/7 help, support, and resources for Indigenous women, by Indigenous women, all across Ontario. You can call or text the number for support.

Metis Nation of Ontario – 1-877-767-7572

More information: 24 hour mental health and addictions crisis line with culturally specific mental health and addictions supports for adults, youth, and families in Ontario in both English and French.

Indian Residential Schools Resolution Health Support Program – National Indian Residential Schools Crisis Line – 1-866-925-4419

More information: Provides immediate emotional support for former Indian residential schools students 24 hours a day, 7 days a week.