



PROVINCE-WIDE SUPPORTS FOR YOUR MENTAL HEALTH AND WELLBEING

ConnexOntario	24/7 mental health and addictions system navigation and information, including local crisis and service supports	1-866-531-2600
BounceBack	Telephone coaching, workbooks and videos for youth 15+ and adults to help manage low mood, mild-to-moderate depression, anxiety, stress or worry	1-866-345-0224
First Nations and Inuit Hope for Wellness Help Line	24/7 counselling and crisis intervention to all Indigenous peoples across Canada	1-855-242-3310
Good2Talk	24/7 counselling service for post-secondary students, accessible by phone or by texting: GOOD2TALKON to 686868	1-866-925-5454
Kids Help Phone	24/7 phone counselling service for children and youth	1-800-668-6868
Telehealth	24/7 service you can call to get health advice or information.	1 866-797-0000
Woebot	An online automated conversational agent (chatbot) who helps you monitor mood and learn about yourself via Cognitive Behavioural Therapy (iCBT).	Download the Woebot app or sign up here: www.woebot.page.link/ontario
Mind Beacon	Digital self-guided Cognitive Behaviour Therapy (iCBT)	Sign up here: info.mindbeacon.com/btn542
Morneau Shepell	Digital self-guided Cognitive Behaviour Therapy (AbilitiCBT)	Sign up here: ontario.abiliticbt.com

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