

## CRISIS LINES:

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### Suicide Crisis Helpline

Call 9-8-8



Text 9-8-8



Crisis Intervention Services available to individuals across Canada **24/7**

**CMHA HKPR** is one of the national partner crisis lines, and will field incoming calls from local individuals in Peterborough, Kawartha Lakes, Northumberland, and Haliburton.

1

They will listen. The person you connect to will listen with compassion and without judgement, and give you space to talk.

2

They will engage with empathy. Whatever you are going through, they want to understand.

3

They will support you. 9-8-8 responders can help you explore ways to create safety when things are overwhelming.

Website: <https://988.ca/>

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## DISTRESS CENTRES:

### Durham Region

#### Distress Centre Durham

Distress line: 905-430-2522

Toll free: 1-800-452-0688

Website:

[www.distresscentredurham.com](http://www.distresscentredurham.com)

### Peterborough

#### Telecare Distress Centre of Peterborough

Crisis Line: 705-745-2273

Crisis Line is available 24 hours a day, 365 days a year.  
Call the above number.

Website: <https://www.telecarepeterborough.org/>

Local call center which offers a non-judgmental, confidential listening ear to anyone in need. **24 hours a day, 7 days a week** with the help of trained, caring volunteers willing to listen. **Free to call.**

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If your safety is at risk, call **911** right away

*Tell the dispatcher that it is a mental health crisis, as a Mental Health Engagement & Response Team (M-Heart) may be available*

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# CRISIS LINES:



**Good2Talk Helpline: 1-866-925-5454**

**Text GOOD2TALKON to 686868**

Ontario's 24/7 helpline for postsecondary students.

## Kids Help Phone

**Kids Help Phone: 1-800-668-6868**

**Text: CONNECT to 686868**

## Youth Crisis Response Program

Up to 18 years through Kinark (local resource)

**Call: 1-800-551-0403**

Mon-Fri: 9am-5pm (through Kinark)

## **Black Youth Helpline** BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

**Call: 1-833-294-8650**

## Hope for Wellness Helpline

**24/7 Lines**

**Hope for Wellness Help Line: 1-855-242-3310**

Offers immediate mental health counselling and crisis

**National Indian Residential School Crisis Line: 1-866-925-4419**

Offers support to former residential school students and those affected. Available 24 hours



**Talk4healing (for Indigenous women): 1-855-554-4325**

Intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, Cree, Ojibway and Inuktitut.

Youth mental health support available 24/7.



**LGBT Youthline Ontario:** Ontario-wide peer-support for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people

**Call: 1-800-268-9688**

**Text: 647-694-4275**

**Live chat: <https://www.youthline.ca/>**



**24-hour Support Line: 905-372-0746**

**Webchat: <https://cornerstonenorthumberland.ca/connect/>** (between 6pm and 6am)

**Text: 289-210-4774** (between 6pm and 6am)



**Assaulted Women's Helpline:** 24-hour telephone and TTY crisis line for all women in Ontario who have experienced any form of abuse.

**TOLL-FREE: 1-866-863-0511 TOLL FREE TTY: 1-866-863-7868**

**#SAFE (#7233)** on your Bell, Rogers, Fido or Telus Mobile



**Seniors Safety Line: 1-866-299-1011**

Provided by Elder Abuse Ontario, the Seniors Safety Line provides contact and referral information for local agencies across the province that can assist in cases of elder abuse.



**Ontario Caregiver Helpline: 1-833-416-2273**

**Live chat also available at <https://ontariocaregiver.ca/>**

Provides caregivers with a one-stop resource for information and support.