

CRISIS LINES:



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/>

DISTRESS CENTRES:

Durham Region

Distress Centre Durham

Distress line: 905-430-2522

Toll free: 1-800-452-0688

Website:

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.**

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

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)



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.