

Youth Mental Health Resources

**Our youth-created resource
for coping with COVID-19:**

https://www.camh.ca/-/media/files/camh_covid19_info-sheet-coping-virtual-resources-youth-pdf.pdf



camh
mental health is health

**If you need support,
connect with:**

Canadian Mental Health Association (CMHA)

Find your local CMHA or call
1-833-456-4566.

Wellness Together Canada

<https://wellnesstogether.ca/en-CA>

A hub for finding supports at no cost.

Youth Line

<https://www.youthline.ca/>

Call 1-800-268-9688 (Monday and
Tuesday only, 4 to 9:30pm ET).

Text 647-694-4275 (Sunday to Friday,
4 to 9:30pm ET).

**If you need immediate
support, connect with:**

If you require immediate care, **call
911** or **go to your nearest
emergency department.**

You are deserving of help.

Kids Help Phone

1-800-668-6868 or text CONNECT to
686868.

First Nations and Inuit Hope for Wellness Helpline

at 1-855-242-3310 or use the chat
box on their website to talk to a
counsellor online.

Trans Lifeline

<https://www.translifeline.org/>

Call 877-330-6366.

Talk Suicide Canada

1-833-456-4566 (24/7) or text 45645
(4 to Midnight Eastern Time).

Please note: this resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.