

Mental Health Resources

Distress Lines Across Canada

<https://thelifelinecanada.ca/suicide-prevention-crisis-centre-contact-information/crisis-centres/canadian-crisis-centres/>

Search this site for local distress lines.

9-8-8 Crisis Helpline

<https://988.ca/>

Call or text 9-8-8 to connect with a trained responder who is there to listen and support you without judgement.

Kids Help Phone

<https://kidshelpphone.ca>

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868. Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders. Online chat support and access to online resources.

Access Open Minds

<https://accessopenminds.ca/>

Mental health hubs for youth, up to age 25. Visit their site to find in-person centres across Canada where youth can access mental health supports.

Mental Health & Diabetes Directory

<https://directory.jdrf.ca/>

Find a counsellor who has completed the JDRF Diabetes Training, ensuring they understand the impact T1D can have on mental health and well-being.

Healing in Colour (BIPOC)

<https://www.healingincolour.com/>

A directory of BIPOC therapists who are committed to supporting BIPOC— in all our intersections.

Hope for Wellness Hotline (FNMI)

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

Call 1-855-242-3310 or visit their website for an online chat. The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.

National Eating Disorder Information Centre (NEDIC)

<https://nedic.ca>

Call 1-866-633-4220

A bridge between community and care for people affected by eating disorders in Canada, NEDIC offers information, resources, referrals and support to individuals living with an eating disorder through a toll-free helpline and live chat platform.



T1D STUDENT TIP

Use the DHF [Transition Guide](#) to learn about campus resources available at your school and connect with a peer mentor through the [HOPE Connects Program](#).

