

PHONE, TEXT, CHAT

1. **Kids Help Phone**
Text Services: Text "CONNECT" to 686868 (also serving adults)
Chat Services: <https://kidshelpphone.ca/live-chat/>
Website: kidshelpphone.ca
2. **Youthspace.ca (NEED2 Suicide Prevention, Education and Support)**
Text: Youth Text (6pm-12am PT): (778) 783-0177
Website: Youth Chat (6pm-12am PT): www.youthspace.ca
3. **Crisis Services Canada**
Toll Free (24/7): 1 (833) 456-4566
Text support (4pm-12am ET daily): 45645
4. **Canadian Crisis Hotline**
1 (888) 353-2273

APPS AND ONLINE SERVICES

1. **The LifeLine App** www.thelifelinecanada.ca
Direct access to phone, online chat, text, and email crisis support, E-counselling, self-management tools, access to crisis centres across Canada. Available for iPhone and Android users
2. **Stop, Breathe, Think** – User friendly and guides you through selecting a meditation or calming activity that best suits your mood at that time.
<https://www.stopbreathethink.com>
3. **Insight Timer** – For sleep, anxiety, and stress. This app provides meditations with a wide variety of themes. It's free with a premium option available for purchase. <https://insighttimer.com/>
4. **Mood Fit** – This app allows you to track and respond to all wellness aspects of your life, from sleep to counselling sessions. It uses CBT, gratitude, and custom reminders to guide your progress. It's free with a premium option available to purchase. <https://www.getmoodfit.com/>
5. **Mood Mission** – This app is a wellness tool that addresses stress, anxiety and depression. When you tell MoodMission how you're feeling, it gives you a tailored list of 5 simple, quick, effective, evidence-based missions to improve your mood. <http://moodmission.com/>
6. **Mindshift** – When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope. This app is free and Canadian made.
<http://www.anxietycanada.com/resources/mindshift-cbt/>

WEBSITES

1. **Government of Canada** – Mental Health Support and Services
<https://www.canada.ca/en/public-health/topics/mental-health-wellness.html>
2. **Anxiety Canada** - www.anxietycanada.com
3. **Wellness Together Canada** – Online support for mental health and substance abuse.
<https://ca.portal.gs/>
4. **The Sleep Foundation** - www.sleepfoundation.org – help with sleeping and exercises for sleeping.
5. **Canadian Mental Health Association** - www.cmha.ca
6. **Bounce Back** - www.bouncebackvideo.ca – Videos to help with Mental Health. Password is bbtodaynb
7. **Teen Mental Health** - www.teenmentalhealth.org
8. **Child Mind** - <https://childmind.org/article/help-teenagers-get-sleep/> - Sleep help
9. **Coronavirus Sleep Tips** - <https://www.uhhospitals.org/Healthy-at-UH/articles/2020/04/coronavirus-sleeping-tips-for-teens>