

Resources for those impacted by suicide

Canada's national suicide help line: 1-833-456-4566

- Text: 45645 Chat: www.crisisservicescanada.ca

Gerstein Centre: 416-929-5200

KidsHelp Phone: 1-800-668-6868

Toronto Distress Line: 416-408-4357

Anishnawbe Mental Health Crisis Line: 416-891-8606

HIV/AIDS and Sexual Helpline: 416-392-2437

Progress Place: 416-960-WARM

- Text: 647-557-5882 Chat: <http://www.warmline.ca/>

Scarborough/East York crisis line: 416-495-2891

For You Telecare Family Services: 416-241-5456



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Apps:

- **Always There:** logs, tips, quotes, info, live chat, phone
- **MY3:** allows you to add 3 people you rely on for support during a crisis and develop a safety plan
- **Stop, Breath and Think:** guide for mindfulness and compassion

Chat Lines:

- <https://www.7cups.com>: not for crisis or while suicidal, but provide free “listeners” to chat online
- <https://www.imalive.org>: online chat during a crisis or if suicidal

