

Crisis Connections

Youth Crisis - Simcoe 1-844-417-1945

CMHA Crisis 705-728-5044

Trans Lifeline 1-877-330-6366

LGBTQ2+ Youth Line 1-800-268-9688

Kids Help Phone 1-800-668-6868 kidshelpphone.ca

First Nations and Inuit Hope for Wellness Line 1-855-242-3310



Take a Photo

Non-crisis Connections

Black Youth Helpline 1-833-294-8650 info@blackyouth.ca

Catholic Family Services 705-726-2503

New Path 705-726-7656

Gilbert Center 705-722-6778

Enaagtig Healing Lodge 705-534-3724

CMHA Addictions 705-726-5033

Youth Call 705-790-2338

Kids Help Phone

Support for youth



Call 1-800-668-6868



Text TALK to 686868

Support for adults



Text WELLNESS to 741741



To connect with a clinician,
visit OneStopTalk.ca or call
1.855.416.8255

One StopTalk

