

# MENTAL HEALTH SUPPORT LINES FOR SENIORS IN CANADA



- IN CASE OF EMERGENCY** → CALL 9-1-1 OR GO TO YOUR LOCAL HOSPITAL
- IF YOU NEED CRISIS SUPPORT** → CALL 1-833-456-4566 FROM ANYWHERE IN CANADA
- IF YOU ARE SEEKING NON-EMERGENCY COMMUNITY RESOURCES IN CANADA** → DIAL 2-1-1 OR VISIT 211.ca
- IF YOU ARE LOOKING FOR A LISTENING EAR, CHECK OUT THE SUPPORT LINES BELOW**

## ALL OF CANADA

1-855-242-3310

### HOPE FOR WELLNESS HELPLINE

Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada.

**AVAILABLE 24-HOURS**

1-844-529-7292

### TALK 2 NICE

A free outreach support line that offers brief counselling services for older adults and persons with disabilities.

**AVAILABLE WEEKDAYS 10AM - 10PM**

## PRAIRIES

### ALBERTA

403-736-4677

### THE WAY IN

Information, advice, and help accessing programs and benefits for older adults.

**AVAILABLE 24-HOURS**

### BRITISH COLUMBIA

604-872-1234

### SENIORS' DISTRESS LINE

A free and confidential telephone support service for seniors, their caregivers or anyone concerned about a senior.

**AVAILABLE 24-HOURS**

### MANITOBA

204-925-0040

### ANXIETY SUPPORT LINE

People of all ages seeking support are encouraged to call this support line.

**AVAILABLE WEEKDAYS 9AM - 9PM  
WEEKENDS 10AM - 4PM**

### SASKATCHEWAN

Regina: 306-757-0127

Saskatoon: 306-933-6200

Prince Albert: 306-764-1011

### MOBILE CRISIS HELPLINE

Professional counsellors are available to listen and provide support to people of all ages with any issues they are having.

**AVAILABLE 24-HOURS**

## CENTRAL

### ONTARIO

1-855-892-9992

### A FRIENDLY VOICE

Trained volunteers provide empathetic support to seniors who may be feeling lonely or isolated.

**AVAILABLE 24-HOURS**

### QUÉBEC

514-353-2463

### TEL-AINÉS

A free, anonymous, and confidential listening support line for people 60 years of age and older.

**AVAILABLE 10AM - 10PM**

## MARITIMES

### NEW BRUNSWICK

1-800-667-5005

### CHIMO HELPLINE

A crisis telephone line for all residents of New Brunswick.

**AVAILABLE 24-HOURS**

### NEWFOUNDLAND

1-855-753-2560

### CHANNEL WARM LINE

Trained peer volunteers are available to provide support for people of all ages who are feeling worried, isolated or alone.

**AVAILABLE 10AM - 12AM**

### NOVA SCOTIA

1-888-429-8167

### THE PROVINCIAL MENTAL HEALTH CRISIS LINE

This telephone line is available to help and provide support to people of all ages who are experiencing mental health troubles.

**AVAILABLE 24-HOURS**

### PRINCE EDWARD ISLAND

1-800-218-2885

### THE ISLAND HELPLINE

A free and confidential emotional support and crisis intervention telephone line for people of all ages to help with issues such as: social isolation, stress and anxiety, aging related issues, mental health and depression, alcohol and drug use, and suicidal thoughts.

**AVAILABLE 24-HOURS**

## TERRITORIES

### NORTHWEST TERRITORIES

1-800-661-0844

### NORTHWEST TERRITORIES HELPLINE

A confidential and free telephone line that offers support to all residents of the Northwest Territories, with the option of follow-ups calls.

**AVAILABLE 24-HOURS**

### NUNAVUT

1-800-265-3333

### NUNAVUT KAMATSIAQTUT HELPLINE

A helpline for anyone who needs someone to talk with about their troubles, concerns or anything else on their mind. For those who are feeling lonely, hurting or in distress and require support are encouraged to call.

**AVAILABLE 24-HOURS**

### YUKON

1-844-533-3030

### YUKON DISTRESS AND SUPPORT LINE

A free, confidential, anonymous, and non-judgemental support line for all Yukoners.

**AVAILABLE 7PM - 3AM**

COMPILED BY

Canadian Coalition  
for Seniors' Mental Health

Coalition Canadienne pour  
la Santé Mentale des  
Personnes Âgées

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