

Free Access to Mental Health Resources Across Canada

According to the Canadian Mental Health Association (CMHA), mental illness is the leading cause of disability in Canada, and approximately 1 in 5 Canadians are affected by mental illness each year. However, that number only represents the 6.7 million Canadians who have been formally diagnosed.

The mental health crisis can be combatted through the thousands of programs available countrywide that work to get people on the path to recovery. Free mental health resources are also available and can connect people in need with mental health professionals directly, through text, call, email and live chat.

The following are free mental health resources available in some or all parts of Canada.

1. WELLNESS TOGETHER CANADA

Wellness Together Canada supports all Canadians on their mental health and wellness journeys. This initiative was funded by the Government of Canada in response to the rise in mental distress as a result of the COVID-19 pandemic. This mental health and substance use website provides the following resources at no cost:

- Immediate text support
- Information and videos on common mental health issues
- Mental wellness programs
- Monitored communities of support
- Individual phone, video and text counselling

Learn more about Wellness Together Canada on its [website](#).

2. TOGETHERALL

Togetherall is an online peer-to-peer mental health community that is free and safe for those experiencing anxiety, depression and other common mental health issues. This 24/7 resource is commissioned by over 250 organizations globally and offers clinical expertise, a peer-to-peer community and safe solutions for all Ontarians ages 16 and older.

Learn more on its [website](#).

3. BOUNCEBACK ONTARIO

BounceBack Ontario helps Ontarians ages 15 and older manage low mood, mild-to-moderate depression and anxiety, stress or worry. This free skill-building program is managed by the CMHA. Services include over-the-phone coaching and online videos.

Visit its [website](#) to learn more about BounceBack Ontario.

Provided by Selectpath

4. CRISIS SERVICES CANADA

This national network provides services to those in distress and crisis across Canada. Any Canadian who is thinking about or affected by suicide can access Crisis Services Canada. Those in need of support can call the toll-free phone service in either English or French, or text in English. All services are confidential, free and available 24 hours, seven days a week.

Learn more about Crisis Services Canada on its [website](#).

5. LGBT YOUTHLINE ONTARIO

This Ontario-wide service offers peer support for lesbian, gay, bisexual, transgender, transsexual, two-spirited, queer and questioning young people through text and live chat with peer support volunteers. Peer support volunteers are not counsellors, but rather peers who can relate and are trained in active listening and relevant knowledge. Those in need can reach out for support for a variety of topics, including:

- Questioning gender identity and/or sexual orientation
- Coming out
- Mental health
- Relationships with friends, partners and family
- Feeling socially isolated
- Seeking referrals to resources and support online and in their community
- Just to chat

LGBT YouthLine Ontario is available for all LGBTTTQQ2SI individuals across Ontario. This confidential and non-judgmental service operates Sunday to Friday, 4 p.m. to 9:30 p.m.

Learn more on its [website](#).

6. DISTRESS CENTRES OF GREATER TORONTO

Distress Centres of Greater Toronto offers free, 24/7 support to individuals in crisis or experiencing emotional distress living in the Greater Toronto Area. It is Canada's oldest volunteer-delivered crisis, emotional support and suicide prevention + intervention + postvention service agency. Those in need of support can reach out via hotline, online chat and text.

Learn more about Distress Centres of Greater Toronto on its [website](#).

7. ABILITICBT

This internet-based cognitive behavioural therapy (iCBT) program is free for anyone in Ontario or Manitoba ages 16 and older. iCBT works by helping individuals understand and change the thoughts, feelings and behaviours that are causing them problems. All therapists associated with AbilitiCBT are regulated health professionals or members of a professional college or association in the province in which they practise.

AbilitiCBT can help with those suffering from anxiety, depression, pain management and insomnia. It also offers a special program to help address anxiety symptoms related to a pandemic, including:

- Uncertainty
- Isolation
- Caring for family and community members
- Information overload
- Stress management

AbilitiCBT can be accessed from any device at any time.

Learn more on its [website](#).

8. GOOD2TALK HELPLINE

Post-secondary students in Ontario and Nova Scotia can access confidential support services from Good2Talk. Students can receive information and referrals about services and support for mental health, addiction and well-being on and off campus. Those in need of services can call or text to speak with a professional counsellor.

Learn more about Good2Talk on its [website](#).

9. ONTARIO CAREGIVER HELPLINE

The Ontario Caregiver Helpline is a free resource for caregivers in Ontario who provide physical and emotional support to a family member, partner, friend or neighbour. This organization acts as their one point of access to information so caregivers can be successful in their role.

Learn more on its [website](#).

10. KIDS HELP PHONE

Kids Help Phone is available to all kids, teens and young adults across Canada who are in need of community support services. Those in need can utilize this free, national, 24/7 e-mental health service for counselling, information and referrals for text and phone-based support. Kids Help Phone offers articles, tools and resources to help young people through the challenges or experiences they face, and can provide professional counsellors who are trained to talk through any problem.

Learn more about Kids Help Phone on its [website](#).