

# Mental Health Resources in Canada by Province



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## Yukon

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### **Alcohol and Drug Information and Referral Service (ADIRS)**

6118 6th Avenue  
Whitehorse, Yukon  
1-866-980-9099

### **Canadian Mental Health Association, Yukon**

6 Bates Crescent  
Whitehorse, YT Y1A 4T8  
E [cmha.ca@gmail.com](mailto:cmha.ca@gmail.com)  
[http://www.cmha.ca/blog/branch\\_locations/Yukon-Division](http://www.cmha.ca/blog/branch_locations/Yukon-Division)

### **Dawson City Community Health Center**

501 Sixth Avenue  
Dawson City, YT, Y0B 1G0  
867-993-4444  
<http://yukonhospitals.ca/dawson-city-hospital/dawson-city-community-health-centre>

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West  
Guelph, ON, N1G 4W4  
519-824-5565  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

### **Strong Families Institute**

7105 Chebucto Road  
Nova Scotia, ON, B3L 4W8  
1-866-470-7111  
[www.strongestfamilies.com](http://www.strongestfamilies.com)

### **Suicide Prevention Hotline**

1-800-448-3000

### **Yukon Women's Crisis Line (24/7 hours)**

867.668.5733

# Mental Health Resources in Canada by Province

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## British Columbia

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### **BC Mental Health & Substance Use Services**

Mental Health Building

4500 Oak Street,

Vancouver, BC V6H 3N1

Tel. 604-875-2345, or toll-free (in BC only) 1-888-300-3088

[feedback@bcmhs.bc.ca](mailto:feedback@bcmhs.bc.ca)

### **BC Mental Health and Addiction Services**

2601 Lougheed Highway

Coquitlam, BC, V3C 4J2

604-524-7000

[www.bcmhas.ca](http://www.bcmhas.ca)

### **British Columbia Psychological Association**

1-800-730-0522

Online referral service

[http://www.psychologists.bc.ca/find\\_psychologist\\_full](http://www.psychologists.bc.ca/find_psychologist_full)

### **Canadian Mental Health Association, British Columbia**

1200-1111 Melville Street

Vancouver, BC V6E 3V6

(604) 688-3234

[info@cmha.bc.ca](mailto:info@cmha.bc.ca)

[http://www.cmha.ca/blog/branch\\_locations/British-Columbia-Division](http://www.cmha.ca/blog/branch_locations/British-Columbia-Division)

### **Crisis Intervention and Suicide Prevention Centre of BC**

1-800-SUICIDE (1-800-784-2433)

### **eMental Health**

<http://www.ementalhealth.ca>

### **Health Link BC**

Anywhere in BC: 8-1-1

TTY (Deaf and hearing-impaired): 7-1-1

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West

Guelph, ON, N1G 4W4

519-824-5565

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

# Mental Health Resources in Canada by Province

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## Alberta

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### **Access Mental Health**

Calgary, Alberta T2P 2M5  
403-943-1500 Ext 1 (Child and Adolescent Services)  
403-943-1500 Ext 2 (Adult and Senior Services)

### **Alberta Mental Health Line**

1-877-303-2642

### **Assessment and Treatment Services - Mental Health**

1213 4 Street SW  
Calgary, Alberta T2R 0X7  
403-955-6200

### **Calgary Distress Centre/Mobile Response Team (24/7 Hours)**

403-266-4357

### **Canadian Mental Health Association, Alberta**

320 Ledgeview Business Centre  
9707 110th Street North West  
Edmonton, AB T5K 2L9  
(780) 482-6576  
alberta@cmha.ab.ca  
[http://www.cmha.ca/branch\\_locations/alberta-division/](http://www.cmha.ca/branch_locations/alberta-division/)

### **eMental Health**

<http://www.ementalhealth.ca>

### **Mental Health Services**

160 3 Avenue S  
Three Hills, Alberta T0M 2A0  
403-443-8532

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West  
Guelph, ON, N1G 4W4  
519-824-5565  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

### **Psychologists' Association of Alberta**

1-888-424-0297  
Online referral service:  
[http://www.psychologistsassociation.ab.ca/site/doctor\\_search\\_agreement](http://www.psychologistsassociation.ab.ca/site/doctor_search_agreement)

# Mental Health Resources in Canada by Province

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## North West Territories

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### **Canadian Mental Health Association, North West Territories**

5125 50 St, Yellowknife, NT X1A 1S1

(867) 873-3190

[http://www.cmha.ca/blog/branch\\_locations/Northwest-Territories-Division](http://www.cmha.ca/blog/branch_locations/Northwest-Territories-Division)

### **NWT Community Counselling Programs**

PO Box P.O. Box 1320

Yellowknife, NT, X1A 2L9

1-867-873-7033

<http://www.hss.gov.nt.ca/social-services/mental-health-and-addictions/addictions-where-get-help/what-community-counselling-program>

### **NWT Help Line (7PM to 11PM)**

920-2121 or 1-800-661-0844 (toll free)

[www.nwthelpline.ca](http://www.nwthelpline.ca)

# Mental Health Resources in Canada by Province



## Saskatchewan

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### **Canadian Mental Health Association, Saskatchewan**

2702 12th Avenue

Regina, SK S4T 1J2

(306) 525-5601

contactus@cmhask.com

[http://www.cmha.ca/blog/branch\\_locations/Saskatchewan-Division](http://www.cmha.ca/blog/branch_locations/Saskatchewan-Division)

### **eMental Health**

<http://www.ementalhealth.ca>

### **Mental Health and Addictions Services**

Adult Services

Suite 156, 122 3rd Ave. North

Sturdy Stone Building

Phone: 306-655-7777

Child and Youth Services

715 Queen Street

Saskatoon, SK S7K 2H6

Phone: 306-655-7777

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West

Guelph, ON, N1G 4W4

519-824-5565

[www.moordisorderscanada.ca](http://www.moordisorderscanada.ca)

### **Saskatoon Crisis Intervention Service (24/7 Hours)**

306-933-6200

### **Psychology Association of Saskatchewan**

Directory of Psychologists: <http://psychsask.ca/?page=Find>

# Mental Health Resources in Canada by Province



## Manitoba

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### **Canadian Mental Health Association, Manitoba**

930 Portage Avenue

Winnipeg, MB

R3G 0P8

204-982-6100

office@cmhawpg.mb.ca

[http://www.cmha.ca/blog/branch\\_locations/Manitoba-Division](http://www.cmha.ca/blog/branch_locations/Manitoba-Division)

### **eMental Health**

<http://www.ementalhealth.ca>

### **Klinik Crisis Line (24/7 Hours)**

(204) 786-8686

1-888-322-3019

### **Mental Health and Spiritual Health Care**

300 Carlton Street

Winnipeg MB R3B 3M9

(204) 786-7101

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West

Guelph, ON, N1G 4W4

519-824-5565

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

### **Psychological Association of Manitoba**

Directory of Psychologists: <http://www.cpmb.ca/directory.php>

# Mental Health Resources in Canada by Province



## Ontario

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### **Canadian Mental Health Association, Ontario**

180 Dundas Street West, Suite 2301

Toronto, ON M5G 1Z8

416-977-5580

1-800-875-6213 (toll-free in Ontario)

E-mail [info@ontario.cmha.ca](mailto:info@ontario.cmha.ca)

[http://www.cmha.ca/blog/branch\\_locations/Ontario-Division](http://www.cmha.ca/blog/branch_locations/Ontario-Division)

### **Centralized Emergency Psychiatric Services**

London Health Sciences Centre

Victoria Hospital

(519) 685-8500

### **Children's Mental Health Ontario**

1-800-668-6868

### **eMental Health**

<http://www.ementalhealth.ca>

### **Ontario Mental Health Helpline/Connex Ontario (24/7 Hours)**

1-866-531-2600

### **Ontario Shores Center for Mental Health Sciences**

Central Intake: 1.877.767.9642

### **Ontario Psychological Association Referral Service**

416-961-0069 or toll-free 1-800-268-0069

Online referral service:

<https://opa.knowledge4you.ca/referralsvcs.aspx>

### **St. Michael's Hospital Psychiatric Emergency Services**

30 Bond St., Toronto, Ontario M5B 1W8, Canada.

416-360-4000



# Mental Health Resources in Canada by Province



## Quebec

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### **Addictions Outreach Program**

6899 BDecarie, Suite 3405  
Montreal, QC, H3X 2T8  
514-814-4488  
1-800-720-5456 (Toll Free)  
[www.Addictionoutreach.ca](http://www.Addictionoutreach.ca)

### **Canadian Mental Health Association, Quebec**

326 - 911 Jean-Talon Street Est  
Montréal, QC H2R 1V5  
(514) 849-3291  
(514) 849-8372  
[info@acsm.qc.ca](mailto:info@acsm.qc.ca)  
[http://www.cmha.ca/blog/branch\\_locations/Quebec-Division](http://www.cmha.ca/blog/branch_locations/Quebec-Division)

### **eMental Health**

<http://www.ementalhealth.ca>

### **Family Resource Center (Counselling, aged 5-25)**

4855 blvd. Sources  
Pierrefonds, QC, H8Y 3C8  
514-685-5912  
[www.familyresourcecenter.qc.ca](http://www.familyresourcecenter.qc.ca)

### **Jewish Hospital: Department of Psychiatry**

514-340-8222 Local 8210  
Where to Find Us  
Institute of Community and Family Psychiatry (ICFP)  
4333 Côte St-Catherine Road  
Montreal (Quebec) H3T 1E4

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West  
Guelph, ON, N1G 4W4  
519-824-5565  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

# Mental Health Resources in Canada by Province

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## **Quebec Psychologists Association**

1100 Beaumont avenue, suite 510

Mont-Royal, Quebec, H3P 3H5

514-738-1881 or 1-800-363-2644

info@ordrepsy.qc.ca

Professional Directory <http://www.ordrepsy.qc.ca/en/public/trouver-un-professionnel2/annuaire-des-professionnels.sn?special=é&membre=&name>

## **Royal Victoria Hospital- Psychiatric Emergency**

1001, boulevard Décarie

Montréal (QC) H4A3J1

514-934-1934

[www.cusm.ca](http://www.cusm.ca)

## **Le Transit (24/7, E/F)**

514-282-7753

Crisis intervention

# Mental Health Resources in Canada by Province

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## New Brunswick

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### **Canadian Mental Health Association, New Brunswick**

15 Market Square, Suite 1500

Saint John, NB

(506) 633-1705

[http://www.cmha.ca/blog/branch\\_locations/New-Brunswick-Division](http://www.cmha.ca/blog/branch_locations/New-Brunswick-Division)

### **Chimo Helpline (24/7 hours, E/F)**

Provincial toll-free Crisis line: 1-800-667-5005

Fredericton area: 450-HELP (4357)

chimo1@nb.aibn.com

<http://www.chimohelpline.ca>

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West

Guelph, ON, N1G 4W4

519-824-5565

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

### **Saint John Community Mental Health Services**

3rd Floor, Mercantile Centre, 55 Union St.

Saint John, N.B. E2L 5B7

506-658-3737

# Mental Health Resources in Canada by Province



## Nova Scotia

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### **Addiction Prevention and Treatment Services**

187 The Purdy Building-300 Pleasant Street  
Dartmouth, NS, B2Y 3Z6  
902-424-8866  
1-866-340-6700 (Toll Free)  
<http://www.cdha.nshealth.ca/addictions-program>

### **Canadian Mental Health Association, Nova Scotia**

Hillside Dr, Annapolis Royal, NS B0S 1A0  
Tel: 1.902.466.6600  
Toll Free: 1.877.466.6606  
Email: [cmhans@bellaliant.com](mailto:cmhans@bellaliant.com)  
[http://www.cmha.ca/blog/branch\\_locations/Nova-Scotia-Division](http://www.cmha.ca/blog/branch_locations/Nova-Scotia-Division)

### **eMental Health**

<http://www.ementalhealth.ca>

### **IKW Health Center: Emergency Services**

5850 5980 University Ave  
PO Box 9700  
Halifax, NS, B3K 6R8  
1-902-470-8050

### **Mental Health Mobile Crisis Team (24/7 hours)**

902-429-8167  
1-888-429-8167 (Toll Free)

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West  
Guelph, ON, N1G 4W4  
519-824-5565  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

# Mental Health Resources in Canada by Province



## Prince Edward Island

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### **Addictions Services**

1-888-299-8399 (Toll Free)

[www.healthpei.ca/addictions](http://www.healthpei.ca/addictions)

### **Canadian Mental Health Association,**

Box 785 - 178 Fitzroy Street

Charlottetown, Prince Edward Island C1A 7L9

(902) 566-3034

division@cmha.pe.ca

[http://www.cmha.ca/blog/branch\\_locations/Prince-Edward-Island-Division](http://www.cmha.ca/blog/branch_locations/Prince-Edward-Island-Division)

### **Community Mental Health Services**

Contact the following numbers for referral

Charlottetown 368-4430

Summerside 888-8180

Montague 838-0782

Souris 687-7096

West Prince 888-8180

### **eMental Health**

<http://www.ementalhealth.ca>

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West

Guelph, ON, N1G 4W4

519-824-5565

[www.mooddorderscanada.ca](http://www.mooddorderscanada.ca)

### **Psychological Association of Prince Edward Island**

Private Practice Directory (pdf): <http://www.peipsychology.org/papei/wp-content/uploads/2013/03/PAPEI.Private-Practice-Directory.3December2014.pdf>

### **Queen Elizabeth Hospital**

60 Riverside Drive

Charlottetown, PE, C1A 8T5

902-894-2111

<http://www.healthpei.ca/qeh>

# Mental Health Resources in Canada by Province



## Newfoundland and Labrador

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### **Canadian Mental Health Association, Newfoundland and Labrador**

70 The Boulevard, 1st Floor

St. John's, NL A1A 1K2

(709) 753-8550

office@cmhanl.ca

[http://www.cmha.ca/blog/branch\\_locations/Newfoundland-and-Labrador-Division](http://www.cmha.ca/blog/branch_locations/Newfoundland-and-Labrador-Division)

### **eMental Health**

<http://www.ementalhealth.ca>

### **General Hospital (Health Sciences Center)**

300 Prince Phillip Drive

St. John's, NL, A1B 3V6

709-777-6300

### **Mental Health Crisis Line**

Call (709) 777-3200 or Toll Free 1-888-737-4668

### **Mood Disorders Society of Canada**

736-3-304 Stone Road West

Guelph, ON, N1G 4W4

519-824-5565

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)