

CANADA RESOURCE GUIDE

We provide everyone who participates in this study with the same list of resources. If you are currently in a crisis and are at risk of self-harm or imminent life-threatening behavior, please go to the nearest emergency room, call 911, contact your general physician, contact the **Canadian Suicide Prevention Service at 1-833-456-4566**, or call one of the crisis lines listed

below. Similarly, if at any point during the study you feel that someone close to you may not be able to control their suicidal thoughts or urges, or is injured in a way that may be dangerous to their safety, please encourage them to do the same or consider calling on their behalf.

Books

The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD

By Alexander L. Chapman and Kim L. Gratz (New Harbinger Publications)

Loving Someone with Borderline Personality Disorder: How to Keep Out-Of-Control Emotions from Destroying Your Relationship

By Shari Y. Manning (Guilford Press)

High-Conflict Couple: A Dialectical Behaviour Therapy Guide to Finding Peace, Intimacy, and Validation

By Alan E. Fruzzetti (New Harbinger Publications)

Women survivors of violence or sexual violence:

Assaulted Women's Helpline

24 hours

Toll free: 1-866-863-0511

Website: [www.wawhl.org](http://www.awhl.org)

Crisis/Help Lines

Find a Crisis Line relevant to your area at this link or below:

<https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>

Below resources are compiled from Crisis Services Canada (see link above):

British Columbia:

All of British Columbia

Crisis Line Association of BC

1800SUICIDE (24 hours): 1-800-784-2422 310

Mental Health Support (24 hours): 310-6789

For Youth up to 30 years:

Youthspace.ca (NEED2 Suicide Prevention, Education & Support)

Youth Text (6pm-12am): (778)-783-0177

For Indigenous peoples specifically:

KUU-US Aboriginal Crisis Line

Toll Free (24 hours): 1-800-588-8717

Adult/Elders Crisis Line (24 hours): (250)-723-4050

Child/Youth Crisis Line (24 hours): (250)-723-2040

Interior

Interior Crisis Line Network

Toll Free (24 hours): 1-888-353-CARE (2273)

Crisis Chat Service: <http://www.interiorcrisisline.com/crisischat>

Coastal Region

Vancouver Crisis Centre

Toll Free (24 hours): 1-866-661-3311

Toll Free TTY (24 hours): 1-866-872-0113

Crisis Chat: [crisiscentrechat](http://crisiscentrechat.com).

Fraser Valley

Fraser Health Crisis Line

Toll Free (24 hours): 1-877-820-7444

Crisis Line (24 hours): (604) 951-8855

For Christian Crisis Services:

CTC Telecare Crisis & Caring Line

Toll Free: 1-888-852-9099

Crisis Line: (604) 852-9099

Northern BC

Northern BC Crisis Centre

Toll Free (24 hours): 1-888-562-1214

Crisis Line (24 hours): (250) 563-1214

Toll Free Youth Support: 1-888-564-8336

Youth Support: (250) 564-8336 Crisis Chat: www.northernyouthonline.ca

Richmond, South Delta, Ladner & Tsawwassen

Chimo Crisis Services Crisis Lines

Crisis Line (8am-12am): (604) 279-7070

For Chinese and Mandarin Speaking Callers

S.U.C.C.E.S.S Chinese Help Lines

Cantonese Crisis Line (10am-10pm): (604) 270-8233

Mandarin Crisis Line (10am-10pm): (604) 270-8222

Vancouver Island

Vancouver Island Crisis Line & Chat

Toll Free (24 hours): 1-888-494-3888

Crisis Text: (250) 800-3806

Crisis Chat: www.vicrisis.ca

Alberta:

Alberta & Northeastern Saskatchewan

For Women in Crisis

St. Paul and District Crisis Association

Toll Free (24 hours): 1-800-263-3045

Calgary & Area

Distress Centre Calgary

Crisis Line (24 hours): (403) 266-HELP (4357)

Crisis Chat Support: www.distresscentre.com

ConnecTeen (24 hours): (403) 264-TEEN (8336)

Crisis Text & Chat Support: www.calgaryconnecteen.com

For Children

Wood's Homes

Toll Free (24 hours): 1-800-563-6106

Crisis Line (24 hours): (403) 299-9699

Crisis Text & Chat Support: www.woodshomes.ca

Chinook Health Region & South Calgary Region

Distress and Suicide Prevention Line of Southwestern Alberta (CMHA - Alberta South Region)

Toll Free (24 hours): 1-888-787-2880

Crisis Line (24 hours): (403) 327-7905

Edmonton & Northern Alberta

CMHA Edmonton Region

Crisis Line (24 hours): 1-800-232-7288

Crisis Line (24 hours): (780) 482-HELP (4357)

Seniors Abuse Helpline: (780) 454-8888

Fort McMurray & Northeastern Alberta

Some Other Solutions Society for Crisis Prevention

Crisis Line (24 hours): 1-800-565-3801

Crisis Line (24 hours): 780-743-HELP (4357)

Lakeland Region

Dr. Margaret Savage Crisis Centre

Crisis Line (24 hours): 1-866-594-0533

Crisis Line (24 hours): (780) 594-3353

Strathmore & Area

For Individuals Suffering from Abuse

Wheatland Shelter Society

Crisis Line (24 hours): 1-877-934-6634

Crisis Line (24 hours): (403) 934-6634

Saskatchewan:

Five Hills

Five Hills Mental Health & Addictions Services

Toll Free (8am-5pm, M-F): 1-877-564-0543

Crisis Line (8am-5pm, M-F): (306) 691-6464

Hudson Bay & District

Hudson Bay & District Crisis Centre

Toll Free (24 hours): 1-866-865-7274

Crisis Line (24 hours): (306) 865-3064

Northeast Region

North East Crisis Intervention Centre

Toll Free (24 hours): 1-800-611-6349

Crisis Line (24 hours): (306) 752-9455

Prince Albert

Prince Albert Mobile Crisis Unit

Crisis Line (24 hours): (306) 764-1011

Regina

Regina Mobile Crisis Services

Crisis Line (24 hours): (306) 525-5333

Saskatoon

Saskatoon Crisis Intervention Service

Crisis Line (24 hours): (306) 933-6200

Southwest Region

For Women Suffering from Abuse and/or Sexual Assault

Southwest Crisis Services

Toll Free (24 hours): 1-800-567-3334

Crisis Line (24 hours): (306) 778-3386

West Central Region

West Central Crisis & Family Support Centre

Crisis Line (9am-5pm, M-F): (306) 463-6655

Manitoba:

All of Manitoba

Klinic Community Health

Manitoba Suicide Prevention & Support Line (24/7):

1-877-435-7170

reasontolive.ca

Klinic Crisis Line (24/7):

1-888-322-3019

klinic.mb.ca

MB Farm, Rural & Northern Support Services (24/7):

1-866-367-3276

online crisis chat: supportline.ca

Manitoba Suicide Prevention & Support Line (24/7)

1-877-435-7170

www.reasontolive.ca

Other MB Provincial Crisis Line Services can be found at:

<https://www.gov.mb.ca/health/mh/crisis.html>

Ontario:

Eastern Ontario

Crisis Line

Bilingual Toll Free: 1-866-996-0991

Bilingual Crisis Line: (613) 722-6914

Cambridge

Telecare Cambridge

Crisis Line: (519) 658-5455

Durham

Distress Centre Durham

Toll Free: 1-800-452-0688

Crisis Line: (905) 430-2522

Grey Bruce Owen Sound Area

Grey Bruce Owen Sound

Toll Free: 1-877-470-5200

Kingston

Telephone Aid Line Kingston

Crisis Line: (613) 544-1771

Kingston, Frontenac & Addington

For Public Health Concerns

KFL&A Public Health

Frontenac County Toll Free: 1-855-477-2963

Toll Free: 1-855-558-5151

Lanark, Leeds & Grenville Counties

For Individuals with Developmental/Intellectual Disabilities

Developmental Services of Leeds & Grenville

Toll Free: 1-800-465-4442

Niagara

Distress Centre Niagara

St. Catharines, Niagara Falls & Area Crisis Line: (905) 688-3711

Port Colborne, Wainfleet & Area Crisis Line: (905) 734-1212

Fort Erie & Area Crisis Line: (905) 382-0689

Grimsby & West Lincoln Crisis Line: (905) 563-6674

Halton

Distress Centre Halton

North Halton Crisis Line: (905) 877-1211

Oakville Crisis Line: (905) 849-4541

Burlington (Hamilton) Crisis Line: (905) 681-1488

Northern Ontario

For Indigenous Women

Talk4Healing

Toll Free: 1-855-554-HEAL (4325)

Ottawa & Region

Distress Centre Ottawa & Region

Crisis Line: (613) 238-3311

Peterborough

Telecare Distress Centre of Peterborough

705-745-2273

Québec & Ontario

Tele-Aide Outaouais

Sans frais: 1-800-567-9699

Ligne d'intervention (Gatineau): (819) 775-3223

Ligne d'intervention (Ottawa): (613) 741-6433

Toronto and Greater Toronto Area

Distress Centres of Greater Toronto Area

Crisis Line: (416) 408-4357

Survivor Support Program: (416) 595-1716

Wellington & Dufferin Counties

Family Counselling and Support Services for Guelph-Wellington

Toll Free: 1-888-821-3760

Distress Line: (519) 821-3760

Toll Free: 1-877-822-0140

Crisis Line: (519) 821-0140

Windsor & Essex County

Distress Centre Windsor

Crisis Line: (519) 256-5000

York

For Individuals with a Developmental Disability or Severe Mental Illness York Support Services Network
Community Crisis Response Service 1-855-310-COPE (2673)

Québec:

Québec

Association québécoise de prévention du suicide

Sans frais (24h/24): 1-866-APPELLE (277-3553)

Arthabaska-Érable

Centre de prévention suicide Arthabaska-Érable

Ligne d'intervention MRC d'Arthabaska: (819) 751-2205

Ligne d'intervention MRC de l'Érable: (819) 362-8581

Bas-Laurent

Centre prévention du suicide et d'intervention de crise du Bas-Saint-Laurent

Sans frais (24h/24): 1-866-APPELLE (277-3553)

Ligne d'intervention: (418) 724-2463

Faubourg

Centre prévention suicide le Faubourg

Sans frais (24h/24): 1-866-APPELLE (277-3553)

Ligne d'intervention: (450) 569-0101

KRTB

Centre prévention suicide du KRTB

Sans frais (24h/24): 1-866-APPELLE (277-3553)

Ligne d'intervention: (418) 862-9658

Saguenay & Lac-Saint-Jean

Centre de prévention suicide

Sans frais (24h/24): 1-866-APPELLE (277-3553)

Ligne d'intervention: (418) 545-1919

New Brunswick:

All of New Brunswick

Chimo Helpline

Provincial Helpline Toll Free (24 hours): 1-800-667-5005 Fredericton Area (24 hours): 450-HELP (4357)

Bathurst

Mobile Crisis Units

Crisis Line (8am-8pm): (506) 547-2110

Fredricton

Mobile Crisis Units

Crisis Line (4pm-12am, M-F; 3pm-11pm, S-Su): (506) 453-2132

Moncton

Mobile Crisis Units

Toll Free (2pm-10pm): 1-866-771-7760

Saint John

Mobile Crisis Units

Toll Free (8am-12am): 1-888-811-3664

St. Stephen, St. George & Grand Manan

Mobile Crisis Units

Crisis Line (24 hours): (506) 466-7380

Woodstock & Perth-Andover

Mobile Crisis Units

Toll Free (2pm-10pm): 1-888-667-0444

Nova Scotia:

All of Nova Scotia

Provincial Crisis Line Operated by Mental Health and Addictions, Nova Scotia Health Authority

Toll Free (24 hours): 1-888-429-8167

General Inquiries: (902) 429-8167

Prince Edward Island:

Prince Edward Island

Canadian Mental Health Association

General Inquiries: (902) 566-3034

Island Helpline

Toll Free (24 hours): 1-800-218-2885

Newfoundland & Labrador:

Newfoundland & Labrador Mental Health Crisis Centre

Toll Free (24 hours): 1-888-737-4668

Crisis Line: (709) 737-4668

St. John's

Waterford Hospital - Mental Health & Addictions

Toll Free (24 hours): 1-888-737-4668

Mental Health Crisis Line (24 hours): (709) 737-4668

Yukon:

Yukon:

Rapid Access Counselling Services: <https://yukon.ca/en/health-and-wellness/covid-19-information/your-health-covid-19/mental-health-and-wellness-support>

Northwest Territories:

Northwest Territories

NWT Help Line

Toll Free (7pm-11pm): 1-800-661-0844

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Nunavut:

Nunavut

Awareness Centre

Crisis Line (24 hours): (867) 982-0123

Nunavut and Nunavik (Arctic Quebec)

Nunavut Kamatsiaqtut Help Line

Toll Free (7pm-11pm): 1-800-265-3333

Crisis Line (7pm-11pm): (867) 979-3333

CASP - Canadian Association for Suicide Prevention

Find a crisis centre serving your area.

Website: <https://suicideprevention.ca/Need-Help>

Other help lines:

Substance use:

Narcotics Anonymous

Those seeking support to stop substance use, including alcohol.

Open Mon-Sun 24 hours

Toll free: 1-888-811-3887

Women survivors of violence or sexual violence:

Assaulted women's helpline

Open 24-hours

Toll free: 1-866-863-0511

Website: www.awhl.org

Indigenous peoples:

Hope for Wellness Help Line

This helpline gives free national telephone crisis intervention and counselling support for First Nations and Inuit.

Open Mon-Sun 24 hours

Toll free: 1-855-242-3310