



During the COVID-19 outbreak, there are mental health and addictions services that you can access online or by phone. These services will support children, youth and adults who:

- experience anxiety, stress and other mental health challenges;
- and can't access their regular in-person counselling supports.

Services include:

- **ConnexOntario:** Adults and frontline workers who are dealing with the realities of COVID-19 can call ConnexOntario at [1-866-531-2600](tel:1-866-531-2600) for mental health, addictions and problem gambling support.
- **211 Ontario:** For information and referrals for community, government, social and health services, including mental health resources across Ontario call 211 or [1-877-330-3213](tel:1-877-330-3213). [Live web chat is also available.](#)
- **BounceBack:** A free, evidence-based cognitive behavioural therapy (CBT) program that provides guided mental health self-help supports for adults and youth 15+ using workbooks, online videos and phone coaching. Call [1-866-345-0224](tel:1-866-345-0224).
- **Kids Help Phone:** Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at [1-800-668-6868](tel:1-800-668-6868), for 24/7 phone and text support.
- **Good2Talk:** A phone and texting service that provides confidential support to post-secondary students. Call [1-866-925-5454](tel:1-866-925-5454).
- **Hope for Wellness Helpline:** Indigenous peoples can call [1-855-242-3310](tel:1-855-242-3310) for immediate mental health counselling and crisis intervention across Canada (available in some Indigenous languages). [Live web chat is also available.](#)
- **Talk 4 Healing:** Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages by calling [1-855-554-4325](tel:1-855-554-4325) or texting [1-855-554-4325](tel:1-855-554-4325). [Live web chat is also available.](#)

In Addition:

- **Ministry of Health, Ontario**
 - [Find mental health support](#)
- **Mental Health Commission of Canada**
 - [Resource Hub: Mental health and wellness during the COVID-19 pandemic](#)
- **Paediatric International Patient Safety and Quality Community (PIPSQC)**
 - [COVID-19 and children](#)
- **Ontario Centre of Excellence for Child and Youth Mental Health**
 - [Responding to the COVID-19 pandemic](#)

