

Field Resources

24/7 Mental Health Crisis Lines (Canada):

- Emergency 911, Nurseline 811
- **Canada mental health & crisis line:** 1-866-585-0445
- **Canada kids help phone:** 1-800-668-6868
- **For Indigenous peoples:** Hope for Wellness Help Line 1-855-242-3310
- **Text lines:** text WELLNESS to 686868 (youth) or to 741741 (adults)
- **Talk Suicide Canada:** 1-833-456-4566

Other: _____

Field Supervisors:

Friends, colleagues, & family:

Local counsellors or mental health therapists:

Spiritual wellness workers

(Elders, pastors, chaplains, traditional teachers)

Websites:

Canadian Mental Health Association:

<https://cmha.ca/>

Raising resilient children and youth:

<https://www.camh.ca/en/health-info/guides-and-publications/raising-resilient-children>

Find lower cost counselling (BC, Canada):

<https://www.heretohelp.bc.ca/q-and-a/where-can-i-find-free-or-low-cost-counselling>

Other community connections / groups

(*connection is the correction*):

