

Resources

- **988 – Canada Wide Crisis Line**
- Canadian Mental Health Association
 - www.cmha.ca
- Bounceback – Nationwide Cognitive Behavioural Therapy
 - 1-866-345-0224
- Hope for Wellness Line for Indigenous Canadians
 - 1-855-242-3310
- Connex Ontario Gambling & Substance Support
 - 1-866-531-2600
- Ontario Shores Centre for Mental Health Sciences
 - www.ontarioshores.ca
- Centre for Addiction and Mental Health
 - www.camh.ca
- Your Workplace Employee Assistance Provider