



## MENTAL HEALTH

# ONLINE OFF- CAMPUS RESOURCES

If your life or the life of someone you know is in danger,  
call 911 or go to your nearest emergency room.

## National

### ONLINE CHAT RESOURCES

[anxietypanicsupport.com](http://anxietypanicsupport.com)

- moderated chat room to talk about anxiety & panic attacks

[youthspace.ca](http://youthspace.ca)

- 6pm-midnight PST
- targeted towards youth
- crisis chat room with volunteer crisis counsellor

[hopeforwellness.ca](http://hopeforwellness.ca)

- 24/7 chat
- any mental health issues
- culturally competent, services available in Ojibway, Cree, Inuktitut

### ONLINE SUPPORT GROUPS

[online.supportgroups.com](http://online.supportgroups.com)

- hundreds of topics: physical and mental health-related

[support.therapytribe.com](http://support.therapytribe.com)

- different mental health groups, can help with referrals to in-person counsellors

[dailystrength.org](http://dailystrength.org)

- mental & physical health groups along with life changes

## British Columbia

Vancouver Crisis Centre/Chat

- [crisiscentrechat.ca](http://crisiscentrechat.ca)
- 12pm-1am PST
- available to coastal BC & Yukon

Northern BC Crisis Centre

- [northernyouthonline.ca](http://northernyouthonline.ca)
- crisis chat: 4pm-10pm PST
- for youth in Northern BC

Vancouver Island Crisis Line & Chat

- [vicrisis.ca](http://vicrisis.ca)
- text option: 250-800-3806
- crisis chat & text: 6pm-10pm PST
- Vancouver Island only

## Manitoba

Manitoba Farm, Rural, & Northern Support Services

- [supportline.ca](http://supportline.ca)
- Monday- Friday: 10am - 9pm CST
- farm, rural, or northern community only

## Ontario

BeanBag Chat App

- available for iPhone and Android
- Ages 16-29 in Toronto
- Peer support

ONTX

- Text 258258 or [distresscentredurham.com](http://distresscentredurham.com)
- 2pm-2am EST

ConnexOntario

- [connexontario.ca](http://connexontario.ca)
- support with navigating the mental health system

## Alberta

Distress Centre Calgary

- [distresscentre.com](http://distresscentre.com)
- 3pm-12am MST

Connecteen

- text only: 587-333-2724
- evenings and weekends only

Wood's Homes

- [woodshomes.ca](http://woodshomes.ca)
- Chat: 9am-10pm MST
- e-counselling available through email, response is not immediate, may take several business days.

## Other

Can't find your province? Please visit:  
[thelifelinecanada.ca/help/crisis-centres/canadian-crisis-centres](http://thelifelinecanada.ca/help/crisis-centres/canadian-crisis-centres), there may only be phone-based services available in your area.