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
- moderated chat room to talk about anxiety & panic attacks
youthspace.ca
- 6pm-midnight PST
- targeted towards youth
- crisis chat room with volunteer crisis counsellor
hopeforwellness.ca
- 24/7 chat
- any mental health issues
- culturally competent, services available in Ojibway, Cree, Inuktitut

ONLINE SUPPORT GROUPS
online.supportgroups.com
- hundreds of topics: physical and mental health-related
support.therapytribe.com
- different mental health groups, can help with referrals to in-person counsellors
dailystrength.org
- mental & physical health groups along with life changes

Manitoba

Manitoba Farm, Rural, & Northern Support Services
- 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
- 2pm-2am EST
ConnexOntario
- connexontario.ca
- support with navigating the mental health system

Alberta

Distress Centre Calgary
- distresscentre.com
- 3pm-12am MST
Connecteen
- text only: 587-333-2724
- evenings and weekends only
Wood’s Homes
- woodshomes.ca
- Chat: 9am-10pm MST
- e-counselling available through email, response is not immediate, may take several business days.

British Columbia

Vancouver Crisis Centre/Chat
- crisiscentrecanada.ca
- 12pm-1am PST
- available to coastal BC & Yukon
Northern BC Crisis Centre
- northernyouthonline.ca
- crisis chat: 4pm-10pm PST
- for youth in Northern BC
Vancouver Island Crisis Line & Chat
- vicrisis.ca
- text option: 250-800-3806
- crisis chat & text: 6pm-10pm PST
- Vancouver Island only

Other

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