

Canadian Mental Health and Substance Use Resources

Canadian Mental Health Association (CMHA) – suicide and crisis hotline information as well as general mental health resources and services

- [Website](#)
- [Bounce back](#) –
- [Directory](#) to find a local CMHA

Support Services Directory (directory to search for suicide crisis services, suicide bereavement support, and mental health support)

- [Website](#)

Mental Health and Substance Use Resource Directory (wellnesstogether.ca)

- Directory of free mental health services, including online articles, e-courses, and one-on-one counselling.

Online Directory of National (mostly online) Substance Use Services

- [Website](#)

IN Magazine – 2SLGBTQI+ Community Resource Directory

- [Website](#)

Crisis Hotlines

- ***Talk Suicide Canada***
 - 24/7 Phone: 1-833-456-4566
 - 24/7 Phone (Quebec/en français): 1-866-277-3553
 - Text (4pm-midnight ET): 45645
 - 24/7 Kids help phone (under 18 years): 1-800-668-6868 | text: 686868

US Mental Health and Substance Use Resources

National Directory of Mental Health Facilities ([Website](#) or [PDF download](#))

- Affiliated [webpage](#) (findtreatment.org) – enter state, city, or zip code to find services near you.

National Association of Addiction Treatment Providers – Addiction Industry Directory ([directory link](#))

- Can search for accredited programs across the US. Search using words like “meth” and “LGBT” to find related services.

National Helpline (Treatment referral and information, 24/7)

- Phone: 1-800-662-4357

Crisis Hotlines:

- ***Trevor Lifeline*** (24/7, free and confidential support by phone, text, message (SMS), and online chat for LGBTQ+ young people)
 - o Phone: (866) 488-7386
 - o Text: 678678
 - o [Website](#)
- ***988 Suicide and Crisis Lifeline***
 - o Phone/Text: 988
 - o [Website](#)