

Creating My Support Network

Spiritual Communities

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Websites

Support Group

Canada-wide Helplines

Family Doctor

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Trusted Adults

Psychiatrist

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Emergency Services

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Therapist

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Nurse Practitioner

Hospital Inpatient

Apps

Religious Communities

Ontario-wide Helplines

Psychologist

Social Worker

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We all need help at some point, whether it's needed urgently, for coping, or for information (or maybe even something else). Having variety in your support network can help to meet different needs. Struggling with mental health or substance use can be lonely, especially when it feels like you do not have many people, services, or tools to turn to. You do not have to go through this alone! The options below are listed alphabetically. Links to options available only in Ontario have a superscript "o".

Urgent Supports:

- Emergency services (e.g. 911, emergency department, [Ontario Mobile Crisis Rapid Response Team](#)^o)
- Helplines and crisis support across Canada (e.g. [Black Youth Helpline](#), [Hope for Wellness](#), [Kids Help Phone](#), [Naseeha](#), [Talk Suicide Canada](#), [Trans Lifeline](#))
- Helplines and crisis support across Ontario (e.g. [Crisis Line](#)^o, [Good2Talk](#)^o, [LGBT Youthline](#)^o, [Ontario Distress and Crisis Services](#)^o)
- Family doctor ([find a doctor in Canada, in Ontario](#)^o)
- Inpatient hospital programs

Coping Supports:

- Addiction rehabilitation services
- Community organizations (e.g. [Canadian Mental Health Association \(CMHA\)](#), [Centre for Addiction and Mental Health \(CAMH\)](#)^o, [Youth Wellness Hubs Ontario](#)^o)
- Counsellor
- Family, friends, or loved ones
- Helplines and crisis support across Canada (e.g. [Black Youth Helpline](#), [Hope for Wellness](#), [Kids Help Phone](#), [Naseeha](#), [Talk Suicide Canada](#), [Trans Lifeline](#))
- Helplines and crisis support across Ontario (e.g. [Crisis Line](#)^o, [Good2Talk](#)^o, [LGBT Youthline](#)^o, [Ontario Distress and Crisis Services](#)^o)
- Mental health centres (e.g. [Canadian Mental Health Association \(CMHA\)](#), [Centre for Addiction and Mental Health \(CAMH\)](#)^o, [Children's Mental Health Ontario \(CMHO\)](#)^o)
- Mobile apps (e.g. [Be Safe by mindyourmind](#), MindShift CBT, PocketWell,)
- Nurse practitioner
- Outpatient hospital programs
- Peer support and community groups (e.g. [One Stop Talk](#)^o, [Peer-to-Peer Community by Kids Help Phone](#), [Togetherall](#))
- Psychiatrist
- Psychologist (e.g. [find a psychologist in Canada, in Ontario](#)^o)
- Religious and spiritual communities
- School (e.g. club, guidance counsellor, teacher)
- Social worker
- Therapist (e.g. [find a therapist in Canada, in Ontario](#)^o)
- Trusted adults or community members (e.g. coaches, elders, mentors)
- Walk-in clinics (e.g. Integrated Youth Services, [One Stop Talk](#)^o, [Youth Wellness Hubs Ontario \(YWHO\)](#)^o)

Informational Supports:

- Mental health websites and resources (e.g. [mindyourmind.ca](#), [YouthSpeak](#), [Youth Mental Health Canada](#))
- Miscellaneous resources (e.g. books, magazines, podcasts)
- Service information websites (e.g. [eMentalHealth.ca](#), [Mental health support-Canada](#), [Settlement Service Providers across Canada](#))
- Service information and navigation supports (e.g. [211](#), [ConnexOntario](#)^o, [1Call1Click.ca](#)^o)
- Social media accounts (e.g. [mindyourmind](#), [Kids Help Phone](#), [Youth Wellness Hubs Ontario](#)^o)
- Webinars or skill-building courses (e.g. [BounceBack](#), [Kids Help Phone](#))

For more prompts and guidance to help you reflect on the topic, find an expanded version in the [PARTicipating in My Mental Health Care](#) toolkit.