

System map directory and additional clinics/mental health services, non-profit organizations and child and youth mental health services.

CLINICS/ MENTAL HEALTH SERVICES

Yukon:

YHCIP only covers physician services performed at the patient's home, a hospital, clinic or scene of an accident, medically required hospital, physical and medical specialist services (the hospital must be publicly funded), air and ground ambulance transportation within the Yukon province (no fees), certain surgical dental procedures (when performed in an approved hospital) and physician services during pregnancy. There is **no mention** of any mental health professional or service being covered by YHCIP, for more information visit [Yukon Health Plan: YHCIP Health Card Coverage - Insurdirinary](#)

Government of Yukon: Mental Wellness: The Government of Yukon offers mental health services and can direct you to different support systems. They can refer you to adult counselling, mental health support groups for families and youth, support for substance use and drop-in recover meetings.

Location + Link

[Mental wellness | Government of Yukon](#) : Across Yukon

Canadian Mental Health Association, Yukon Divison:

1-844-533-3030 Reach Out Support Line 2 pm to 10 pm Yukon time,

Additional locations:

- Watson Lake Hub - Yukon
- Dawson City Hub - Yukon
- Carmacks Hub - Yukon
- Haines Junction Hub – Yukon

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- Canadian Mental Health Association, Yukon Division - Yukon

British Columbia:

The Medical Service Plan (MSP) pays for medically required services of physicians and surgeons, and dental or oral surgery performed in a hospital. Only those MSP beneficiaries with supplementary benefits status qualify for MSP coverage of 4. To verify a patient's eligibility for these benefits, use the Teleplan online eligibility check feature or call Coverage Enquiries.

Government of British Columbia

1-800-SUICIDE (1-800-784-2433) to speak with crisis line workers anytime of the day or night.

Call **310-6789** to reach the Mental Health and Information and Support Line, from anywhere in the province. You will receive emotional support, and information on appropriate referral options and a wide range of support relating to mental health concerns.

The Ministry of Children and Family Development's Child and Youth Mental Health (CYMH) teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Their clinics are staffed by mental health clinicians, psychologists, and psychiatrists. To find the nearest CYMH clinic near you, visit [Child & Youth Mental Health Intake Clinics - Province of British Columbia \(gov.bc.ca\)](http://www.gov.bc.ca/child-youth-mental-health-intake-clinics)

Additional Locations:

- First Nations Health Authority - British Columbia

Alberta:

The Alberta Health Care Insurance Plan (AHCIP) provides eligible Alberta residents with full coverage for medically necessary physician services, **psychiatrist visits**, and some dental and oral surgical health services. Apart from psychiatry, no other mental health services are covered by ACHIP.

211 Alberta

Call 2-1-1 or text INFO to 2-1-1.

- Available 24 hours a day, 7 days a week
- Crisis support and virtual services
- Connect to local mental health and addiction services

Counselling Alberta

Call 1-833-827-4230 (toll-free).

- [Affordable counselling](#) with same-day appointments
- Virtual counselling services province-wide
- In-person counselling options

Alberta Mental Health Line

Call 1-877-303-2642 (toll-free).

- Available 24 hours a day, 7 days a week
- Confidential support, information and referrals
- Staffed by mental health professionals

Virtual Opioid Dependency Program

Call 1-844-383-7688 (toll-free).

- Available 8 am to 8 pm, 7 days a week
- [Same-day treatment](#), province-wide
- Access to opioid agonist treatment medications

Alberta Addiction Health Line

Call 1-866-332-2322 (toll-free).

- Available 24 hours a day, 7 days a week
- Rapid access counselling
- Staffed by mental health professionals

Kickstand Connect

- For Albertans aged 12 to 25
- [Short-term counselling](#), by booking only

- Text MoreGoodDays to 393939 for daily messages of support

Health Link

Call 8-1-1.

- Available 24 hours a day, 7 days a week
- [Free advice](#) from nurses and general health information

Family Violence Info Line

Call or text 310-1818 (toll-free).

- Available 24 hours a day, 7 days a week
- Multilingual service

Alberta's One Line for Sexual Violence

Call or text 1-866-403-8000 (toll-free).

- Available 9 a.m. to 9 p.m., 7 days a week
- For anyone impacted by sexual violence
- Emotional support, information and referrals

Additional Locations:

- Sheldon Chumir - Mental Health Urgent Care - Alberta
- Calgary Distress Centre - Alberta
- Eastside Family Centre - Alberta
- South Calgary Health Centre - Mental Health Walk-In - Alberta
- Calgary Counselling Centre - Alberta
- Calgary Catholic Family Services - Alberta
- Calgary Communities Against Sexual Abuse (CCASA) - Alberta
- Calgary Women's Emergency Shelter - Alberta
- Sagesse - Alberta
- Silver Linings Foundation - Alberta
- Calgary Pregnancy Care Centre – Alberta

Saskatchewan:



Saskatchewan Health Coverage Plans only cover mental health services that are provided through the Saskatchewan Health Authority for the treatment of mental health problems and mental disorders. For more information about the Saskatchewan Health Authority, visit [Home | SaskHealthAuthority](#)

HealthLine at 811 for professional health or mental health and addictions advice, education and support. They are open 24/7, confidential, free and offer translation in over 100 languages. HealthLine 811 is a confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers. More information: [HealthLine | Accessing Health Care Services in Saskatchewan | Government of Saskatchewan](#)

- **Mobile Crisis Centres** are located across Saskatchewan and operate 24/7.
 - (Central Saskatchewan) West Central Crisis and Family Support Centre – Monday to Friday, 9 a.m. to noon, 1 to 5 p.m. (After Hours: 306-933-6200) 306-463-6655
 - (North Saskatchewan) Piwapan Women's Centre – Crisis Line – 24/7 Hours 306-425-4090
 - Prince Albert Mobile Crisis Unit – Monday to Friday, 4 p.m. to 8 a.m.; Saturday and Sunday, 24 hours 306-764-1011
 - Regina Mobile Crisis Services – Mobile Crisis Hotline – 24/7 Hours 306-757-0127
 - Saskatoon Mobile Crisis – 24/7 Hours 306-933-6200
 - South West Saskatchewan) Southwest Crisis Services – 24/7 Hours 1-800-567-3334

Manitoba:

Manitoba Health Coverage (MHSIP) does not cover services performed by psychologists outside a hospital or institution. It does not cover any other mental health service or appointments.

Klinik Crisis Line

204-786-8686
or 1-888-322-3019
TTY 204-784-4097

Manitoba Suicide Line

1-877-435-7170
(1-877-HELP170)

Kids Help Phone

1-800-668-6868
Text CONNECT to 686868

211 – mental health and addiction services

Cognitive Behavior Therapy with Mindfulness (CBTm) is an evidence-based five-class program designed to help build resilience and improve mental wellness. The CBTm program incorporates principles of mindfulness to help participants reduce stress, anger, fatigue, sleep problems and negative health outcomes, while increasing resiliency and improving emotional regulation. This program is free of charge and Manitobans can self-refer. [Cognitive Behaviour Therapy with mindfulness \(CBTm\) - Skills for Life](#)

For more information on the mental health services please visit [Province of Manitoba | Better Health \(gov.mb.ca\)](#)

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Huddle Manitoba is an initiative of the Government of Manitoba, together with United Way Winnipeg and other philanthropic partners. Each of our locations is led by a diverse team of community members and professionals with trauma-informed practices and proven success supporting youth. To find the closest location near you, please visit [Find a Location | Huddle](#) (huddlemanitoba.ca)

Ontario:

OHIP covers psychiatry appointments if they work in hospitals or public clinics. Psychotherapists office visits are only covered if they work in a public setting. Social Workers through hospitals, clinics, schools and agencies are OHIP-eligible. Private practice therapy is not covered, you'll be paying out-of-pocket.

ConnexOntario Helpline is a free and confidential online health service for people experiencing problems with alcohol and drugs, mental illness or gambling. [Mental Health & Addiction Treatment Services | Connex Ontario Toll-free: 1-866-531-2600](#)

211 Ontario Information and referral for community, government, social and health services, including mental health resources across Ontario.

- [Call 2-1-1](#)
- [Toll-free: 1-877-330-3213](#)

BounceBack is a free cognitive behavioural therapy (CBT) program that offers guided mental health self-help supports for adults and youth 15 and older.

[Home - BounceBack Ontario](#)

- [Toll-free: 1-866-345-0224](#)

[Health811 online](#) or call [811](#) to speak to a registered nurse. The nurse can help you with any health matters, including depression, anxiety or other mental health or addiction concerns.

[Health811 - Health811 \(ontario.ca\)](#)

Additional Locations:

- Waypoint Centre for Mental Health Care - Ontario
- Canadian Mental Health Association – York and South Simcoe - Ontario
- Centre for Addiction and Mental Health - Ontario
- The Royal Ottawa Mental Health Centre - Ontario
- Ontario Shores Centre for Mental Health Services - Ontario
- Health Sciences North - Ontario
- St. Joseph's Care Group – Ontario

Québec:

Régie de l'assurance maladie (RAMQ) administers the Québec health insurance plan **does cover psychiatric treatments** rendered by medical specialists. RAMQ does not cover services rendered by a psychologist or any other mental health service. For more information, [Medical services | Régie de l'assurance maladie du Québec \(RAMQ\) \(gouv.qc.ca\)](#)

811 to get in touch with a professional In psychosocial intervention. Its free and confidential.

Help and suicide prevention 1-866-277-3553

Getting better... my way is a self-management support tool that can help you regain your balance and feel good again. This tool is free of charge and allows you to identify ways to get better and take care of your health. [Getting better my way | Self-management support tool \(criusmm.net\)](#)

BounceBack offers two types of support: telephone coaching with skill-building workbooks designed to improve well-being, video with practical tips on mood management, sleep habits, confidence building, problem solving and health living. [BounceBack | CMHA | What is the program \(bouncebackqc.ca\)](#)

iSMART (Stress Monitoring Assessment and Resolution Technologies) was developed by mental health researchers to aid people in managing chronic stress by identifying triggers and

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neutralizing them more effectively. The application will ask you to provide details about those instances and suggest ways to neutralize factors that trigger a stress response in you. You'll be given immediate suggestions on how to alleviate anxiety. [iSMART — Centre Axel](#)

Phobies-Zero offers support groups for young people and adults experiencing anxiety disorders, including obsessive-compulsive disorder. These French services are also intended for family and loved ones [Phobies-Zéro \(phobies-zero.qc.ca\)](#)

Additional Locations:

- For the Quebec mental health resource near you, please visit [Finding a mental health resource - Répertoire des ressources en santé et services sociaux \(gouv.qc.ca\)](#)
- To identify mental health disorders please visit [Mental disorders | Gouvernement du Québec \(quebec.ca\)](#)
- For additional Information, please visit [Mental health | Gouvernement du Québec \(quebec.ca\)](#)

Nova Scotia:

Nova Scotia's Health Insurance Program does not cover any mental health services or appointments.

Adolescent Outreach Services

Adolescent Outreach Services (AOS) is an expansion of the CaperBase model, which originated in Cape Breton. AOS focuses on providing, brief and early, intervention, screening, outreach and community partnerships. The AOS model is set up for youth aged 12-19 years of age (grade 6 to 12) at risk of mental health or substance use concerns. For more information, please visit [Child and Adolescent Services | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Adult Addictions Day Treatment Program

The Addictions Day Treatment Program is a two-week group program for individuals that require a more intensive and daily treatment option. There is no cost for attending the program.

Participants should bring their health card to the first group session. The program includes: A focus on increasing your understanding of addiction and recovery, developing skills to improve your ability to cope with difficult emotions, development of a personal recovery plan, self-care practice while in the program and the support to continue recovery efforts in the community, a variety of topics and skills are explored such as: relapse prevention, refusal skills, how the brain is impacted by addiction, self-care strategies and healthy leisure options, mindfulness and coping with anxiety.

For more information, please visit [Adult Addictions Day Treatment Program | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Alateen

Alateen a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it. Virtual Alateen Chat meetings are available through the website listed below. Some in- person Alateen meetings are available in Nova Scotia - where none exist teens are welcome in Al-Anon meetings.

For more information, please visit [Alateen | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

Centre for Emotions and Health

The Centre for Emotions and Health Clinic provides specialty consultation and psychotherapy services for people not responding to treatment in other parts of the medical and mental health systems. Using an assessment and treatment approach called Intensive Short-term Dynamic Psychotherapy (ISTDP), we help detect emotional factors that are interrupting treatment benefits and personal growth in people with anxiety, depression, and stress-related physical problems.

For more information, please visit [Centre for Emotions and Health | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

Eating Disorder Program

The Nova Scotia Eating Disorder Provincial Service is a collaboration between Nova Scotia Health and the IWK. The NSEDPS treats people of all ages who have an eating disorder (like

anorexia nervosa, bulimia nervosa, binge-eating disorder, avoidant restrictive food intake disorder and live in Nova Scotia. Clinicians are available across the province through community Mental Health and Addictions Programs, virtual care, and specialty clinics.

For more information, please visit [Eating Disorder Program | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Medically Unexplained Symptoms

The Medically Unexplained Symptoms Clinic provides specialty consultation and psychotherapy services for people presenting with medically unexplained physical symptoms referred by an Emergency Department physician. Using an assessment and treatment approach called Intensive Short-term Dynamic Psychotherapy (ISTDP), we help detect and then treat emotional contributors that are causing or exacerbating physical symptoms.

For more information, please visit [Medically Unexplained Symptoms | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Mental Health Acute Day Hospital

The Mental Health Acute Day Hospital cares for people with intense mental health issues or concerns. The Day Hospital supports your recovery through Outpatient (day) treatment, group therapy, helping you stay connected with your loved

ones and the community. They also offer monitoring your response to medication(s), long-acting injections (LAI) of antipsychotic medication, drug therapy (like clozapine), blood tests and many more.

For more information, please visit [Mental Health Acute Day Hospital | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Provincial Mental Health and Addictions Crisis Line

The Provincial Mental Health and Addictions Crisis Line provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress. The service is available 24/7 to support callers who present with suicidal thoughts, self-harming thoughts or behaviors, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns.

For more information, please visit [Provincial Mental Health and Addictions Crisis Line | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Acadia First Nation Community Health Centres

Acadia First Nations Health mission is to provide health programs and services to: "Assist communities and its members to achieve physical, mental, emotional and spiritual health through health promotion, traditional teachings, education, disease prevention activities, partnerships and health services.

For more information, please visit [Acadia First Nation Community Health Centres | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)

If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)

Access Wellness Nova Scotia (FREN)

Access Wellness is a free single-session supportive counselling service for individuals, couples or families.

Sessions can be held over the phone, online with video, or in-person. People can speak with a qualified professional and learn strategies to help confidently address challenges they are facing. Counsellors can also provide information about other services that can help, including the Nova Scotia Central Intake Service for additional assessment and treatment matching. Trained counsellors can help people manage: Stress, mild to moderate depression or anxiety, relationship issues, general mental health concerns, concerns related to alcohol and drug use, loss and more.

For more information, visit [Access Wellness Nova Scotia \(lifeworks.com\)](#)

Additional Locations:

- Connections – Nova Scotia

New Brunswick:

The Medical Care Plan (MCP) in Newfoundland and Labrador does not cover any mental health service or appointments as it is not covered in the Hospital Care Plan.

Experiencing a mental health and addictions crisis? Call 811
Mental Health and Addictions Systems Navigator: 1-877-999-7589 or (709) 752-3916
Provincial Lifewise Warm Line: 1-855-753-2560 or (709) 753-2560

For more information, visit [Mental Health and Addictions - Health and Community Services \(gov.nl.ca\)](https://www.gov.nl.ca/health/mental-health-addictions/)

Northwest Territories:

Health Insurance in The Northwest Territories does not cover any mental health services or appointments.

Additional Locations:

- Community Counselling Office Flexible same day and scheduled appointments are available each day from 8:30am to 5:00pm. Mental Health Nursing remains available. (867) 767-9110 ext. 3
- Adult Services Offers case management, help navigating resources, programs and service providers. (867) 767-9110 ext. 41219 or (867) 767-9122 ext. 41218
- Arctic Indigenous Wellness Foundation Telephone sessions available with traditional counsellors, available from 9:00-5:00. For more information, visit [Arctic Indigenous Wellness Foundation – Arctic Indigenous Wellness Foundation](https://www.arcticindigenouswellness.ca/)
- (867) 447-1095 or (867) 445-8035
- Child and Youth Counsellors flexible same day and scheduled appointment are available to all children and youth from 8:30am to 5:00pm. Contact your counsellor or call to get connected today. 867) 767-9110 ext. 41716 text or call (867) 445-6332
- Déliné Mental Health and Addictions Counsellor: 867-374-0044
- Déliné Child and Youth Counsellor:867-444-6000

- Norman Wells Mental Health and Addictions Counsellor: 867-444-1249
- Norman Wells Child and Youth Counsellor: 867-444-600
- Fort Good Hope Mental Health and Addictions Counsellor: 867-496-0040
- Fort Good Hope Child and Youth Counsellor: 867-444-6000
- Tulita Mental Health and Addictions Counsellor: 867-374-0044/ 867-444-6665
- Tulita Child and Youth Counsellor: 867-444-1249
- Fort Smith Community Counselling and Adult Services Same day and scheduled services are available weekdays from 8:30am to 5:00pm. (867) 872-631
- Fort Smith Social Worker Support and navigation of services. (867) 872-6300 After hours: (867) 621-1122
- Fort Providence Community Counsellor (867) 699-3421
- Fort Providence Child and Youth Counsellor (867) 695-6356
- Fort Simpson Community Counselling Office (867) 695-2293
- Aklavik Community Counsellor 867-678-8092
- Aklavik Child/Youth Counsellor 867-678-8092
- Aklavik Community Wellness Worker 867-978-2238
- Paulatuk Community Counsellor 778-984-7324
- Sachs Harbour Community Wellness Worker 867-690-4181
- Fort McPherson Community Wellness Worker 867-952-2245 ext. 2
867-620-0174, 867-377-0628
- Tuktoyaktuk Community Counsellor 867-977-2511 ext. 5
- Tuktoyaktuk Community Wellness Worker 867-678-2511 ext. 0
- Tuktoyaktuk Child/Youth Counsellor 867-340-0320
- Tsiigehtchic Community Wellness Worker 867-953-3041
- Kamatsiaqtut Nunavut Helpline 1-800-265-3333
- Inuvik Community Counsellor 867-678-8092
- Inuvik Community Wellness Worker 867-678-8092
- Inuvik Child/Youth Counsellor 867-377-0123 or 867-678-0176
- (FREN) Contact the French Mental Health Navigator at 867-767-9110 extension 41483. The Navigator is available Monday-Friday from 8:30AM-12:00PM and 1:00PM-5:00PM.

Nunavut:

The Medical Care Plan (MCP) in Newfoundland and Labrador does not cover any mental health service or appointments as it is not covered in the Hospital Care Plan.

Representative for Child & Youth

Supports for young Nunavummiut to ensure the Government of Nunavut protects and advances their rights and interests

[867-975-5090](tel:867-975-5090) in Iqaluit



[1-855-449-8118](tel:1-855-449-8118) anywhere in Canada

www.rcynu.ca

Wellness Together Canada aims to improve the mental health and wellness of people across Canada. They offer services to learn, practice, connect, talk and track your mental health progress and knowledge. For more information: [Wellness Together Canada | Home](#)

(FREN) TAO Tel-Aide offers mental health support across Canada. This helpline provides a free, 24/7 empathic and confidential service by trained volunteers and a team of professionals who give compassionate ears to callers and offer the needed services. Just call 1-800-567-9699 for free

Across Canada:

The Hope for Wellness Helpline offers immediate help to all Indigenous people across Canada. It is available 24 hours a day, 7 days a week to offer immediate support and crisis intervention. Call the toll-free Helpline at [1-855-242-3310](tel:1-855-242-3310) or connect to the online chat at www.hopeforwellness.ca.

Family Service Saskatchewan's Rapid Access Counselling Program

'**CounsellingConnectSask**' helps people find the right support in times of need through free access to rapid access counselling sessions. This service is available to children, youth, adults and families in Saskatchewan. They help with concerns such as anxiety, depression, addictions, suicidal ideation, stress, relationship conflict, separation and divorce, domestic violence and parenting. [Family Service Saskatchewan's Rapid Access Counselling Program \(counsellingconnectsask.ca\)](http://counsellingconnectsask.ca)

Anxiety Canada

Anxiety Cission is to reduce the barrier of anxiety so you can live the life you want. We offer trusted resources and programs to help people better understand and manage anxiety—and find the relief they need.

Mailing address is as follows:

Anxiety Canada

400-601 West Broadway

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Vancouver, BC, V5Z 4C2

To reach us by phone, our telephone number is 604 620 0744.

The Online Therapy Unit is a provincially funded service for Saskatchewan residents who are experiencing mental health difficulties, including depression and anxiety. Online Cognitive Behaviour Therapy involves reviewing treatment materials online with optional support from a therapist offered via secure email or phone. This service is led by the Online Therapy Unit at the University of Regina, and is delivered for free for Saskatchewan residents in partnership with the Saskatchewan Health Authority.

[OnlineTherapyUser](#)

3737 Wascana Parkway, Regina, SK, S4S 0A2 [+1.306.337.3331](tel:+13063373331) otu@uregina.ca

Be Well, Be SaskWell is a two-way text-based service was developed to support residents of Saskatchewan during and beyond the COVID-19 pandemic by bridging connections to provincial mental health tools, tips and resources. Text JOIN to 759355.

[Be SaskWell – SMS Mental Wellness Service \(memotext.com\)](#)

For a list of walk-in mental health counselling services available in Saskatchewan and more information on mental health resources please visit [Mental Health and COVID-19 | COVID-19 | Government of Saskatchewan](#) and [Mental Health Services | Mental Health Support | Government of Saskatchewan](#)

- [Assiniboia](#)
- [Battleford](#)
- [Biggar](#)
- [Cudworth](#)
- [Esteron](#)
- [Gravelbourg](#)
- [Humboldt](#)
- [Indian Head](#)
- [Kamsack](#)
- [Kelvington](#)
- [Kindersley](#)
- [Leader](#)
- [Melfort](#)

- [Moose Jaw](#)
- [Nipawin](#)
- [Oxbow](#)
- [North Battleford](#)
- [Prince Albert](#)
- [Regina - CFS Regina](#)
- [Regina - Family Service Regina](#)
- [Rosetown](#)
- [Saskatoon - Family Service Saskatoon](#)
- [Saskatoon - Navera Community Connections](#)
- [Souhey](#)
- [Swift Current](#)
- [Tisdale](#)
- [Unity](#)
- [Wadena](#)
- [Wakaw](#)
- [Weyburn](#)
- [Wynyard](#)
- [Yorkton](#)

Mind Beacon makes therapy and mental wellness content available to all Canadians. They offer CBT programs, live sessions and in-person assessments. For more information, visit [Digital Therapy Services & Online Mental Health Support by MindBeacon](#)

NON-PROFITS:

Yukon:

BYTE: EMPOWERING YOUTH

BYTE is a 'by youth, for youth' organization that focuses on empowering and promoting youth throughout the Yukon and Canada's north. Their mission is to unlock potential through youth empowerment. BYTE's facilitation teams travel to communities throughout the Yukon and to some areas of Northern BC and NWT to deliver innovative and relevant programming. They also host events and workshops in Whitehorse that foster creativity, culture and sport. Everything BYTE does is aimed at helping youth develop confidence, skills, openness, and a sense of belonging.

For more information, visit [BYTE | Empowering Youth \(yukonyouth.com\)](http://yukonyouth.com)

BOYS AND GIRLS CLUB OF YUKON

BGC Yukon is dedicated to facilitating positive developmental programming for children, youth, and families. We aim to complement territorial and community support services by providing a safe place where children and youth can experience new opportunities, build positive relationships, develop confidence, and gain skills for life. It is our goal to support all Yukoners in evolving into healthy, confident, and connected individuals.

For more information, please visit [Home \(bgcyukon.com\)](http://bgcyukon.com)

British Columbia:

HereToHelp is a collaboration between seven non-profit agencies across BC to create a resource hub for mental health and substance use. HereToHelp can aid in the process of helping your own mental health journey as well as how to best support others in their wellness journey. Click here to view all of their services [We're here to help | Here to Help](#).

FamilySmart is an organisation committed to child and youth mental health support. They provide families with a resource hub to connect with other parents and adults who are also going through similar struggles. For the BC parent peer support hub, click here [BC Parent Peer Support - FamilySmart](#)

General website: [FamilySmart - Together-Centred™ for Child & Youth Mental Health](#)

Canadian Mental Health Association (British Columbia Division): The British Columbia Division offers a mindful drinking program, peer assisted care teams to improve mental health support and a peer employment project. For more information, visit [Home - CMHA British Columbia](#)

BC Mental Health & Substance Use provides specialized treatment, education, health promotion. They offer substance use programs, court-referred mental health assessment and treatments, health services for people in custody and many more. For more information, visit [BC Mental Health and Substance Use Services \(bcmhsus.ca\)](#)

SPARK Foundation strives is to work to empower the next generation through quality life education. Their MiniSeries workshops for youth include Climate Change Challenge sustainability workshops, post-secondary transition conferences, mental wellbeing and financial literacy workshops. For more information, visit [SPARK Foundation - Home](#)

Archway Community Services provides social services to residents of the Fraser Valley, BC. Their 90+ programs provide food, employment support, mental health resources and more to youth, seniors, families, and newcomers. Services available to youth include after school support to immigrant youth, primary health care, substance use support, counselling, and individual support as needed. For more information, visit [Home Page : Archway Community Serviceshttps://dcrs.ca/](https://dcrs.ca/)

Vancouver Black Therapy & Advocacy Foundation is a non-profit organization connecting Black community members in need to mental health resources such as free therapy and advocacy services. They continue to help low-income, newcomer, LGBTQIA+ and disabled Black folks access therapy. For more information on their services please contact: [VBT&AF \(vancouverblacktherapyfoundation.com\)](#)

Additional Locations:

- The Mood Disorders Association of British Columbia - British Columbia
- Prism Services - British Columbia
- QMUNITY - British Columbia
- Jessie's Legacy - British Columbia

- Coast Mental Health - British Columbia
- Sources Community Resources Society - British Columbia
- Peace Arch Resource Centre - British Columbia
- Women's Place Resource Centre - British Columbia
- Newton Resource Centre - British Columbia
- Ladner Resource Centre - British Columbia
- Prince George Resource Centre - British Columbia
- Sources White Rock/South Surrey Food Bank - British Columbia
- Sources Langley Food Bank - British Columbia
- Oceanside Resource Centre - British Columbia
- Sources Community Law Clinic - British Columbia
- MPA Society - British Columbia
- DIVERSEcity - British Columbia

Saskatchewan:

The Saskatchewan Health Authority (SHA) Mental Health and Addiction Services (MHAS) represent a continuum of care, ranging from prevention/early intervention through to specialized treatment, are provided free to residents of Saskatchewan. A team-based approach is used and may include a psychiatrist, social worker, psychologist, speech and language pathologist, developmental pediatrician, mental health therapist, occupational therapist, community mental health nurse, addiction counsellor and Indigenous Knowledge Keepers. To find the closest facility near you, visit [Facilities & Locations | SaskHealthAuthority](#)

Advance Health Psychotherapy and Psychological Services offers Registered Psychotherapists, Psychologists, Social Workers, Counsellors, and Student Interns to help you heal and grow. They emphasize finding the right therapy for you which may include cognitive (CBT), mindfulness, emotion-focused, trauma informed, strengths-based, solution-focused, and others. For more information on accessing their services visit [Psychotherapy Online and In Office Toronto — Advance Health](#) and fill out their online form.

KidsFirst is a voluntary program that helps families in vulnerable situations to become the best parents they can be and to have the healthiest children possible. The program enhances parenting knowledge, provides support and builds on family strengths. The program includes mental health and addiction treatment services with programming to address the unique needs of each family. To find the nearest location near you, visit [Community Programs for Families with Young Children | Family and Social Support | Government of Saskatchewan](#)

STREET CULTURE PROJECT

Street Culture Project is a diverse and closely tied community foundation that provides programs and services to Regina and surrounding areas. Trauma informed practices, diversity, and inclusion are key pillars of the organization. SCP offers several programs and services to address the current gaps in youth services including an emergency youth shelter, housing, mentorship and employment programs. For more information, visit [Street Culture Project » Home](#).

Alberta:

The Alberta Black Therapists Network is a federally and provincially registered not-for-profit organization dedicated to advancing an integrated, holistic, and collaborative approach to mental health and addiction services tailored to the needs of Black communities in Alberta. Please visit here: [Alberta Black Therapists Network \(albertablacktherapistnetwork.com\)](http://albertablacktherapistnetwork.com)

The Mental Health Foundation (MHF) Originally formed in 1998, as the Alberta Hospital Edmonton Foundation, the Mental Health Foundation (MHF) was founded on the ideal of transforming care for mental health and addictions in Edmonton by building resilient organizations and communities. Please visit here: [Mental Health Foundation Alberta - Edmonton](#)

(780) 342-7718

The council for Advancement of African Canadians in Alberta (CAAC) offers empowerment programs for Black youth that focuses on education and career support, social engagement, relationship building and mental health. To book with their counselling center, please visit [Counselling Clinic - Africa Centre](#) or general information, visit [Home - Africa Centre](#)

BRIDGES is a not-for-profit committed to breaking barriers and responding to the needs and priorities of immigrants, newcomers, and refugees through comprehensive programs which include psychosocial, mental health, employment and many others. For more information, please visit [Home 4 - Bridges newcomers \(bridgesfornewcomers.ca\)](http://bridgesfornewcomers.ca)

Afri-Can Connect Society is a non-profit organization established with the sole aim of making immigrants, especially Africans, employable as well as connecting them to jobs and helping them build their careers in Canada. They also provide culturally sensitive counselling and clinical support from a cultural humility perspective to support Black newcomers specific needs. For more information, visit [African connect society](#)

info@africanconnectsociety.org 1 877-707-0459

Women Alberta Network of Immigrant women (ANIW) fosters equality, justice and learning for immigrant women. ANIW offers workshops on internalized racism, domestic violence and mental health. For more information, visit [Home - Alberta Network of Immigrant Women \(aniw.org\)](#) 1.403.262.8040|info@aniw.org

Calgary Ethiopian Community Association promotes Ethiopian cultural and social activities, and to provide resettlement and integration support for immigrants of Ethiopian origin. They offers family mediation, counseling services that support relationship difficulties and bereavement support. For more information, [Home | CECA \(calgaryethiopiancommunity.ca\)](#)

Calgary Ethiopian Youth Alliance attempts to provide a social space to share experiences, ideas, and information to tackle these challenges. All community members will have access to free mental health resources and initiatives through /CEYA, facilitated by licensed professionals. For more information, [Home | Calgary Ethiopian Youth Alliance \(ceyayyc.ca\)](#)

Calgary Immigrant Women's Association is a culturally diverse settlement agency that recognizes, responds to, and focuses on the unique concerns and needs of immigrant and refugee women, girls, and their families. CIWA provides gender-based violence prevention and intervention support. Additionally, mental health supports accessible to women, men, youth and seniors. For more information, [CIWA | Empowering Immigrant Women and Families \(ciwa-online.com\)](#)

[The Alberta Black Advisory Council](#) advises on ways to address anti-Black racism and support multiculturalism, cultural exchange, and inclusion of Black communities across Alberta.

Calgary Black Chamber [Advocacy - Calgary Black Chambers](#)

Additional Locations:

- The Council for Advancement of African Canadians in Alberta (CAAC) - Alberta
- Action for Healthy Communities - Alberta
- EthioCare - Alberta
- Excel Family and Youth Society - Alberta
- Immigrant Outreach Society - Alberta
- Portail de l'immigrant Association (PIA) - Alberta
- Ruth's House – Alberta

Manitoba:

Mood Disorders Association of Manitoba (MDAM) is a not-for-profit, self-help organization dedicated to providing support, education and advocacy for those living with mental health illnesses through peer support and other services. [Home - Mood Disorders Association of Manitoba \(moodmb.ca\)](http://moodmb.ca)

The Elmwood Mental Wellness Coalition is a community based coordinated effort to enhance the mental wellness of youth, families, and the larger community by supporting services that promote mental wellness through defining community needs, building tools/resources, increasing awareness around mental wellness, coping mechanisms, case management, connection to resources /services, developing partnership and collaboration within the community. [Mental Wellness Coalition | Elmwood Community Resource Centre \(elmwoodcrc.ca\)](http://elmwoodcrc.ca)

Addictions Foundation of Manitoba delivers addiction education courses which is now the responsibility of Mental Health & Addictions, Shared Health. [Addictions Foundation Manitoba \(afm.mb.ca\)](http://afm.mb.ca)

Boys and Girls Club of Winnipeg has grown to become one of the city's leading youth-serving agencies, operating in areas across the city that need our services the most for over 40 years. We operate 11 community-based Clubs and numerous youth development programs to our members, offering a safe alternative to the streets during the evening and after-school hours. All of our activities are free of charge and are guided by professional staff and dedicated volunteers who serve children and youth ages 6-18. To find the closest club location near you, visit [Contact Us | BGC Winnipeg](#)

Sunshine House is a community drop-in and resource centre focusing on harm reduction and social inclusion. We work to provide programming that fulfills people's social, community, and recreational needs. Participants can come as they are and are not expected to be "clean" or sober. For more information, visit [Sunshine House | Drop-In and Resource Centre | Winnipeg \(sunshinehousewpg.org\)](http://sunshinehousewpg.org)

Led by the Barbados Association of Winnipeg, several organizations collaborated to secure funding for a project to create a Black Mental Health Toolkit. The aim of the project is to develop a Mental Health Promotion Toolkit that will be easily available for practitioners/clinicians as well as members of the population to use as a guide/resource for promoting positive mental health among black people in Manitoba. [BLACK MENTAL HEALTH PROMOTION WINNIPEG |](#)

 Future **Black**Female
UDADA

Additional Locations:

- United Way Winnipeg – Manitoba

Ontario:

MindYourMind exists in the space where mental health, wellness, engagement, and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. Their mental health programs aim to support anxiety, stress, psychosis and eating disorders. For more information, visit [Home - \(mindyourmind.ca\)](http://mindyourmind.ca)

Distress and Crisis Ontario (DCO) is an administrative membership association, registered as a non-profit charity that support advocacy, networking and training for many Distress Centers across Ontario. Most centres operate 24 hours a day, 7 days a week, and may include suicide survivor programs, LGBTQ+ friendly services, support services for youth, telephone call-out programs for seniors and other vulnerable populations, mental health crisis lines, and more. For more information, visit [Distress And Crisis Ontario \(dcontario.org\)](http://dcontario.org)

Centre for treatment of sexual abuse and childhood trauma offers individual and couples therapy, group therapy and services for professionals. For more information, visit [Home | CTSACT \(centrefortreatment.com\)](http://centrefortreatment.com)

Additional Locations:

- Across Boundaries - Ontario
- African Community Service of Peel - Ontario
- Afri-Can FoodBasket - Ontario
- Black Legal Action Centre (BLAC) - Ontario
- Black Creek Community Health Centre - Ontario
- Black Business and Professional Association - Ontario
- Black Youth Helpline - Ontario
- Caribbean African Canadian Social Services (CAFCAN) - Ontario
- Jamaican Canadian Association (JCA) - Ontario
- RITES for Black and African Canadian Youth - Ontario
- Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) at CAMH - Ontario
- Taibu Community Health Centre - Ontario

- Tropicana Community Services - Ontario
- Women's Health in Women's Hands - Ontario
- Harriet Tubman Community Organization - Ontario
- Future Black Female – Ontario

Québec:

Association IRIS (FREN) offers a crisis intervention centre which can help feelings of anxiety, isolation, suicidal, distress and coping mechanisms guided by a team of qualified professionals. They also referrals, telephone intervention, community interventions from ages 14-18.

[Crisis Intervention Centre - Social Reintegration Initiative - IRIS Association \(assoiris.ca\)](http://assoiris.ca)

Refer to this page to find the proper helpline for you:

[Pour nous joindre - Initiative de réinsertion sociale - Association IRIS \(assoiris.ca\)](http://assoiris.ca)

Accésss (FREN) offers diversity health programs, multilingual tools, Immigrant Women's health, mental health resources and many other health and social services. Accésss partners with COPSI to offer low-cost individual or group drama therapy. For more information, [Mental Health - Accessss](#)

Plaidd BF (FREN) strives to promote, protect and defend the individual and collective rights of individuals or groups of people living or having experienced mental health problems. [Activities \(plaidd.com\)](http://plaidd.com)

Addiction Outreach

Program (FREN) offers therapeutic and hands-on services to people struggling with individual, group or family therapy, workshops, psychosocial assessment and follow-up and other social services.

Phone: 514-731-8000

Email: addictionoutreach@hotmail.com

Centre de crise (FREN) offers services to cope with stress, anxiety, interpersonal relationships, emotional self-regulation, self-esteem and confidence.

To join one of their support groups, fill out the online registration form or call us at [514 684-6160](tel:5146846160). You can also write to at group@centredecriseoi.com for more information.

For access to their resource hub, click here [Types of crisis \(centredecriseoi.com\)](#)

Black Mental Health Connections Montreal (BMHC MTL) is an alliance of organizations and individuals focused on the mental health and well-being of the English-speaking Black community in Montreal. They offer affordable therapy that is relevant to Black communities and other marginalized people. They also host regular events for Black individuals to seek support and foster community. Visit, [Black Mental Health Connections \(bmhcmtl.ca\)](http://bmhcmtl.ca)

Additional Locations:

- AMI-Québec Action on Mental Illness - Quebec
- Québec Counselling Association (QCA) - Quebec
- SIARI - Quebec
- Relief - Quebec
- Rivo - Quebec
- South Asian Women's Community Centre - Quebec
- Groupe d'entraide pour un Mieux-Etre (G.E.M.E.) - Quebec
- Groupe de promotion et de défense des droits en santé mentale-02 - Quebec
- AUTO-PSY - Quebec
- SRAADD - Quebec
- Droits et Recourse en Santé Mentale de la Cote-Nord - Quebec
- Le Verger Community Mental Health Centre – Quebec

New Brunswick:

Horizon Health Network provide a range of services for individuals, children, youth, adults of all ages and family members affected by substance misuse, harmful gambling and/or mental health issues. Services may include individual counselling, group counselling and specialized treatment programs such as detoxification, opioid replacement therapy, and short-term or long-term rehabilitation. For more information, visit [Addiction and Mental Health Services - Horizon Health Network \(horizonnb.ca\)](http://horizonnb.ca)

Contact By area:

Fredericton and Upper River Valley Areas: [506-453-2132](tel:5064532132)

Saint John Area: [506-658-3737](tel:5066583737)

Moncton Area: [506-856-2444](tel:506-856-2444)
Miramichi Area: [506-778-6111](tel:506-778-6111)

Youth Impact Jeunesse (FREN) provides quality care and guidance to youth between 10-24 years of age who have social, emotional, and behavioral problems. The goal is to help youth and their families change or eliminate the conditions that have acted as obstacles to their success. For more information, visit [Youth Impact Jeunesse](#)

BLM New Brunswick is the platform upon which Black communities across New Brunswick can actively dismantle all forms of anti-Black racism, liberate blackness, recognize black excellence, support Black healing, affirm Black existence, to create freedom to love and self-determine and to help offer education to those who seek it.

[BLM NEW BRUNSWICK](#)

Additional Locations:

- Family Enrichment and Counselling Service - New Brunswick
- Family Plus - New Brunswick

Nova Scotia:

[Alzheimer Society of Nova Scotia](#)

The Alzheimer Society of Nova Scotia is the leading not-for-profit health charity working to improve the quality of life for Nova Scotians affected by Alzheimer's disease or other dementias and advance the search for the cause and cure. The Alzheimer Society of Nova Scotia can help you by providing information, resources, education and support. *If you are unsure which NSHA Zone you live in, visit [NSHA Management Zones | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)*

The Hope House is a therapeutic live-in recovery home for women suffering from drug and alcohol addiction. It is a part of a registered Canadian charity, established by local Cape Bretoners with a passion to see women live hope-filled lives. For more information, visit [Hope House | Addictions Recovery Home | Cape Breton, NS \(cbhope.ca\)](#)

12 Watson Rd, Point Edward, NS B2A 4P7

Additional Locations:

- Boys and Girls Clubs of Cape Breton-Whitney Pier Youth Club - Nova Scotia
- Boys and Girls Clubs of Greater Halifax - Nova Scotia
- Big Brothers Big Sisters of Pictou County - Nova Scotia

Nunavut:

Additional Locations:

Cultural Wellness and Healing in Nunavut

- Department of Healthy Living in Cambridge Bay: 1-867-983-4670
- Kitikmeot Friendship Society in Cambridge Bay: 1-867-983-3330
- Ilisaqsivik Society in Clyde River: Toll Free Counselling Line 1-888-331-4433
- Pulaarvik Kablu Friendship Centre in Rankin Inlet: 1-867-645-2600
- Tukisigiavik Society in Iqaluit: 1-867-979-2400
- Piruqatigiit Resource Centre in Iqaluit : 1-867-877-4155

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- Piruqatigiit Resource Centre in Iqaluit : 1-867-877-4155

Northwest Territories

Additional Locations:

- Home Base YK - Northwest Territories
- YWCA NWT - Northwest Territories
- Northern Mosaic Network - Northwest Territories

Across Canada:

Black Canadian Women in Action offers the Black Girls Empowerment Program to increase leadership and mentorship opportunities, focusing on interpersonal development and mental health across Canada. Please visit here: [Black Canadian Women in Action \(bcwinaction.ca\)](http://bcwinaction.ca)

info@bcwinaction.ca (780) 217-5185

Black Health Alliance works to improve the health and well-being of Black communities in Canada. Their approach focuses on health promotion, community engagement, research, policy and strategy. For more information, [Black Health Alliance – Improving the health and well-being of Black communities in Canada](#)

Multicultural Mental Health Resource Centre provides social services and wellness resources in many languages. It supports safe and competent mental health care for everyone living in Canada.

[Services - MMHRC \(multiculturalmentalhealth.ca\)](http://multiculturalmentalhealth.ca)

BIPOC Therapy is empowering Black, Indigenous, Metis and other Women of Color to thrive by providing culturally responsive and inclusive mental health support. Their mission is to foster healing, resilience, and personal growth, all within a welcoming and supportive environment. For more information, please visit [BIPOC Therapy](#)

Black Mental Health Canada is to improve the mental health and well-being of Black individuals and communities in Canada by advocating for culturally competent mental health services and promoting community education and empowerment. The organization aims to address the disparities in mental health care faced by Black individuals and communities and promote culturally responsive mental health services. For more information, please visit [Black Mental Health Canada](#)

EDUCATIONAL INSTITUTIONS

- Yukon University - Yukon
- University of British Columbia - British Columbia
- Simon Fraser University - British Columbia
- University of Victoria - British Columbia

- British Columbia Institute of Technology (BCIT) - British Columbia
- Thompson Rivers University - British Columbia
- Vancouver Island University - British Columbia
- Kwantlen Polytechnic University - British Columbia
- University of Northern British Columbia - British Columbia
- Trinity Western University - British Columbia
- University of the Fraser Valley - British Columbia
- Royal Roads University - British Columbia
- Emily Carr University of Art and Design - British Columbia
- Capilano University - British Columbia
- University Canada West - British Columbia
- Nicola Valley Institute of Technology - British Columbia
- Alberta University of the Arts - Alberta
- Ambrose University - Alberta
- Athabasca University - Alberta
- Burman University - Alberta
- Concordia University of Edmonton - Alberta
- MacEwan University - Alberta
- Mount Royal University - Alberta
- St. Mary's University - Nova Scotia
- The King's University - Alberta
- University of Alberta - Alberta
- University of Calgary - Alberta
- University of Lethbridge - Alberta
- University of Saskatchewan - Saskatchewan
- University of Regina - Saskatchewan
- First Nations University of Canada - Saskatchewan
- Luther College - Iowa (USA)
- St. Thomas More College - Saskatchewan
- University of Manitoba – Manitoba
- University of Winnipeg - Manitoba
- Red River College Polytechnic - Manitoba
- Université de Saint-Boniface - Manitoba
- Conestoga College - Ontario
- Niagara College Canada - Ontario
- Western University - Ontario
- Canadore College - Ontario
- Carleton University - Ontario
- Sheridan College - Ontario
- Georgian College - Ontario
- Queen's University - Ontario
- Algoma University - Ontario

- University of Windsor - Ontario
- Lakehead University - Ontario
- Brock University - Ontario
- St. Lawrence College - Ontario
- Loyalist College - Ontario
- Wilfrid Laurier University - Ontario
- Lambton College - Ontario
- Nipissing University - Ontario
- Confederation College - Ontario
- Université du Québec en Outaouais - Quebec
- Université Laval - Quebec
- Université du Québec à Rimouski - Quebec
- École Nationale D'Administration Publique - Quebec
- Institut National de la Recherche Scientifique - Quebec
- Université Bishop's - Quebec
- Université de Sherbrooke - Quebec
- Concordia University - Quebec
- Université de Montréal - Quebec
- McGill University - Quebec
- Crandall University - New Brunswick
- Beal University Canada - New Brunswick
- Maritime College of Forest Technology - New Brunswick
- New Brunswick College of Craft and Design - New Brunswick
- Collège Communautaire du Nouveau-Brunswick - New Brunswick
- New Brunswick Community College - New Brunswick
- St. Thomas University - New Brunswick
- Mount Allison University - New Brunswick
- Université de Moncton - New Brunswick
- University of New Brunswick - New Brunswick
- Cape Breton University - Nova Scotia
- Dalhousie University - Nova Scotia
- NSCAD University - Nova Scotia
- Mount Saint Vincent University - Nova Scotia
- Saint Mary's University - Nova Scotia
- St. Francis Xavier University - Nova Scotia
- University of King's College - Nova Scotia
- Acadia University - Nova Scotia
- Memorial University of Newfoundland - Newfoundland and Labrador
- College of the North Atlantic - Newfoundland and Labrador
- Aurora College - Northwest Territories
- Nunavut Arctic College – Nunavut

RELIGIOUS/SPIRITUAL SUPPORT

- The Anglican Church of God - Yukon
- Whitehorse United Church - Yukon
- Yukon Muslim Society – Yukon
- The Ark Christian Youth Centre - British Columbia
- Okanagan Jewish Community Centre - British Columbia
- Gateway Community Christian Reformed Church - British Columbia
- Abbotsford Islamic Center - British Columbia
- The B.C. Muslim Association (BCMA) - British Columbia
- St. Patrick Catholic Church - British Columbia
- St. Joseph's Catholic Church - British Columbia
- SOS Meditation & Ecology Centre - British Columbia
- Nelson Unitarian Spiritual Centre - British Columbia
- Shin Mei Spiritual Centre - British Columbia
- Masjid Al Omari - Alberta
- Abu Bakr Islamic Center - Alberta
- First Church of God - Alberta
- Elim Assembly Church - Alberta
- Roman Catholic Diocese of Saskatoon - Saskatchewan
- Parliament Community Church Regina - Saskatchewan
- Buddha Meditation Centre Saskatoon at Mahamevnawa Buddhist Monastery - Saskatchewan
- Muslim Aid of Saskatchewan - Saskatchewan
- Centre for Spiritual Living Winnipeg - Manitoba
- Sandy-Saulteaux Spiritual Centre - Manitoba
- Manitoba Islamic Association - Manitoba
- Islamic Social Services Association Inc. (ISSA) - Manitoba
- Manitou Christian Fellowship - Manitoba
- St. Paul Cathedral Social Services - Ontario
- Niagara Orchard Community Church - Ontario
- TARIC Islamic Centre - Ontario
- Southshore Community Church - Quebec
- Bethel Community Church - Quebec
- Cathedral of the Holy Trinity - Quebec
- St. Veronica's Church - Quebec
- Khadijah Mosque - Quebec
- Muslim Association of New Brunswick (MANB) - New Brunswick
- Christ Church Cathedral - New Brunswick
- Fredericton Christian Reformed - New Brunswick
- Fredericton Shambhala Centre - New Brunswick
- Seton Spirituality Centre - Nova Scotia

- Church of Jesus Christ of Latter-day Saints - Nova Scotia
- Dartmouth Mosque - Nova Scotia
- Maritime Muslim Academy - Nova Scotia
- Muslim Association of NL - Newfoundland and Labrador
- Hindu Temple (St. John's) Association - Newfoundland and Labrador
- Jewish Community Havura - Newfoundland and Labrador
- Spiritual Assembly of the Bahá'ís of St. John's - Newfoundland and Labrador
- Church of Jesus Christ of Latter-Day Saints - Alberta
- Our Lady of Peace Catholic Church - Alberta
- St. Andrews Presbyterian Church - Alberta
- Yellowknife Shia - Northwest Territories

CHILD AND YOUTH MENTAL HEALTH AGENCIES

Yukon:

The Child, Youth and Family Treatment Team (CYFTT) provides a range of counselling and support services. They help school-aged children, youth and families in Yukon. CYFTT services are free of charge. They offer counselling services; outreach services; and youth intensive treatment. Referrals can come from: schools; medical offices; and other community organizations. Self-referrals are welcome as well. In certain cases, youth may consent to services without their caregiver's approval or knowledge.

For more information, visit [Get counselling and support for families, youth and children | Government of Yukon](#)

British Columbia:

The Ministry of Children and Family Development's **Child and Youth Mental Health (CYMH)** teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

For more information, visit [Child & Youth Mental Health - Province of British Columbia \(gov.bc.ca\)](#)

Additional Locations:

- Fraser Valley Child Development Centre - British Columbia
- CYMH Agassiz - Harrison - British Columbia
- Chilliwack CYMH - British Columbia
- CYMH Hope - British Columbia
- CYMH Mission - British Columbia
- CYMH Burnaby (Brentwood) - British Columbia
- CYMH Burnaby (Metrotown) - British Columbia
- CYMH Ridge Meadows - British Columbia
- CYMH New Westminster - British Columbia
- CYMH Tri-Cities - British Columbia
- CYMH Delta-North - British Columbia
- CYMH Delta-South (Ladner) - British Columbia
- CYMH Langley - British Columbia
- CYMH Surrey Cloverdale - British Columbia
- CYMH Surrey Guildford - British Columbia
- CYMH Surrey North - British Columbia
- CYMH Surrey Newton - British Columbia
- CYMH White Rock - South Surrey - British Columbia
- CYMH Eating Disorder Program - British Columbia
- CYMH Castlegar - British Columbia
- CYMH Cranbrook - British Columbia
- CYMH Creston - British Columbia
- CYMH Fernie - British Columbia
- CYMH Golden - British Columbia
- CYMH Grand Forks - British Columbia
- CYMH Invermere - British Columbia
- CYMH Nakusp (Service BC Office) - British Columbia
- CYMH Nelson - British Columbia
- CYMH Trail - British Columbia
- CYMH Kelowna - British Columbia
- CYMH Oliver - British Columbia
- CYMH Penticton - British Columbia
- CYMH Vernon - British Columbia
- CYMH West Kelowna - British Columbia
- YMH 100 Mile House - British Columbia

- CYMH Ashcroft - British Columbia
- CYMH Clearwater - British Columbia
- CYMH Kamloops - North Shore - British Columbia
- CYMH Kamloops - South Shore - British Columbia
- CYMH Lillooet - British Columbia
- CYMH Merritt - British Columbia
- CYMH Revelstoke - British Columbia
- CYMH Abbotsford - Abbotsford
- CYMH Agassiz - Harrison
- Chilliwack CYMH - Chilliwack
- CYMH Hope - Hope
- CYMH Mission - Mission
- CYMH Burnaby (Brentwood) - Burnaby
- CYMH Burnaby (Metrotown) - Burnaby
- CYMH Ridge Meadows - Maple Ridge
- CYMH New Westminister - New Westminister
- CYMH Tri-Cities - Port Moody
- CYMH Delta-North - Delta
- CYMH Delta-South (Ladner) - Delta
- CYMH Langley - Langley
- CYMH Surrey Cloverdale - Surrey
- CYMH Surrey Guildford - Surrey
- CYMH Surrey North - Surrey
- CYMH Surrey Newton - Surrey
- CYMH White Rock - South Surrey - White Rock
- CYMH Castlegar - Castlegar
- CYMH Cranbrook - Cranbrook
- CYMH Creston - Creston
- CYMH Fernie - Fernie
- CYMH Golden - Golden
- CYMH Grand Forks - Grand Forks
- CYMH Invermere - Invermere
- CYMH Nakusp (Service BC Office) - Nakusp
- CYMH Nelson - Nelson
- CYMH Trail - Trail
- CYMH Kelowna - Kelowna
- CYMH Oliver - Oliver

- CYMH Penticton - Penticton
- CYMH Vernon - Vernon
- CYMH West Kelowna - West Kelowna
- CYMH 100 Mile House - 100 Mile House
- CYMH Ashcroft - Ashcroft
- CYMH Barriere Municipality District - Barriere
- CYMH Clearwater - Clearwater
- CYMH Clinton - Clinton
- CYMH Kamloops - North Shore - Kamloops
- CYMH Kamloops - South Shore - Kamloops
- CYMH Lillooet - Lillooet
- CYMH Lytton - Lytton
- CYMH Merritt - Merritt
- CYMH Revelstoke - Revelstoke
- CYMH Salmon Arm - Salmon Arm
- CYMH Williams Lake - Williams Lake
- Robson Family Support Services - McBride
- CYMH Quesnel - Quesnel
- Robson Valley Community Services - Valemount
- CYMH South Peace (Chetwynd) - Chetwynd
- CYMH South Peace (Dawson Creek) - Dawson Creek
- CYMH Fort Nelson - Fort Nelson
- CYMH Fort St. John - Fort St. John
- CYMH South Peace (Tumbler Ridge) - Tumbler Ridge
- CYMH Stikine - Dease Lake
- CYMH Hazelton - Hazelton
- CYMH Houston - Houston
- CYMH Masset - Masset
- CYMH Prince Rupert - Prince Rupert
- CYMH Queen Charlotte - Daajing Giids
- CYMH Smithers - Smithers
- CYMH Terrace - Terrace
- CYMH Bella Coola - Bella Coola
- CYMH Gibsons - Gibsons
- CYMH North Shore - North Vancouver
- CYMH Pemberton - Pemberton
- CYMH Powell River - Powell River

- CYMH Sechelt - Sechelt
- CYMH Squamish - Squamish
- Whistler Medical Clinic - Whistler
- CYMH Richmond - Richmond
- CYMH Vancouver - Vancouver
- CYMH East Calgary Health Centre - Calgary

Saskatchewan:

- Athabasca Health Authority:
 - Children's Mental Health & Wellness (Black Lake): Phone: (306) 439-2200
- Saskatchewan Youth In Care and Custody Network:
 - Regina phone: (306) 522-1533. Toll-free: 1-888-528-8061. Email: info@syiccn.ca

Additional Locations:

- Child & Youth Mental Health & Addiction Services – Outpatient - Saskatoon
- Youth Addiction Services – Inpatient – Calder Centre - Saskatoon
- Youth Mental Health Services, Randall Kinship Centre - Regina
- Youth Addiction Services – Addiction Treatment Centre - Regina
- Youth Mental Health and Addictions – Youth Detox – Regina General Hospital - Regina
- Youth Addiction Services – Inpatient – Prince Albert Regional Health Centre - Prince Albert

Manitoba:

Additional Locations:

- Centralized Intake - Winnipeg
- Early Childhood Clinic (ECC) - Winnipeg
- Kidthink Children's Mental Health Centre Inc. - Winnipeg

Ontario:

Secure Treatment



Ontario's Secure Treatment Program provides intensive care for children and youth under the age of 18 years experiencing acute and complex mental health or addictions challenges who are at risk of self-harm or harm to others. Secure treatment is delivered in a highly structured, secure facility that places continuous restrictions on the liberties of the child or youth.

Secure treatment Programs in Ontario are licensed as children's residences under the [*Child, Youth and Family Services Act, 2017*](#) (CYFSA). The CYFSA permits the minister to approve secure treatment programs.

For more information, visit [Mental health services for children and youth | ontario.ca](https://www.ontario.ca/mental-health-services-for-children-and-youth)

Additional Locations:

- **Central:**
- Dufferin/Wellington: Canadian Mental Health Association Waterloo Wellington Dufferin Branch
- Halton: Reach Out Centre for Kids (ROCK)
- Peel: Everymind Mental Health Services
- Simcoe: New Path Youth and Family Counselling Services of Simcoe County
- Waterloo: Lutherwood
- York: Kinark Child and Family Services
- **East:**
- Durham: Kinark Child and Family Services
- Frontenac/Lennox and Addington: Maltby Centre
- Haliburton/Kawartha Lakes/Peterborough: Kinark Child and Family Services
- Hastings/Prince Edward/Northumberland: Children's Mental Health Services
- Lanark/Leeds/Grenville: Children's Mental Health of Leeds and Grenville
- Ottawa: Youth Services Bureau of Ottawa
- Prescott and Russell: Valoris for Children and Adults of Prescott-Russell
- Renfrew: The Phoenix Centre for Children and Families
- Stormont/Dundas/Glengarry: Cornwall Community Hospital
- **North:**
- Algoma: Algoma Family Services
- Cochrane/Timiskaming: North Eastern Ontario Family and Children's Services
- Nipissing/Parry Sound/Muskoka: Hands TheFamilyHelpNetwork.ca
- Sudbury/Manitoulin: Compass – Child and Youth Mental Health Services

- Thunder Bay: Children’s Centre Thunder Bay
- **Toronto:**
- Toronto: Strides Toronto Support Services
- **West:**
- Brant: Woodview Mental Health and Autism Services
- Chatham/Kent: Linck Child, Youth and Family Supports
- Elgin/Oxford: Wellkin - Child and Youth Mental Wellness
- Essex: Hôtel-Dieu Grace Healthcare - Regional Children's Centre
- Grey/Bruce: Keystone Child, Youth & Family Services
- Haldimand/Norfolk: Haldimand Norfolk Resource, Education and Counselling Help (H-N REACH)
- Hamilton: Lynwood Charlton Centre
- Huron/Perth: Huron Perth Centre for Children and Youth
- Lambton: St. Clair Child & Youth Services
- Middlesex: Madame Vanier Children’s Services
- Niagara: Pathstone Mental Health

Québec:

- **Aire Ouverte**
 - At an Aire ouverte centre, teenagers and young adults, as well as their families and friends, are welcomed and can access services geared to their needs. Professionals, such as a nurse or a social worker, are on hand to welcome them, listen to them and help them find solutions. Staff members are knowledgeable and understanding and provide help without judging, regardless of the person’s situation, occupation or condition. Aire ouverte offers a range of services geared to the reality of young people aged 12 to 25. These include mental and physical health services. Advice about study, work, housing or information about legal and financial aid is also provided on site. To find your nearest Aire Ouverte location, visit [Air Ouverte Locations](#)
- **The First Episode Psychosis Program (FEPP)**
 - The First Episode Psychosis Program (FEPP) is intended for people 12 to 35 years of age presenting with the symptoms of a psychotic disorder. It offers intensive interdisciplinary follow-up care. It combines medical treatment for psychosis and psychosocial counselling. To benefit from the FEPP, young people must never have been treated for psychosis or treated for one or more periods totalling no more than 12 months. All Québec residents insured by the Régie de l’assurance maladie du Québec (RAMQ) can access the FEPP free of charge. People covered by private insurance, such as foreign students, are also eligible for the services in this program.

All the regions of Québec offer services for young people presenting with a first episode of psychosis. To access these program services, you need only contact the “First Episode of Psychosis” team in your local area. You do not need a medical referral. If you do not have the contact information for your local clinic, contact the psychosocial department of your CLSC or call Info-Social 811. They will put you in touch with the persons who can respond to your request. For more information, please visit [First Episode Psychosis Program \(FEPP\) | Gouvernement du Québec \(quebec.ca\)](#)

New Brunswick:

- **Child and Youth Addictions and Mental Health Services**
 - Child and Youth addictions and mental health teams throughout the province offer services to children and youth who need help with emotional needs, mental health or addictions. These multidisciplinary teams are made up of caring professionals with training in counselling, social work, occupational therapy, psychology, education, nursing, mental health, and addictions. Child and Youth services are available in schools, mental health sites, and other community settings; they are provided in places that work for children, youth, and families. Requests for these services can be made by youth, families, schools, primary care providers, hospitals, and service providers from the community.
 - **Fredericton Area:** [506-453-2132](tel:506-453-2132)
 - **Miramichi Area:** [506-778-6111](tel:506-778-6111)
 - **Moncton Area:** [506-856-2922](tel:506-856-2922)
 - **Saint John Area:** [506-658-3737](tel:506-658-3737)
Charlotte County: [506-466-7380](tel:506-466-7380)
Sussex: [506-432-2217](tel:506-432-2217)
 - **Upper River Valley Area**
Perth-Andover: [506-273-4701](tel:506-273-4701)
Woodstock: [506-325-4419](tel:506-325-4419)

Nova Scotia:

Child and Adolescent Services/Child Youth and Family/Child and Adolescent Outpatient Clinical Services provide mental health and addiction services to children and youth (under the age of 19) within a client and family centered context.

- Families are essential partners in the treatment of the childhood onset of mental health and addictions disorders, and we strive to include families in assessment and treatment and to partner with families to support health and wellness for their children. Treatment may include group or individual therapy, in-home support provided by case managers, behavioral interventionists or community mental health nurses, medication or a combination of those. Assessment of autism spectrum disorders is also available through this service. For more information on the Child and Adolescent services Nova Scotia Health offers, visit [Child and Adolescent Services | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](https://www.nshealth.ca/Child-and-Adolescent-Services)

Newfoundland and Labrador:

Additional Locations:

- Choices for Youth Outreach & Youth Engagement Centre (Ages 16-29) - Newfoundland and Labrador.

Northwest Territories:

- **The Northwest Territories (NWT) Child and Youth Counselling (CYC) services** is a program provides mental health and wellness supports to students, as well as school-aged youth and their families, in schools and communities. Mental health and wellness services in schools will be provided for students with mild to moderate needs. Many of these services aim to promote positive mental health and wellness in students, and provide them with tools and strategies to prevent significant mental health concerns, such as self-help tools, workshops and class presentations on things like anger management and dealing with anxiety.
 - Through the initiative, child and youth counsellors hired by the NWT health and social services authorities were placed in schools and communities that had more than 75 students (37 schools), and a travelling mental health support team provided service to schools with fewer than 75 students (12 schools).

- For more information on this program visit, [2023-2024 NWT Child and Youth Counselling Services Information](#)

Nunavut:

It is the mandate of the Representative for Children and Youth's Office (RCYO) to make sure legislation, policies, procedures, programs, and services put in place by Government of Nunavut departments and designated authorities (departments) provide ethical, equitable, and consistent outcomes that meet the needs and support the rights of young Nunavummiut, and the families, who rely on them.

Nunavut Representative for Child and Youth advocates for children, youth and families to access government social services, including mental health support.

[English | rcynu.ca](#)