

HOTLINES



PACE 24/7 PACE Helpline *(Sexual assault and violence helpline)* 1-888-377-3223

Odyssey House *(Domestic abuse and homelessness support)* 1-780-532-2672

Canada Suicide Prevention Service *(Suicide prevention)* 1-833-456-4566

Crisis Text Line *(Crisis Support)* text TALK to 686868 (English)
and TEXTO to 686868 (French)
or HOME to 686868

KidsHelp Phone *(Crisis Support)* 1-800-668-6868

First Nations and Inuit Hope for Wellness *(Crisis Support)* 1-800-668-6868

Canadian Indian Residential Schools Crisis Line *(Crisis Support)* 1-866-925-4419

Trans Lifeline *(Crisis Support)* 1-877-330-6366

St. Paul & District Crisis Centre *(Crisis Support)* 1-866-925-4419

Youthline *(Crisis Support)* TEXT 647-694-4275