



MIGRAINESOCIETY.CA

Free Mental Health Supports

Migraine disease is a chronic illness which can create feelings of despair and depression, and can also be comorbid with depression and anxiety. This guide includes crisis intervention, referral, counselling, skill-building, and supports for communities with specialized needs. All services listed are free of charge. If you are experiencing mental health challenges or feel unable to cope, please reach out to one of the resources listed in this guide. *Links are up-to-date as of January 2023.*

Alberta

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Alberta 24-Hour Mental Health Line:** 24-hour professional support from a mental health specialist, including crisis support; mental health and substance use screening and assessment; and information on mental health, services, and coping strategies. Call toll-free 1-877-303-2642.
- **Distress Centre (Calgary):** 24-hour support by phone, text, or online chat. Up to six free in-person counselling sessions. Call or text 403-266-4357 (HELP) or visit their website to access online chat or information about counselling: <https://www.distresscentre.com/>. Teens can access peer support through connecteen: <https://calgaryconnecteen.com/need-help/> 403-264-8336 (TEEN).

***If you are actively suicidal, engaging in self-harm, or experiencing a mental health crisis, please go to your nearest urgent care/emergency room or call 911.

Support and Referral:

- **Access Addiction and Mental Health (Central Zone):** 30–45-minute telephone interviews by mental health clinicians and referral to community resources. Monday to Friday 8:30 am–4:30 pm. Call toll-free 1-888-594-0211.
- **Access Mental Health (Calgary and Area):** non-urgent clinical telephone interviews by mental health clinicians to refer callers to the most appropriate mental health and/or addiction resources. Monday to Friday 8 am–5 pm. Call 403-943-1500.
- **Alberta Health Services Programs & Support:** First choose your zone, then select adult services for a pop-up window of service providers and numbers by cities/towns within that zone. See: <https://www.albertahealthservices.ca/amh/Page14063.aspx>
- **Health Link:** speak to an Information and Referral Specialist to help find support. Call 811.

Counselling:

- **Calgary Immigrant Women Association (Calgary):** free counselling for newcomer girls and women aged 13–24 and 50+, who are permanent residents or refugees and have cultural or language barriers. For more information visit <https://ciwa-online.com/newcomer-services/parents-seniors-youth/one-on-one-counselling-for-immigrant-women/>
- **Distress Centre (Calgary):** up to six free in-person counselling sessions. Call or text 403-266-4357 (HELP) or visit their website to access information about counselling: <https://www.distresscentre.com/>
- **Eastside Community Mental Health Services (Calgary):** free therapy sessions available Mondays-Saturdays. Call 403-299-9699. Walk-in mental health support is available Tuesdays and Saturdays from 11 am–6 pm at #255-495 36 Street NE (Northgate Mall).
- **Rapid Access Counselling:** free virtual 75-minute professional counselling session for Albertans with children under the age of 18 at home. For more information visit <https://www.racalberta.ca/>

British Columbia

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Crisis Centre:** telephone (24/7) and text services for British Columbian youth, adults, and seniors experiencing distress or crisis, including thoughts of suicide. Call 1-800-SUICIDE (1-800-784-2433) or check their website for information on text-based support: <https://crisiscentre.bc.ca/about-us/>. Seniors can call the Seniors Distress Line at 604-872-1234.
- **KUU-US Crisis Line Society:** telephone services for Indigenous adults, elders, and youth facing difficult situations. Call 1-800-588-8717 or check their website for more information: <https://www.kuu-uscrisisline.com/24-hour-crisis-line>

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Support and Referral:

- **310 Mental Health Support:** 24/7 telephone service providing emotional support and referrals. Call 310-6789 (no area code needed).
- **BC Bereavement Helpline:** referral to support options. Call toll-free 1-877-779-2223 or email contact@bcbh.ca. Monday, Tuesday, and Thursday 9 am 5 pm; Wednesday and Friday 9 am–8:30 pm; and Saturday 9 am–1 pm. For more information visit <https://www.bcbh.ca/>
- **British Columbia Ministry of Mental Health and Addictions:** information on mental health and substance use including pathways for support: <https://wellbeing.gov.bc.ca/>

Courses and Information:

- **BounceBack™:** online modules, videos, and telephone-based coaching for people aged 13+ experiencing low mood, mild to moderate depression, anxiety, stress, or worry. <https://bouncebackbc.ca/>

Manitoba

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Crisis Response Centre (Winnipeg):** 24/7 professional response for individuals experiencing a mental health crisis. Go to 817 Bannatyne Avenue or for more information visit <https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>
- **Manitoba Farm, Rural, & Northern Support Services:** 24/7 telephone counselling and support. Call toll-free 1-866-367-3276. For more information visit <https://supportline.ca/>
- **Manitoba Suicide Prevention & Support Line:** 24/7 support by trained crisis counsellors. Call toll-free 1-877-435-7170. For more information visit <https://reasontolive.ca/>
- **Mobile Crisis Services:** for a list of professional mobile response teams across the province please visit <https://www.gov.mb.ca/mh/mh/crisis.html>

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Support and Referral:

- **CMHA Service Navigation Hub:** support and assistance finding the best service for your needs within the mental health and addiction systems. Specialized support also

available for older adults aged 55+. Call 204-775-6442 or visit <https://mbwpg.cmha.ca/cmha-service-navigation-hub/>

- **Mental Health Intake:** for a list of mental health intake numbers across the province please visit <https://www.gov.mb.ca/mh/mh/crisis.html>

Counselling:

- **Huddle NorWest Youth Hub (Winnipeg):** telephone counselling available for people aged 12-29. Limited hours: call 204-221-9800 or visit <https://norwestcoop.ca/locations/www-huddlenorwest-ca/>
- **Klinik Community Health (Winnipeg):** drop-in counselling Mondays, Fridays, and Saturdays from noon – 4 pm; Tuesdays, Wednesdays, and Thursdays from noon – 8 pm. Service provided at 167 Sherbrook Street or for more information visit <https://klinik.mb.ca/>. Trauma counselling is also offered. Trauma therapy requires stability and commitment and the program will have to assess you to see if you would be a good fit for the program. See the website for more information or call 204-784-4059.
- **NorWest Co-op Community Health (Winnipeg):** drop-in and specialized counselling available. For more information visit https://norwestcoop.ca/program_category/counselling/
- **Women's Health Clinic (Winnipeg):** counselling for girls (13+), women, Two-Spirit, trans, non-binary, and gender non-conforming people who do not have health insurance and cannot afford the cost of counselling. Call 204-947-2422 or for more information visit <https://womenshealthclinic.org/what-we-do/counselling/>

Courses and Information:

- **Anxiety and Worry Support Program:** free 6-week program hosted on Zoom followed by weekly support groups. To sign up email adam@adam.mb.ca or call 204-925-0600. For more information visit <https://adam.mb.ca/programs/anxiety-and-worry-support-program>
- **Mood Disorders Association of Manitoba:** hosts online and in-person (Winnipeg) groups for different populations (women, men, youth, seniors) and concerns (postpartum, disordered eating, bipolar disorder, depression, and anxiety). For more information visit <https://moodmb.ca/programs-services/>

New Brunswick

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Chimo Helpline:** 24/7 crisis phone line for residents of New Brunswick, providing supportive listening, crisis intervention, information, and referrals. Call 1-800-667-5005.
- **Mobile Crisis Units:** professional response to mental health crises (NOT 24/7). For anglophone units visit <https://horizonnb.ca/services/addictions-mental->

[health/adult-services/mobile-crisis-unit/](https://www.vitalitenb.ca/en/points-service/mental-health/mobile-crisis-response-services) and for francophone units visit <https://www.vitalitenb.ca/en/points-service/mental-health/mobile-crisis-response-services>

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Support and Referral:

- **Community Mental Health Centres:** visit https://www2.gnb.ca/content/gnb/en/departments/health/mental_health_services/CommunityMentalHealthResources.html for a complete list. You may be able to access counselling or single-visit therapy through this program.

Courses and Information:

- **Bridge the gapp:** online resource providing a service directory, information, inspiration, toolbox, and links to online programs for adults and youth. Visit <https://nb.bridgethegapp.ca/>
- **PSPNET:** for public safety personnel, therapist guided wellbeing and PTSD courses, and self-guided wellbeing course. Visit <https://www.pspnet.ca/>

Newfoundland and Labrador

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **811:** 24/7 access to a nurse for support with life stresses including mental health concerns and suicide. Call 811 or see their website for more information and links to other mental health supports: <https://www.811healthline.ca/mental-health/>

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Support and Referral:

- **Lifewise Warm Line:** speak with trained peer supporters about non-urgent mental health issues. Call 10 am–12 am daily: 1-855-753-2560 (English) or 1-833-753-5460 (French) or visit their website for more information: <https://lifewisenl.ca/>
- **Mental Health and Addictions Systems Navigator:** assistance accessing mental health and addiction programs provided by the health authorities and community services. Call toll-free 1-877-999-7589 Monday to Friday 8:30 am–4:40 pm or visit their website for more information: <https://mha.easternhealth.ca/mental-health-and-addictions-systems-navigator/>

Counselling:

- **Doorways:** walk-in, same-day, or video/telephone counselling appointments. For access information see: <https://mha.easternhealth.ca/doorways/>

Courses and Information:

- **Breaking Free Online:** online program for people aged 16+ who want to cut down or quit their use of drugs and/or alcohol. Visit <https://www.breakingfreeonline.ca/>
- **Breathing Room:** online program for youth and young adults aged 13–24 focused on managing stress, depression, and anxiety. Visit <https://app.breathingroom.me/register?code=ZH8N47FS>
- **Bridge the gapp:** online resource providing a service directory, information, inspiration, toolbox, and links to online programs for adults and youth. Visit <https://nl.bridgethegapp.ca/>
- **MindWell:** mindfulness classes and webinars designed to decrease stress and burnout. Visit <https://app.mindwellu.com/newfoundland/landing>
- **Therapy Assistance Online (TAO):** interactive education modules and practice tools to help people overcome setbacks. Visit https://www.taoconnect.org/what_is_tao/nl/

Nova Scotia

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Crisis Text Line:** 24/7 crisis text support for adults. Text NSSTRONG to 741741. Frontline workers can text FRONTLINE to 741741.
- **Provincial Mental Health Crisis Line:** 24/7 support for anyone experiencing a mental health or addiction crisis. Call toll-free 1-888-429-8167

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Support and Referral:

- **211:** for non-urgent concerns about well-being and safety, call 24/7 to access information, referral, and brief counselling. Call 211 or toll-free 1-855-466-4994.
- **811:** for non-urgent information about mental health and addiction. Call 811.
- **Good2Talk Nova Scotia:** post-secondary students can call to speak with a professional counselor or text with a volunteer crisis responder. Services available 24/7. Call 1-833-292-3698 or text GOODTOTALKNS to 686868.

Counselling:

- **Good2Talk Nova Scotia:** post-secondary students can call to speak with a professional counselor. Services available 24/7. Call 1-833-292-3698.
- **Mental Health and Addictions Intake:** to self-refer to a mental health or addictions clinic, service, or program call Monday to Friday, 8:30 am–4:30 pm toll-free 1-855-922-1122.

Courses and Information:

- **Healthy Minds NS:** online mental health information and resources for post-secondary students and faculty. Visit <https://healthymindsns.ca/>
- **MindWell:** mindfulness classes and webinars designed to decrease stress and burnout. Visit [MindWell: mindfulness classes and webinars designed to decrease stress and burnout. Visit https://app.mindwellu.com/novascotia/landing](https://app.mindwellu.com/novascotia/landing)
- **NS First Responders' Mental Health:** online information and resources for Nova Scotia first responders or others in stressful occupations. Visit <https://www.firstrespondersmentalhealthns.com/>
- **PSPNET:** for public safety personnel, therapist guided wellbeing and PTSD courses, and self-guided wellbeing course. Visit <https://www.pspnet.ca/>
- **Therapy Assistance Online (TAO):** interactive education modules and practice tools to help people overcome setbacks. Visit [Therapy Assistance Online \(TAO\): interactive education modules and practice tools to help people overcome setbacks. https://taoconnect.org/what_is_tao/ns/](https://taoconnect.org/what_is_tao/ns/)
- **Togetherall:** online mental health support community for Nova Scotians aged 16+. Visit <https://togetherall.com/en-ca/>

Northwest Territories

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **NWT Crisis Line:** 24/7 crisis support from trained responders. Call 1-800-661-0844 or for more information visit <https://www.nthssa.ca/en/services/mental-health-resources-and-supports/crisis-lines>

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Counselling:

- **Community Counselors:** contact information for community counsellors by region. Visit <https://www.hss.gov.nt.ca/en/contact/community-counsellor>

Courses and Information:

- **Breathing Room:** online program for youth and young adults aged 13–24 focused on managing stress, depression, and anxiety. Visit <https://app.breathingroom.me/register?code=XXQTGPUE> or download from Google Play or the App Store using code XXQTGPUE
- **Online Resources:** links to online resources compiled by Health and Social Services. Visit <https://www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/online-supports>

Nunavut

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Nunavut Help Line:** talk 24/7 to a trained volunteer. Callers are encouraged to think of the phone number as a help number, but crisis support is also provided. During certain hours calls are automatically routed to the Ottawa Distress Centre to ensure 24/7 coverage. Call 1-800-265-3333. For more information visit <https://nunavuthelpline.ca/>

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Counselling:

- **Healing by Talking Program:** free telephone counselling service provided by the Government of Nunavut. Visit your local health care centre for more information or email healing@gov.nu.ca

Ontario

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Distress and Crisis Ontario:** visit for a list of crisis lines outside of the GTA: <https://www.dcontario.org/locations/>
- **Distress Centres of Greater Toronto:** 24/7 access to trained crisis volunteers. Call 408-HELP or visit <https://www.dcogt.com/get-help/>

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Support and Referral:

- **Good2Talk Ontario:** post-secondary students can call to speak with a professional counselor or text with a volunteer crisis responder. Services available 24/7. Call 1-866-925-5454 or text GOODTOTALKON to 686868.

Counselling:

- **Good2Talk Ontario:** post-secondary students can call to speak with a professional counselor. Services available 24/7. Call 1-866-925-5454.
- **Farmers' Wellness Initiative:** Farmers and their families can call 24/7 to be matched with a mental health professional for free, tailored counselling sessions. Call 1-866-267-6255 or visit <https://farmerwellnessinitiative.ca/>
- **Talk4Healing:** 27/4 access to Indigenous women counselors, for Indigenous women in Ontario. Call 1-855-554-HEAL or access the live chat online: <https://www.beendigen.com/programs/talk4healing/>

Courses and Information:

- **BounceBack™:** online modules, videos, and telephone-based coaching for people aged 15+ experiencing low mood, mild to moderate depression, anxiety, stress, or worry. <https://bouncebackontario.ca/>
- **Breaking Free Online:** online program for people aged 16+ who want to cut down or quit their use of drugs and/or alcohol. Visit <https://www.breakingfreeonline.ca/>

Prince Edward Island

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Mental Health and Addictions Phone Line:** 24/7 support by a mental health professional. Call toll-free 1-833-553-6983
- **Mobile Mental Health Response Service:** in-person crisis supports from mental health professionals. Available from 10 am–10 pm. Call toll-free 1-833-553-6983.

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Support and Referral:

- **Mental Health and Addictions Patient Navigator:** for help finding your way through the health care system, call 1-902-218-328 or visit <https://www.princeedwardisland.ca/en/information/health-pei/mental-health-and-addictions-services>

Counselling:

- **Mental Health Walk-in Clinics:** walk-in access to sessions with mental health professionals. For locations and details please visit <https://www.princeedwardisland.ca/en/information/health-pe/mental-health-walk-in-clinics>
- **PEI Farmers' Assistance Program:** up to six free professional counselling sessions for farmers, farm workers, or their families. Call toll-free 1-800-736-8006 or visit <https://www.farmerstalk.ca/fap>. Programs are also offered for those in **fishing** (<https://www.princeedwardisland.ca/en/information/fisheries-and-communities/fisher-assistance-program>) and **aquaculture** (<https://www.princeedwardisland.ca/en/information/fisheries-and-communities/the-aquaculture-farm-assistance-program>)

Courses and Information:

- **Bridge the gapp:** online resource providing a service directory, information, inspiration, toolbox, and links to online programs for adults and youth. Visit <https://pei.bridgethegapp.ca/>
- **Changeways Core Program:** in-person cognitive behavioral therapy program for depression led by mental health professionals. For more information visit <https://www.princeedwardisland.ca/en/information/health-pe/changeways-core-program-for-dealing-with-low-mood-and-depression>
- **Coping Skills Program:** in-person program to help with distress and chronic stress. 1.5 hours per week for 6-7 weeks. For more information visit <https://www.princeedwardisland.ca/en/information/health-pe/coping-skills-program-for-distress-and-chronic-stress>
- **ICAN Adult Anxiety Program:** online program including telephone coaching. Sign up at <https://login.strongestfamilies.com/accounts/login/?next=%2F>
- **PSPNET:** for public safety personnel, therapist-guided wellbeing and PTSD courses, and self-guided wellbeing course. Visit <https://www.pspnet.ca/>

Quebec

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Suicide.ca:** 24/7 access to trained counselors. Call 1-866-277-3553 or text 535353. For more information visit <https://suicide.ca/en>

***If you are actively suicidal, engaging in self-harm, or experiencing a mental health crisis, please go to your nearest urgent care/emergency room or call 911.

Courses and Information:

- **PSPNET:** for public safety personnel, therapist guided wellbeing and PTSD courses, and self-guided wellbeing course. Visit <https://www.pspnet.ca/>

Saskatchewan

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **List of Regional Crisis Units and Phone Lines:** <https://sk.211.ca/emergency-crisis-hotlines/>

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Counselling:

- **Community Adult Counselling Program (Saskatoon Health Region):** counselling by appointment and through groups. Call 306-655-7777.
- **Counselling Connect Saskatchewan:** access to free in-person or virtual counselling with licensed counselors. Request an appointment online: <https://www.counsellingconnectsask.ca/>
- **Free Mental Health Walk-In Services:** government link including list of services across the province: <https://www.saskatchewan.ca/government/news-and-media/2019/august/13/free-mental-health-walk-ins>

Courses and Information:

- **Online Therapy USER: The Wellbeing Course:** 8-week therapist guided online program for depression. Visit https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Documents/Pamphlets/Online%20Therapy%20Brochure.pdf
- **PSPNET:** for public safety personnel, therapist guided wellbeing and PTSD courses, and self-guided wellbeing course. Visit <https://www.pspnet.ca/>

Yukon

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Reach Out Support Line:** free support line with trained volunteers for any concerns you want to talk about, small or large. Call 1-844-533-3030 between 10 am – 2 am every day, including holidays. For more information visit <https://yukon.cmha.ca/programs/reach-out-support-line-1-844-533-3030/>
- If you need crisis support between 2 am – 10 am please reach out to a national crisis line such as **talk suicide Canada:** call toll-free 1-833-456-4566 24/7 or visit <https://talksuicide.ca/>

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Counselling:

- **Mental Wellness and Substance Use Services (Government of Yukon):** individual and group counselling. Access to a psychiatrist may be available as part of counselling. Counselling may be available within 72 hours for people living with a mental health or substance use challenge as well as caregivers. Call 1-867-456-3838 or toll-free 1-866-456-3838. For more information visit <https://yukon.ca/en/health-and-wellness/mental-wellness/access-counselling-services-yukon> or <https://yukon.ca/en/health-and-wellness/mental-wellness/access-adult-counselling-services>

Courses and Information:

- **BounceBack™:** online modules, videos, and telephone-based coaching for people aged 15+ experiencing low mood, mild to moderate depression, anxiety, stress, or worry. Call 867-668-6429 or email admin@yukon.cmha. For more information visit <https://yukon.cmha.ca/programs/bounceback/>

Nationwide

Emergency/Crisis Support:

If you are feeling overwhelmed, despairing, unable to cope, or having thoughts of suicide, reach out to a crisis service.

- **Hope for Wellness Helpline:** 24/7 telephone and chat support for Indigenous people in Canada. Services are available in English and French and with prior notice, Cree, Ojibway, and Inuktitut. Call 1-855-242-3310. To access chat or for more information visit <https://www.hopeforwellness.ca/>
- **Residential Schools Crisis Line:** 24/7 support for people who have been impacted by residential schools, including former students and their families. Call 1-800-721-0066.
- **Kids Help Phone:** mental health resources for kids and young adults. For crisis text service: text CONNECT to 686868. 24/7 telephone access to a professional counsellor by calling 1-800-668-6868. Access by text to a professional counsellor from 7 pm to midnight Eastern Time. For more information visit <https://kidshelpphone.ca/>
- **Talk Suicide Canada:** talk to a crisis responder 24/7. Call toll-free 1-833-456-4566. Texting available from 4 pm – midnight Eastern Time: Text 45645. For more information visit <https://talksuicide.ca/>. This service is not available in Quebec: please visit <https://suicide.ca/en> instead.
- **Wellness Together Canada:** For crisis text support text WELLNESS or MIEUX (French callers) to 741741.
- **Youth Space:** for callers up to age 29, online crisis and emotional support from trained volunteers from 6 pm– midnight Pacific Standard Time every day. Text 778-783-0177 or for online chat or more information visit <https://youthspace.ca/>

Counselling:

- **Wellness Together Canada:** 24/7 phone counselling available. Call 1-866-585-0445. For French call 1-888-417-2074. For crisis text support text WELLNESS or MIEUX (French callers) to 741741. Information and resources are also provided on the website. Visit <https://www.wellnesstogether.ca/en-CA> or <https://www.wellnesstogether.ca/fr-CA>

Courses and Information:

- **Bridge the gapp:** online resource providing a service directory, information, inspiration, toolbox, and links to online programs for adults and youth. Visit <https://bridgethegapp.ca/>
- **Canadian Mental Health Association Recovery Colleges:** free courses on mental health and well-being topics (virtual and in-person). For more information and to find a recovery college near you visit <https://cmha.ca/what-we-do/national-programs/recovery-colleges/>
- **PSPNET:** for public safety personnel, self-guided wellbeing course. Visit <https://www.pspnet.ca/>
- **The Lifeline:** free suicide prevention and awareness app. For more information visit <https://thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/>