Elizabeth Eldridge
CONSULTING
THRIVING WORKPLACES BY DESIGN

MENTAL HEALTH RESOURCES

211 211.ca / dial 2-1-1	Through partnerships with United Way, each province and territory now has access to 211, a database of social support resources.
E.F.A.P. TALK TO H.R.	Find out whether you have access to an Employee & Family Assistance Program through your workplace (or your spouse's).
CRISIS SERVICES CANADA crisisservicescanada.ca / 1.833.456.4566 / text 45645	Connect with trained crisis responders. Check website for hours and availability.
988 988.ca / call or text 9-8-8	If you are dealing with thoughts of suicide, or if you are worried about someone else, 988 is available 24/7 Canada-wide.
KIDS HELP PHONE 1.800.668.6868 / Text 686868 / kidshelpphone.ca	24/7 access to a counsellor for ages 5 to 20. Available in French and English.
HOPE FOR WELLNESS 1.855.242.3310 / hopeforwellness.ca	Counselling and crisis intervention for Indigenous peoples. Available 24/7 in English, French, Cree, Ojibway and Inuktitut.
TRANS LIFELINE 1.877.330.6366 / translifeline.org	Peer support run for and by members of the 2SLGBTQ+ community.