

Elizabeth Eldridge

CONSULTING

RESILIENT TEAMS. THRIVING WORKPLACES.

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 members of Indigenous communities. Available 24/7 in English, French, Cree, Ojibway and Inuktitut.

TRANS LIFELINE

1.877.330.6366 /
translifeline.org

Peer support for and by members of the 2SLGBTQ+ community.

www.elizabetheldridge.com