

Local Mental Health Resources



Lesbian Gay Bi Trans
Youth Line

1-800-268-YOUTH • www.youthline.ca

The Lesbian Gay Bi Trans Youth Line exists to provide service for youth, by youth that affirms the experiences and aspirations of lesbian, gay, bisexual, transsexual, trans-gender, 2-spirited, queer & questioning youth in Ontario. We provide leadership opportunities, outreach, confidential peer support and referrals by phone, texting and online.



BeSafe App

Download on the App Store

A free mobile app that connects youth with local mental health and addiction resources. BeSafe encourages youth to make and use a customized safety plan, informs them about local mental health and addiction resources, and provides suggestions for community resources based on their level of need, identified through a decision tree.



Stop, Breath & Think App

Download on the App Store

With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK.



BroTalk

Phone: 1-866-393-5966 (24/7)

Chat: www.brotalk.ca; 6 pm - 2 am

BroTalk is a free, confidential and anonymous service that provides counseling and information to help teen guys (and those who identify as guys) tackle their challenges and stresses, big or small. Whatever you're dealing with, you don't have to face it alone. Chat or Phone, we're here to support you. Fitting in, relationships & dating, depression, sex, school & real life stories.



Healthy Minds App

Download on the App Store

Life as a student can be stressful - assignments, part-time jobs, sports, clubs, relationships, family responsibilities. In fact, during your years as a student, you will face some of the most intense pressures of any point in your life. Stress can take a toll on your mind, weighing you down and even making you ill, so it's important to take action to stay healthy. That's what HealthyMinds is all about. HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy. HealthyMinds was developed by The Royal thanks to a donation by D.I.F.D.



Youth Services Bureau (YSB) Crisis Line & Online Chat

Crisis Line: 1-877-377-7775 / 613-260-2360 (24/7)

Online Chat: www.ysb.ca (Tuesday - Sunday; 4 pm - 10 pm)

Going through a rough time? You're not alone. We've all had moments of crisis. Whether you're stressed, depressed or just can't take it anymore — we're always here to help. The YSB 24/7 Crisis Line & Chat services are for children and youth ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis.