

Crisis Resources

These are some resources for those who might be in need of a helping hand or to just have someone listen to their story.

- Drug and Alcohol Helpline 1-888-565-1278
- Benbowopka Treatment Centre 1-877-356-1681
- Christine Elliot-Mental Health counselling 705-208-8977
- <https://www.crisisservicescanada.ca>
- Canadian Suicide Prevention Services: toll-free 1-833-456-4566 Available 24/7
- ONTX Ontario Online & Text Crisis Service
- Crisis Chat (2 pm - 2 am ET): www.dcontario.org/ontx.html
- Crisis Text (2 pm - 2 am ET): 258258
- Mental Health Help Line: 1-866-531-2600
- <https://www.kidshelpphone.ca>
- KidsHelpPhone Ages 20 Years and Under in Canada 1-800-668-6868
- First Nations and Inuit Hope for Wellness 24/7 Help Line 1-855-242-3310
- Kids Help Phone- 1-800-668-6868- For children and youth 20 and under
- Crisis Text Line- text Go2741741
- Sudbury Crisis (Distress) Centre- 705-675-4760
- NISA Warm Line- 1-866-856-9276
- Assaulted Woman's Helpline- 1-866-863-0511
- Bro Talk- brotalk.ca or 1-866-395-5933 for male teens

- Mississauga Woman's Shelter- 1-800-461-2232 or 705-356-7800
- National Suicide Prevention Lifeline- 1-800-273- 8255
- Sagamok After Hours Crisis Service- 705-863-3178 (Mon-Sun 4:30pm- 9:00am)
- Genevra House- 1-800-461-0133
- Alcoholics Anonymous- 705-461-3150 24hrs
- Al-Anon- 705-848-4334
- Narcotics Anonymous- 705-945-1580 or 1-888-811-3887
- Emergency Shelters Salvation Army- 705-673-1175 (men)
- Sault Area Hospital Crisis Line (705) 759-3398 or toll free 1-800-721-0077 (Outlying areas of the Algoma District)
- Alcoholics Anonymous 705-254-1312
- 211- Help with any Crisis, directs you in the right direction to the help in your area.
- NISA- Northern Initiative for Social Action- 705-222-6472

You are not alone, if you are needing assistance please don't be afraid to contact these numbers.