

Mental Health/Crisis Line Telephone Services

Organization	Telephone Number	Description of Service
Kids Help Phone (24 Hours)	1-800-668-6868	Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based. Kids Help Phone has expanded its mandate to include former youth in care of any age.
First Nations and Inuit Hope for Wellness Help Line (24Hours)	1-855-242-3310	Immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut.
Telehealth Ontario	1-866-797-0000	Free, confidential telephone service that you can call to get health advice or general health information from a Registered Nurse.
TeenLine	1-310-855-HOPE 1-800-852-8336 Or text TEEN to 839863	Confidential hotline for teenagers for mental health.
Assaulted Women's Helpline	1-866-863-0511 (Toll Free) 1-866-863-7868 (TTY) 416-863-0511 (Toronto)	24 hour telephone and TTY crisis line to all woman who have experienced abuse including: counselling, emotional support, information and referrals.
Good2Talk	1-866-925-5454	Free, professional and confidential counselling support for post-secondary students in Ontario.
Naseeha Youth Helpline	1-866-627-3342	Peer support for Muslim youth.
Trans Life Line	1-877-330-6366	Peer support service run by trans people, for trans and questioning callers.

LGBT Youthline	1-800-268-9688 Text 647-694-4275 Chat www.youthline.ca .	Confidential and non-judgemental peer support through our telephone, text and chat services for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.
Crisis Line for Children, Youth, Families	1-877-377-7775	Access to crisis professionals 24 hours a day, seven days a week, serving children and youth 18 and under experiencing a crisis, and their families.
Mental Health Crisis Line	1-866-996-0991	A toll-free telephone access in both French and English, staffed with trained volunteer Crisis Line Responders, supported by professional staff. 24 hours, 7 days a week for youth 16 years of age and older.
Parents Lifeline of Eastern Ontario	613-321-3211 855-775-7005	Parents' Helpline is answered Monday to Friday from 9am to 7pm EST. Any parent or caregiver of a child up to age 25 can call – any time and as often as is helpful. There's no waitlist, no fee, no paperwork.
Robbie Dean Family Counselling Centre	613-629-4243	Mental Health support to individuals, couples, families and groups including: Suicide prevention and crisis de-escalation, safety planning, parent support and education, short term counselling. Monday to Friday, 9:00AM to 4:00PM
The Phoenix Centre	TOLL-FREE: 1-800-465-1870 PEMBROKE 613-735-2374 RENFREW 613-432-7936 ARNPRIOR 613-623-9777 PETAWAWA 613-735-2374,	Provides client-centered, effective and efficient programs to improve the mental health wellness of children, youth and families Clinicians can provide services by telephone and our reception services will be available between 9:00AM and 3:00PM, Monday to Friday.

	<p>DEEP RIVER 613-735-2374</p> <p>KILLALOE 613-757-3089</p>	
<p>Bernadette McCann House</p>	<p>613-732-3131</p> <p>1-800-267-4930</p>	<p>A trained caseworker will listen, offer support, safety plan and refer you to other services. ALL calls are CONFIDENTIAL. Available 24 hours a day, 7 days a week.</p>
<p>North Renfrew Family Services</p>	<p>613-584-3358</p>	<p>Offer free counselling and services to people of all income levels from Deux Rivieres to Chalk River. Trained professional counsellors offer support for life's challenges to individuals, couples and families.</p> <p>Everyone is welcome. Free services are available and accessible to all, regardless of ethnicity, race, age, ability, gender, sexual orientation, income and political or religious affiliation.</p>

Legal Supports

Organization	Contact	Description of Service
<p>Legal Aid Ontario</p>	<p>Legal aid services- 1-800-668-8258</p> <p>Summary legal advice- 1-800-668-8258</p>	<p>People who would have received in-person legal aid services through the Family Law Information Centres will be able to get help from LAO over the phone.</p> <p>People can also receive over-the-phone summary legal advice services for criminal matters.</p>
<p>Law Society emergency family referral line during COVID-19.</p>	<p>Toll-free: 1-800-268-7568</p> <p>General: 416-947-3310</p>	<p>The Law Society of Ontario has launched a telephone line to provide assistance to people who are self-represented (SRLs) and who are trying to determine whether or not their family court matter meets the criteria to be heard by the court on an 'urgent' basis and, if so, how to proceed in making their request. The emergency service will connect SRLs with family lawyers, working on a pro bono basis, who will provide 30 minutes of legal advice specific to determining whether</p>

		or not their family court matter is urgent and referrals to other available legal services. SRLs may contact the law society by phone at the following numbers to access the service
Law Society of Ontario Referral Service	http://www.findlegalhelp.ca .	The Law Society of Ontario's Referral Service will give you the name of a lawyer within or near your community, who will provide a free consultation of up to 30 minutes to help you determine your rights and options.

Government Benefits & Payments to Support Families

Organization	Contact	Description of Service
Canada Emergency Response Benefit	Apply via Canada Revenue Agency at: https://www.canada.ca/en/revenue-agency/services/e-services/cra-login-services.html or Service Canada at: https://www.canada.ca/en/employment-social-development/services/my-account.html	A taxable benefit of \$2,000 a month for up to 4 months for: - Workers who must stop working due to COVID19 and do not have access to paid leave or other income support. - Workers who are sick, quarantined, or taking care of someone who is sick with COVID-19. Working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures. - Workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work. - Wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance. The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number.
Ontario Government Emergency Assistance Program (Ontario Works)	https://www.ontario.ca/page/ministry-children-community-and-social-services .	Provincial funding will also help individuals who do not qualify for some of the emergency financial supports under the above federal programs. The government is putting in place an expanded Emergency Assistance program administered through Ontario Works (OW) to

		<p>cover these individuals' needs such as food, rent, informal childcare, and services. There will also be discretionary benefits available to those who already receive social assistance.</p> <p>This new funding will help individuals and families in financial crisis who are not able to access federal assistance to cover needs such as food, rent, medicine, transportation and other services during this public health crisis.</p>
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