

# Mental Health and Addiction Online and Phone Support

During the COVID-19 outbreak, there are mental health and addictions services that you can access online or by phone. These services will support children, youth and adults who:

- experience anxiety, stress and other mental health challenges; and
- can't access their regular in-person counselling supports.

Services include:

- **ConnexOntario:** Adults and frontline workers who are dealing with the realities of COVID-19 can call ConnexOntario at **1-866-531-2600** for mental health, addictions and problem gambling support.
- **211 Ontario:** For information and referrals for community, government, social and health services, including mental health resources across Ontario call 211 or **1-877-330-3213**. [Live web chat is also available.](#)
- **BounceBack:** A free, evidence-based cognitive behavioural therapy (CBT) program that provides guided mental health self-help supports for adults and youth 15+ using workbooks, online videos and phone coaching. Call **1-866-345-0224**.
- **Kids Help Phone:** Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at **1-800-668-6868**, for 24/7 phone and text support.
- **Good2Talk:** A phone and texting service that provides confidential support to post-secondary students. Call **1-866-925-5454**.
- **Hope for Wellness Helpline:** Indigenous peoples can call **1-855-242-3310** for immediate mental health counselling and crisis intervention across Canada (available in some Indigenous languages). [Live web chat is also available.](#)
- **Talk 4 Healing:** Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages by calling **1-855-554-4325** or texting **1-855-554-4325**. [Live web chat is also available.](#)

For Ontarians currently receiving mental health and addictions services and supports, please contact your current service provider, including community-based mental health and addictions agencies to learn about potential virtual care options. Many are modifying their services to move towards virtual care, meeting clients by phone or secure video-conferencing, if appropriate.