

Please note that JDRF Canada is not currently **delivering** mental health programming or direct support, but the goal of our Mental Health Strategy is to create such resources in the coming years. In the meantime, please see options for support below.

Thank you, JDRF Canada.

- **If you are in immediate danger, please call 911 or go to your local emergency department. If you are in crisis, you can connect with responders at [Canada's Suicide Prevention Service](#) at 1-833-456-4566**
- [Kids Help Phone](#) is a free, national, 24/7 e-mental health service providing counselling, information and referrals text and phone-based support. Kids Help Phone also provides information on how to access community support services for youth. **Call 1-800-668-6868 or Text 686868**
- [Hope for Wellness Help Line](#) offers immediate and culturally competent help to all Indigenous peoples across Canada available 24/7 providing counselling and crisis intervention. Call the toll-free Help Line at **1-855-242-3310** or connect to the online chat

We strongly advise connecting with your regular diabetes health care team for advice and referrals related to mental health.

For ways to connect with others living with T1D, please take a look at JDRF and external programs below:

[JDRF Canada's Talk T1D Program](#) - **Peer Support for Adults Living with T1D and Parents (Adults)**

One on one support for people 18+ who are impacted by T1D from trained volunteers who have been there.

[JDRF Canada Ambassador program](#) **(Youth)**

If you are between the ages of 4 and 18 and want to share your type 1 diabetes (T1D) story, we'd love to have you join our program. Learn new skills, share your story, participate in events and advocacy programs – and most importantly – make new friends.

[JDRF Connection Series](#) **(Adult)**

Each month we host a virtual meetup for both adults living with T1D and parents living with or affected by T1D to form new connections and engage in conversations across province lines. Grow relationships with your peers who may share similar life experiences or treatment types, and understand the ever-changing demands of living with or being affected by type 1 diabetes.

[T1D Huddle](#) **(All ages)**

English only. The T1D Huddle is a virtual peer support group for adults run by JDRF-funded researcher Dr. Tricia Tang. T1D Huddle NextGen is also being developed for children aged 5-18 and their parents.

[VPN – T1D \(Virtual Patient Network\)](#) **(Resource for Children, Teens and Young Adults)**

VPN is a patient network for Canadians with Type 1 Diabetes age 14 - 24. This private Facebook group contains tools, information, videos, shared experiences of those with T1D and much more. _

[I Challenge Diabetes](#) **(Youth)**

English only. Their mission is to connect, empower and support people living with diabetes through mentorship and challenging programs.

[Connected in Motion](#) **(All ages)**

English only. Virtual and in person slipstreams which includes activities, camps, and educational events.

For non-diabetes specific FREE mental health supports and resources Canada wide, please check out the following. All services are available in both English and French unless otherwise specified:

1. [Bounce Back](#) – BounceBack® is a free program from the Canadian Mental Health Association (CMHA) that helps build skills to improve mental health. Different provinces or territories may have different programs available for specific age groups
2. [Wellness Together Canada](#) – Free tools and resources on mental health and substance use for youth and adults
3. [Canadian Mental Health Association](#) – Find your local branch
4. [National Eating Disorder Information Centre](#) – English only. Provides information, resources, referrals and support to Canadians affected by eating disorders through the toll-free helpline (1-866-633-4220) and instant chat
5. [togetherall](#) – A peer-to-peer platform that is a safe place to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. **For post-secondary students across Canada through your institution**
6. [Bridge the gap](#) – For adults and youth. A new way to connect with guidance and supports for mental health and addictions. From any device, you can instantly access content that can provide advice, inspiration, assurance, or direction for finding additional supports when you need it the most
7. [Well Central](#) – A self-directed, web-based online channel with interactive courses that empower individuals to take control of their recovery and well-being
8. [e-MentalHealth.ca](#) – Canada wide database to find mental health resources and tools
9. [Strongest Families Institute](#) – English only. Mental Health programs available for children/youth, adults, and their families. **Referral may be needed by an agency in your community.** NU and YT not serviced.
 - Includes [ICAN](#) (Conquer Anxiety and Nervousness) Program provides **adults (18+ years)** with life-skills to overcome anxiety, help with depression and how to cope with major life stressors). Self-referral available in PEI, MB, NL, NT, Northern SK and Military/Veteran [here](#).

Mental Health for Caregivers

1. [Care for the caregiver](#) – Canadian Mental Health Association
2. [Resources to support caregivers](#) – Mental Health Commission of Canada

Free Provincial Specific Mental Health Resources, Programs and Counselling Ontario

- [Mind Beacon](#) – An app-based psychotherapy option with asynchronous texting with a therapist. Options include “Coping with Chronic Pain”, “Coping with Chronic Illness”, Health Anxiety”
- [AbilitiCBT](#) – Free virtual cognitive behavioural therapy **age 16 or older** for anxiety and depression
- [Reconnect](#) – English Only. Offers several mental health services, including free, confidential one-on-one supportive counselling **for individuals who are caring for someone experiencing mental health challenges.**
- [Ontario Shores](#) – The Ontario Structured Psychotherapy (OSP) Program provides publicly funded evidence-based, cognitive-behavioural therapy (CBT) and related approaches to Ontarians with

depression, anxiety, and anxiety-related conditions. OSP includes CBT-based services ranging from self-administered strategies to weekly, one-on-one or group therapy, using a stepped care approach). Self referral is available [here](#).

British Columbia

- [Foundry](#) – English only. Offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated services centres in communities across BC. Virtual counselling, peer support and more is available for youth and their caregivers through the [app](#) or [web portal](#)
- [BC Partners for Mental Health and Substance Use](#) – English only. List of agencies in BC that provide mental health and substance use information, services and resources to people when they need it
- [Kelty's Key](#) – English only. Provides free tools to help you feel better anytime, anywhere
- [Kelty Mental Health Resource Centre](#) – English only. Helps families navigate the mental health system, connect with peer support, and access resources and tools to support wellbeing

Manitoba

- [AbilitiCBT](#) – Free virtual cognitive behavioural therapy **age 16 or older** for anxiety and depression
- [Seneca Warm Line](#) – 24-hour Telephone Service to Manitobans struggling with issues which affected their mental health and wellness led by trained Peer Support staff. Call 204-942-9276

Saskatchewan

- [Counselling Connect Saskatchewan](#) – English Only. Service available to children, youth, adults and families in need of free counselling sessions
- [Saskatchewan Health Authority](#) – English Only. Adult and Youth Counselling Programs available. Referrals to Community Adult Mental Health programs are to be directed to Centralized Intake at 306-655-7777

Quebec

- [Amiquébec](#) – Non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy.
- [Diabetes Québec](#) – Mental health and Diabetes information
- [Mouvement Santé mentale Québec](#) – French only. Quebec group dedicated to mental health promotion and prevention
- [Réseau Avant de craquer](#) – French only. Federation of organizations dedicated to the wellbeing of the family and friends of people living with mental health problems

Alberta

- [Togetherall](#) – A peer-to-peer platform that is a safe place to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. Free for all **residents aged 16+**
- [Alberta Health Services](#) – [Mental Health Helpline](#): Call 1-877-303-2642 to get support, information, and referrals for mental health concerns.

Nova Scotia

- [Togetherall](#) – A peer-to-peer platform that is a safe place to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. Free for all **residents aged 16-29**
- [Provincial Mental Health Crisis Line](#) toll-free at 1-888-429-8167

New Brunswick

- [Community Mental Health Resources](#) Contact Information – New Brunswick Government
- [Chimo Helpline](#) – Provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents of New Brunswick
- Call 211 – this free helpline puts you in touch with community supports

Prince Edward Island

- [Mental Health and Addictions Phone Line](#) – 1-833-553-6983. Calls are answered by trained mental health professionals (a registered nurse or a social worker) 24/7
- [Mental Health Walk-in Clinics](#) – No appointment or referral is required. You will be able to see a registered mental health therapist for 45-60 minutes at no cost
- [Community Mental Health Services](#) – Mental health care is offered in community health facilities across the province.

Newfoundland and Labrador

- [Eastern Health](#) – Call the mental health and addictions navigator at: 709-752-3916 or toll-free at 1-877-999-7589; video relay service (VRS) calls are welcome
- [Consumers' Health Awareness Network Newfoundland and Labrador \(CHANNAL\)](#).
 - Offers virtual peer support groups for those living with mental health/addiction issues, e-mail virtualgroup@channal.ca for more information
 - Warm Line – Non-emergency line, offering support to ANYONE needing a non-judgemental listener. 7 days a week 9AM – Midnight. Confidential & Anonymous. Toll Free English line 1-855-753-2560

Nunavut

- [Kamatsiaqtut Help Line](#): 1-867-979-3333 Toll-free at 1-800-265-3333 (24 hours) – English only
- [Community Services](#) –Free, confidential mental health and addictions support. Psychologists and other mental health professionals are available through TeleHealth. Referrals and Medical Travel are provided when services are not locally available. Interpretation is available for Inuktitut, Inuinnaqtun and French.

- Community Health Centre, for appointments and on-call emergencies
- Iqaluit Mental Health (867) 975-5999
- Qikiqtani General Hospital, Emergencies, (867) 975-8600

Northwest Territories

- [NWT Help Line](#) – To talk to a trained responder, call 1-800-661-0844. 100% free and confidential
- [NWT Community Counselling Program](#) – Provides on-the-ground access to mental health services in all of the regions. Trained counsellors are available for you to talk about any problems that you may be dealing with in your life as well as provide assistance or referrals to other services that could help you

Yukon

- [Canadian Mental Health Association](#) – offers FREE counselling services for youth, adults, families and couples. Counselling is available Monday to Friday from 9am to 4:30pm. We also offer drop-in counselling on Tuesdays from 11am to 4pm. To Book an Appointment: Call (867) 668-6429
- [Reach Out Support Line](#): Call 1-844-533-303 - The Reach Out Support Line is a volunteer-based, confidential, non-judgmental and free support line. Reach Out Support Line operates with volunteers trained to listen and provide support that assists callers to find options and make a plan to move forward, no matter how big or small the issue. Operates from 10am to 2am seven (7) days a week