

Mental Health, Disability & Support Resources Across Canada

Finding the right support can be difficult when someone is already carrying a lot.

This guide brings together official federal, provincial and territorial starting points for mental health, disability, caregiving, crisis support and workplace-related information.

Where a province or territory maintains a broad resource directory or service-navigation page, we link to that official starting point rather than selecting individual private providers.

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URGENT

Help Now

9-8-8

If you or someone you know is thinking about suicide or needs suicide-crisis support in Canada, **call or text 9-8-8**.

9-8-8 Suicide Crisis Helpline
988.ca



9-1-1

If someone's safety is at immediate risk or urgent medical assistance is needed, **call 9-1-1** or seek emergency assistance.

Mental Health Support: Get Help
Government of Canada • canada.ca



FEDERAL

Canada-Wide Resources

National starting points for mental health, disability, caregiving, workplace health and safety, and finding support.

Mental Health Support

Crisis support, provincial and territorial resources, Indigenous services, youth supports, PTSD, Veterans and family resources, and other ways to find help.

Mental Health Support: Get Help
Government of Canada • canada.ca



Mental Health and Wellness

Information about mental health, mental illness, suicide prevention, PTSD and related topics.

Mental Health and Wellness
Government of Canada • canada.ca



Disability Rights

Federal information about the rights of people with disabilities and Canada's human-rights and accessibility framework.

Rights of People with Disabilities
Government of Canada • canada.ca



Workplace Health and Safety

Canadian occupational health and safety information, including workplace mental health, psychological health and safety, accommodation and return to work.

Canadian Centre for Occupational Health and Safety
ccohs.ca



Disability Benefits

Information about federal disability-related benefits and programs, including the Canada Disability Benefit, CPP disability benefits and supports for families.

Disability Benefits
Government of Canada • canada.ca



Benefits Finder

Search federal benefits by need, including disability and caregiving, and find links to provincial or territorial benefit resources.

Benefits Finder
Government of Canada • canada.ca



Federal Human Rights

Human-rights and accommodation information for federally regulated workplaces and services.

Canadian Human Rights Commission
chrc-ccdp.gc.ca



Family and Caregiving

Federal benefits and programs for caregivers and families.

Family and Caregiving Benefits
Government of Canada • [canada.ca](#)



EI Caregiving Benefits
Government of Canada • [canada.ca](#)



Substance Use and Addiction

Federal information and resources related to substance use and addiction.

Substance Use and Addiction
Health Canada • [canada.ca](#)



BY JURISDICTION

Provincial & Territorial Resources

[BC](#)[AB](#)[SK](#)[MB](#)[ON](#)[QC](#)[NB](#)[NS](#)[PE](#)[NL](#)[YT](#)[NT](#)[NU](#)

British Columbia

[BC](#)

B.C.'s HelpStartsHere portal provides a broad searchable directory of mental-health and substance-use supports across the province. Users can search by concern, type of care, location and the type of person looking for support.

Browse Supports
HelpStartsHere • [gov.bc.ca](#)



Main Page
HelpStartsHere • [gov.bc.ca](#)



Alberta

[AB](#)

Alberta provides province-wide mental-health information, service navigation and telephone support.

MyHealth Alberta
[myhealth.alberta.ca](#)



Mental Health Help Line
1-877-303-2642

Available 24 hours a day for mental-health support, information and referrals.



Health Link
8-1-1
Health advice and assistance finding appropriate services.



Saskatchewan

SK

Saskatchewan's mental-health hub brings together provincial services, crisis and rapid-access resources, information about common mental-health concerns, and guidance for people supporting a friend or family member.

Mental Health Support

Government of Saskatchewan • saskatchewan.ca



Mental Health Services

Government of Saskatchewan • saskatchewan.ca



Manitoba

MB

Manitoba's provincial mental-health and addictions page provides service navigation, crisis information and access to mental-health and addictions supports throughout the province.

Mental Health and Addictions

Government of Manitoba • gov.mb.ca



Service navigation

2-1-1

The provincial page also directs people to 2-1-1 for free, confidential navigation to community, health and social services.



Ontario

ON

Ontario provides province-wide mental-health and addictions information alongside human-rights guidance for mental-health and disability-related needs.

Find Mental Health Support

Government of Ontario • ontario.ca



Human Rights and Mental Health

Ontario Human Rights Commission • ohrc.on.ca



Accommodating Persons with Disabilities

Ontario Human Rights Commission • ohrc.on.ca



Québec

QC

Québec's official mental-health portal provides service navigation, digital tools, stepped-care information and resources for both people seeking help and members of their family or support circle.

Finding Help and Support for Mental Health

Gouvernement du Québec • quebec.ca



Involving and Supporting a Loved One

Gouvernement du Québec • quebec.ca



Info-Social

8-1-1

Option 2.



New Brunswick

NB

New Brunswick provides community mental-health and addictions services for children, youth and adults, including counselling, treatment and system navigation.

Mental Health Services

Government of New Brunswick • gnb.ca



Mental Health Centres

Government of New Brunswick • gnb.ca



Addiction and Mental Health Helpline

1-866-355-5550

Available 24 hours a day.



Nova Scotia

NS

Nova Scotia's mental-health and wellbeing hub connects people to publicly funded mental-health and addictions services, crisis support and provincial service navigation.

Mental Health and Wellbeing

Government of Nova Scotia • novascotia.ca



Provincial Mental Health and Addictions Intake

1-855-922-1122



Provincial Mental Health and Addictions Crisis Line

1-888-429-8167



Prince Edward Island

PE

Health PEI provides mental-health services for adults, youth and people looking for help supporting a family member.

Mental Health Support and Services

Health PEI • princeedwardisland.ca



Mental Health and Addictions Phone Line

1-833-553-6983

Available 24 hours a day.



Newfoundland and Labrador

NL

Newfoundland and Labrador's provincial mental-health system provides crisis support, HealthLine access and mental-health and addictions service contacts.

Help Now

Government of Newfoundland and Labrador • gov.nl.ca



Provincial Mental Health Crisis Line

1-888-737-4668



HealthLine

8-1-1



Yukon

YT

Yukon's mental-wellness hub brings together counselling, crisis services, family and youth support, persistent mental-illness resources and substance-use services.

Mental Wellness

Government of Yukon • yukon.ca



Northwest Territories

NT

The Northwest Territories provides mental-health, wellness and addiction-recovery navigation through territorial services and 8-1-1.

8-1-1

NWT Health and Social Services • hss.gov.nt.ca



Mental Wellness and Addictions Recovery

NWT Health and Social Services • hss.gov.nt.ca



NWT 8-1-1

8-1-1

Press 1 for the Mental Health and Wellness Support Line.



8-1-1 can assist with concerns including anxiety, mood changes, grief and loss, suicidal thoughts, abuse and substance use. People can also call when they are concerned about someone they care about.

Nunavut

NU

Nunavut provides community-based, regional and out-of-territory mental-health and addictions services. Local health centres can help connect people with appropriate services.

Inuusivut Mental Health and Addictions

Government of Nunavut • gov.nu.ca



The territorial page also includes Nunavut-specific crisis, counselling, family, cultural-wellness and community resources.

Help With a Specific Concern

Post-Traumatic Stress Disorder — PTSD

PTSD is a mental-health condition that may develop after experiencing or being exposed to one or more psychologically traumatic events. It can affect people in different ways and may involve intrusive memories, changes in mood, sleep disturbance, feeling constantly on alert or other reactions to the trauma.

About PTSD

Government of Canada • canada.ca



Mental Health and Mental Illness

Mental health refers to psychological and emotional well-being and is part of overall health. Mental illness is different and may involve ongoing changes in thinking, mood, behaviour or functioning that cause significant distress or make everyday life more difficult.

About Mental Health

Government of Canada • canada.ca



About Mental Illness

Government of Canada • canada.ca



Mental Health Support: Get Help

Government of Canada • canada.ca



Suicide and Suicide-Crisis Support

Suicidal thoughts can include thinking about ending one's life, feeling unable to continue, or making plans to attempt suicide. These concerns deserve to be taken seriously, and support is available for people experiencing them and those concerned about someone they know.

If you or someone you know is thinking about suicide, **call or text 9-8-8** anywhere in Canada.

9-8-8 Suicide Crisis Helpline

988.ca



About Suicide

Government of Canada • canada.ca



If someone's safety is at immediate risk, **call 9-1-1** or seek emergency assistance.

Substance Use and Addiction

Substance use can range from non-use or lower-risk use to patterns of use that cause harm. Addiction, also called a substance use disorder, is a treatable medical condition in which substance use becomes compulsive or continues despite negative effects on the person or those around them.

About Substance Use

Health Canada • canada.ca



Substance Use and Addiction

Health Canada • canada.ca



Provincial and territorial mental-health pages listed above can also help connect people with local addictions and recovery services.

Family and Caregiver Support

A caregiver may be a family member, friend or someone considered to be like family who provides practical, emotional or other support to a person because of illness, injury, disability or another health circumstance.

Family and Caregiving Benefits

Government of Canada • canada.ca



EI Caregiving Benefits

Government of Canada • canada.ca



Federal EI caregiving programs recognize that a caregiver does not necessarily need to live with or be related to the person receiving care; in some circumstances, someone considered to be like family may also qualify.

AT WORK

Workplace, Human Rights & Occupational Health and Safety

Mental-health support and workplace processes can overlap, but they are not the same thing.

Healthcare and support services address a person's health and well-being. Workplace processes address matters such as occupational health and safety, accommodation, disability management, leave and return to work. Depending on the circumstances, both may be relevant.

Mental health at work is not only a Canadian concern. The World Health Organization identifies workplace mental health as a global issue and recognizes psychosocial risks such as excessive workloads, low job control, violence and harassment, discrimination, unclear roles and job insecurity. It recommends organizational measures to prevent and manage risks to mental health at work.

Occupational Health and Safety

Canadian Centre for Occupational Health and Safety

ccohs.ca



Mental Health in the Workplace

Government of Canada • canada.ca



Mental Health at Work

World Health Organization • who.int



Human Rights and Disability

Canadian Human Rights Commission

chrc-ccdp.gc.ca



Canadian Human Rights Act

justice.gc.ca



Accessible Canada Act

justice.gc.ca



Ontario

Human Rights and Mental Health

Ontario Human Rights Commission • ohrc.on.ca



Accommodating Persons with Disabilities

Ontario Human Rights Commission • ohrc.on.ca



Additional Canadian OHS Resources

For occupational health and safety legislation, regulators, standards, associations and jurisdiction-specific workplace resources across Canada:

VirtuOHS Canadian OHS Resource Library
virtuohs.ca



VirtuOHS

Resources, programs and contact information can change. VirtuOHS links to official government, public-health, regulatory and other authoritative sources wherever possible so readers can access current information directly from the organization responsible for maintaining it.

This guide is provided for general information and resource navigation. It does not replace individualized medical advice, diagnosis, treatment or legal advice.

Links and contact information last reviewed: 13 October 2026.

virtuohs.ca