**Ressources en Santé Mentale et Consommation de Substances**

Cette liste de ressources en santé mentale et consommation de substances sera disponible au début et à la fin de l'enquête.

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| *Lieu* | *Services en Santé Mentale et Consommation de Substances* |
| À travers tout le Canada | **Services de crises du Canada :** 1-833-456-4566 (24/7) https://www.crisisservicescanada.ca/fr/  **Suicide Prevention Canada:** <https://suicideprevention.ca/Need-Help>  **Ligne d’écoute d’espoir pour les personnes autochtones au Canada :** 1-855-242-3310 (24/7) |
| Alberta | **Mental Health Helpline:** 1-877-303-2642 (24/7)  **Alberta Health Services:** [www.albertahealthservices.ca](http://www.albertahealthservices.ca)  **MyHealth Alberta Online Resource and Directory:** <https://myhealth.alberta.ca/>  **Health Link:** 811 (24/7)  **Addiction Helpline:** 1-866-332-2322 (24/7) |
| Colombie-Britannique | **Mental Health Support Line**: 310-6789 (24/7, pas besoin de composer un indicatif)  **BC 211 Red Book Online:** <https://redbookonline.bc211.ca>  **Mental Health and Substance Use Supports in BC:** <https://www.healthlinkbc.ca/mental-health-substance-use/resources>  **Health Link BC:** 811 (24/7)  **Alcohol & Drug Information and Referral Service:** 1-800-663-1441 (numéro gratuit C-B) or 604-660-9382 (dans le Lower Mainland) |
| Manitoba | **Manitoba Suicide Prevention and Support Line:** 1-877-435-7170 (24/7)  **Mental health and Addictions:** [www.gov.mb.ca/health/mh/](http://www.gov.mb.ca/health/mh/)  **Manitoba Addictions Helpline:** 1-855-662-6605 <http://mbaddictionhelp.ca/> |
| Nouveau-Brunswick | **ChimoHelpline**: <http://www.chimohelpline.ca/> (24/7)  **Tele-Care**: 811 (24/7)  **New Brunswick Community Services Database:** <http://www.nbinfo.ca/>  **New Brunswick Addiction Centers:** <https://www2.gnb.ca/content/gnb/en/departments/health/Addiction/NewBrunswickAddictionCenters.html> |
| Terre-Neuve-et-Labrador | **Mental Health Crisis Line:** 1-888-737-4668 (24/7)  **Bridge the gApp Online Mental Health Resource:** <https://www.bridgethegapp.ca/>  **Health and Wellness Directory:** <https://www.gov.nl.ca/health-and-wellness/>  **Health Line**: 811 (24/7) |
| Territoires du Nord-Ouest | **NWT Help Line:** 1-800-661-0844 (24/7)  <https://www.facebook.com/NWTHelpLine/>  **Mental Health and Addictions Services:** <https://www.hss.gov.nt.ca/en/services/mental-health>  867-767-9061  [mha@gov.nt.ca](mailto:mha@gov.nt.ca) |
| Nouvelle-Écosse | **Mental Health Crisis Line:** 1-888-429-8167 (24/7)  **Mental Health and Addictions Directory:** <http://www.nshealth.ca/mental-health-addictions>  **Health Line:** 811 (24/7) |
| Nunavut | **Kamatsiaqtut Nunavut Helpline:** 1-800-265-3333 (24/7)  **Health Facilities and Services:** <https://gov.nu.ca/health> |
| Ontario | **Connex Ontario Addiction, Mental Health, and Problem Gambling Services:** 1-866-531-2600 (24/7) <https://www.connexontario.ca/>  **Good2Talk:** 1-866-925-5454 (24/7) (seulement pour les étudiants du post-secondaire)  **Health Care Options:** <https://www.ontario.ca/locations/health/>  **Telehealth:** 1-866-797-0000 (24/7) |
| Île-du-Prince-Édouard | **The Island Helpline:** <https://www.theislandhelpline.com/> 1-800-218-2885 (24/7)  **Mental health services:** <https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services>  **Addiction services:** <https://www.princeedwardisland.ca/en/information/health-pei/addiction-services?utm_source=redirect&utm_medium=url&utm_campaign=addiction-services>  **Provincial Addiction Treatment:** Téléphone : 1-888-299-8399 (numéro gratuit) |
| Québec | **Ligne de crises Québec :** 1-866-277-3553 (numéro gratuit) (24/7)  **Ressources en Santé Mentale :** <https://www.quebec.ca/en/health/health-issues/mental-health-mental-illness/>  **Info-Santé:** 811 (24/7)  **Drogue : Aide et Référence :** <http://www.drogue-aidereference.qc.ca/www/index.php?locale=fr-CA>  Téléphone : 514-527-2626 (Seulement pour Montréal) 1-800-265-2626 (Disponible dans tout le Québec) |
| Saskatchewan | **HealthLine:** 811 (24/7)  **211 Saskatchewan Directory:** 211 (24/7) <https://sk.211.ca/>  **Mental Health and Addiction Services:** <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services> |
| Yukon | **HealthLine:** 811 (24/7)  **Yukon Distress and Support Line:** 1-844-533-3030 (7PM-12AM)  **Mental Wellness and Substance Use Services:** <http://www.hss.gov.yk.ca/mwsu.php> |

D’autres ressources sur la consommation de substances pour les Premières Nations et personnes Inuits sont disponibles ici : <https://www.canada.ca/en/indigenous-services-canada/services/addictions-treatment-first-nations-inuit.html>