

## Some Free Resources for everyone in Ontario

Call 211 to find:

- Community mental health programs
- Other helplines for specialized information or challenges
- Crisis services and Distress Centres
- Support groups
- Family Services
- Housing help centres
- Caregivers supports
- Health services
- Youth programs
- Senior programs
- Food banks and meal programs and more

[https://211ontario.ca/211-ontario-services-blog/call-211-to-find-mental-health-supports-across-ontario/?gclid=CjwKCAjwqpP2BRBTEiwAfpID-yeAEtGnLUKBASyYN97k-wZSMdXo3aTPqDI09FJ8RAQ3-50RqaUZHRoCnZEQAvD\\_BwE](https://211ontario.ca/211-ontario-services-blog/call-211-to-find-mental-health-supports-across-ontario/?gclid=CjwKCAjwqpP2BRBTEiwAfpID-yeAEtGnLUKBASyYN97k-wZSMdXo3aTPqDI09FJ8RAQ3-50RqaUZHRoCnZEQAvD_BwE)

Visit the Canadian Mental Health Association at:

<https://cmha.ca/documents/getting-help>

<https://cmha.ca/news/covid-19-and-mental-health>

Public Health Ontario

<https://www.publichealthontario.ca/en/health-topics/health-promotion/mental-health>

Modern Health Resources:

<https://community.modernhealth.com/>

Shopper's Drug Mart on-line stress management program:

<https://www1.shoppersdrugmart.ca/en/home>

Connex Ontario 1-866-531-2600

Addiction, Mental Health, and Problem Gambling Treatment Services

<https://www.connexontario.ca/>

There are also links to many other specialized services on this page:

<https://www.ementalhealth.ca/Ontario/Depression/index.php?m=heading&ID=33>