

**CRISIS HOTLINES
FOR CUPE 4070 MEMBERS
BY LAYOVER CITY**



UPDATED OCTOBER 14, 2020

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Canada

Nation-Wide

Canada Suicide Prevention Service (CSPS) – French & English: 1-833-456-4566

Text 45645 seven days a week from 16:00 to 00:00 ET anywhere in Canada when you're feeling down, depressed, in panic, anxious, or suicidal, and a crisis worker from CSPS will respond and continue to text with you. This is a free service for anyone who needs extra support.

1-800-784-2433: for individuals who are, or know someone who is, having thoughts of suicide. The service is available 24 hours a day, 7 days a week, and in up to 140 languages.

Trans LifeLine: 1-877-330-6366

First Nations and Inuit Hope for Wellness 24/7 Help Line: 1-855-242-3310

British Columbia

310-Mental Health (310-6789) *no need to dial area code:* for individuals who would like emotional support, information, and resources specific to mental health in BC

YVR: 604-951-8855

YXS: 250-563-1214 or 1-888-562-1214

YLW: 1-888-353-2273

YXJ: 250-563-1214 or 1-888-562-1214

YKA: 604-951-8855 or 1-877-820-7444

YYF: 1-833-456-4566

YXT: 250-563-1214 or 1-877-562-1214

Vancouver Island

YYJ/YCD/YQQ: 1-888-494-3888

Crisis Chat: www.viccrisis.ca (from 18:00 – 22:00 PT, 7 days a week)

Crisis Text: 250-800-3806



Alberta

YYC: 403-266-4357

Crisis Chat: <https://www.distresscentre.com/>

YEG: 780-482-4357

Crisis Chat: <https://edmonton.cmha.ca/online-crisis-chat/> (limited hours)

YQU: 1-877-303-2642

YMM: 780-743-4357

Saskatchewan

YQR: 306-757-0127 or 306-525-5333

YXE: 306-933-6200

Manitoba

YWG: 204-786-8686 or 1-888-322-3019

YBR: 204-725-4411 or 1-888-379-7699

Ontario

YYZ: 416-408-4357 or 416-929-5200

Mississauga: 905-459-7777 (Multilingual support available Monday-Friday 10:00 – 22:00 ET: Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu)

YHM: 905-972-8338 or 1-844-972-8338

YKF: 519-821-3582 or 1-844-437-3247

YXU: 519-601-8055 or 1-844-360-8055

YOW: 613-722-6914

YQT: 807-346-8282 or 1-888-269-3100

YQG: 519-973-4435



Quebec

YUL: 1-866-277-3553 (1-866-APPELLE) or/ou 514-278-2130

Gatineau: 819-595-9999

YQB: 418-683-4588

New Brunswick

YFC: 1-800-667-5005

YQM: 1-800-667-5005

YDF: 1-888-737-4668

Newfoundland & Labrador

YQX: 709-737-4668 or 1-888-737-4668

YYT: 709-737-4668 or 1-888-737-4668

Northwest Territories

YZF: 1-866-223-7775

Nova Scotia

YQY: 1-888-429-8167

YHZ: 902-429-8167

Prince Edward Island

YYG: 1-800-218-2885



Yukon

YXY: 1-800-563-0808

UNITED STATES

LAX: 1-800-854-7771 or 1-800-273-8255

Crisis Text: 741741

Crisis Chat: <http://didihirsch.org/chat>

PSP: 1-800-273-8244 or 714-991-6412

Crisis Chat: <https://didihirsch.org/chat>

SFO: 415-781-0500 or 1-800-273-8255

Crisis Text: 'mylife' to 741741

MIA: 305-358-4357

MCO: 727-791-3131 or 407-425-2624

TPA: 813-964-1964

HNL: 808-832-3100 or 1-800-753-6879

OGG: 1-800-753-6879

KOA: 1-800-753-6879

LIH: 1-800-753-6879

BOS: 877-870-4673

Crisis Text: 877-870-4673

LAS: 775-784-8090 or 1-800-273-8255

Crisis Text: 'care' to 839863

JFK/LGA: 1-888-692-9355

Crisis Chat: <https://nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now/>

Crisis Text: 'WELL' to 65173



INTERNATIONAL

CUN: (55) 5259-8121

HUX: (55) 5259-8121

PVR: (55) 5259-8121

BGI: 246-429-9999

NAS: (242) 322-2763 **or** (242) 422-2763

POS: 868-645-2800

LIR: (506) 253-5439

CDG: +33 01 45 39 4000 **or** +33 01 46 21 4646 (15:00-23:00)

DUB: +353 1800 247 247

Crisis Text: '3TS' to 50808

FCO: +39 800 860 022

MAD: +34 966 421 434 **or** +34 902 88 35 35 (Monday to Friday 19:00 - 22:00)

GLA: +44 116 123 **or** +44 0800 83 85 87 (Monday to Thursday 18:00 - 02:00, Friday to Monday 18:00 - 06:00)

Crisis Text: 'SHOUT' to 85258

LGW: +44 0 8457 90 90 90 **or** +44 0161 236 8000

Crisis Text: 'SHOUT' to 85258

MAN: +44 0800 953 0285

Crisis Text: 'SHOUT' to 85258



ONLINE MENTAL HEALTH RESOURCES / OTHER RESOURCES RESSOURCES DE SANTÉ MENTALE EN LIGNE / AUTRES RESSOURCES

Anxiety Canada - <https://www.anxietycanada.com/>

Here to Help <https://www.heretohelp.bc.ca/>

Resources for yourself or to help others who may be struggling – anonymous and confidential self-tests

Canadian Mental Health Association – Depression, Anxiety, Alcohol and Other Drugs
<https://vancouver-fraser.cmha.bc.ca/document-category/alcohol-and-other-drugs/>

Bounce Back <https://bouncebackbc.ca/>

A free skill-building program designed to help adults and youth aged 15+ manage low moods, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

Babylon by Telus Health www.babylonhealth.com/download-app

An app you can download which can provide access to video chat with a therapist.

EMental Health / ESanté Mentale – (FR) <https://www.esantementale.ca/>

(EN) <https://www.ementalhealth.ca/>

Santé Montréal - (FR) <https://santemontreal.qc.ca/population/>

(EN) <https://santemontreal.qc.ca/en/public/>

Youth service jeunesse

Contact the reception line at 613-562-3004 during office hours, Monday to Friday, 8:30 a.m. to 4:30 p.m.

24/7 crisis line - 613 260-2360 or 1 877 377-7775 (toll-free number for Eastern Ontario)

For residents of Ottawa and Eastern Ontario: Crisis Chat Service. Hours: 24 hours a day, 7 days a week

Communiquez avec la ligne d'accueil au 613-562-3004 durant les heures de bureau, de lundi au vendredi de 8h30 à 16h30.

Ligne de crise 24/7

613 260-2360 ou 1 877 377-7775 (numéro sans frais pour l'Est de l'Ontario)

Pour les résidents d'Ottawa et de l'Est de l'Ontario: Service de clavardage de crise.
Heures : 24 heures sur 24, 7 jours sur 7

