

Local Contacts

Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca	LGBTQ+ Community Trans Lifeline 877-330-6366 www.translifeline.org
Befrienders Worldwide www.befrienders.org	Canada Suicide Prevention Services 1-833-456-4566 www.crisisservicescanada.ca
First Nation and Inuit Hope for Wellness Line 1-855-242-3310 www.hopeforwellness.ca	Emergency services 911
Crisis Text Line Canada Text CONNECT to 686868 www.crisistextline.ca	Mental Health Helpline 1.866.531.2600
Warm Line 1-866-856 WARM (9276) From 6pm – 12am 7 days a week	Sudbury & Area Victim Services 705-522-6970 tpyoli-york@savs.ca
HSN Crisis Line 1-877-841-1101	Angels Of Hope 705-822-8630

Counselling

Compass 1-800-815-7126 https://www.compassne.ca/	Sudbury Counselling Centre 705.524.9629 https://www.counsellingccs.com/
Canadian Mental Health Association 705-675-7252 sm.cmha.ca	BounceBack 1-866-345-0224 bouncebackontario.ca
Positive Kids 1-866-503-7454 https://www.positivekids.ca/counselling-for-children-with-anxiety-in-greater-sudbury-grand-sudbury/	Waabishka Miigwan Consulting waabishkamiigwan@gmail.com https://www.waabishkamiigwan.com/
Together Wellness Canada 1-866-585-0445	Honouring Life Network honouringlife.ca