

ONLINE MENTAL HEALTH RESOURCES

We've rounded up some reliable virtual mental health resources that can be accessed while in-person services may not be available. Click the hyperlinks below for more information.



E-COUNSELLING

Connecting with qualified therapists virtually to engage in ongoing counselling.

[Hasu Counselling](#)
[Inkblot](#)
[Better Help](#)
[Talk Space](#)
[Beacon](#)
[LifeLine App](#)



ONLINE CHATS

Connecting via instant messaging with mental health professionals and volunteers.

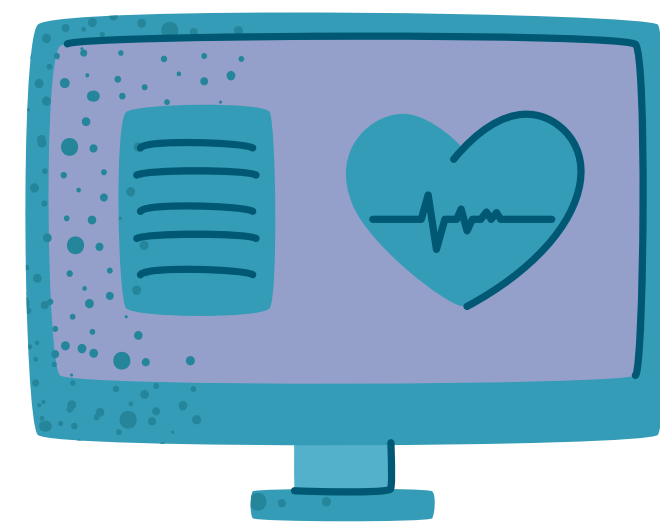
[Youth Space](#)
[Kids Help Phone](#)
[IM Alive](#)



CRISIS LINES

Providing access to support and information via telephone lines to individuals experiencing crisis or mental health concerns.

Crisis Services Canada: 1-833-456-4566
Kids Help Phone: 1-800-668-6868



EDUCATIONAL RESOURCES

Connecting via instant messaging with mental health professionals and volunteers.

[Mind Your Mind](#)
[Canadian Mental Health Association](#)
[Centre for Addiction and Mental Health](#)
[Mental Health Commission of Canada](#)