

MENTAL HEALTH SUPPORT LINES FOR SENIORS IN CANADA



ALL OF CANADA

1-855-242-3310

HOPE FOR WELLNESS HELPLINE

Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada.

AVAILABLE 24-HOURS

1-844-529-7292

TALK 2 NICE

A free and friendly outreach support line that offers brief counselling services for older adults and persons with disabilities.

AVAILABLE WEEKDAYS 10AM - 10PM

PRAIRIES

ALBERTA

403-736-4677

THE WAY IN

Information, advice, and help accessing programs and benefits for older adults.

AVAILABLE 24-HOURS

BRITISH COLUMBIA

604-872-1234

SENIORS' DISTRESS LINE

A free and confidential telephone support service for seniors, their caregivers or anyone concerned about a senior.

AVAILABLE 24-HOURS

MANITOBA

204-925-0040

ANXIETY SUPPORT LINE

People of all ages seeking support are encouraged to call this support line.

**AVAILABLE WEEKDAYS 9AM - 9PM
WEEKENDS 10AM - 4PM**

SASKATCHEWAN

Regina: 306-757-0127

Saskatoon: 306-933-6200

Prince Albert: 306-764-1011

MOBILE CRISIS HELPLINE

Professional counsellors are available to listen and provide support to people of all ages with any issues they are having.

AVAILABLE 24-HOURS

CENTRAL

ONTARIO

1-855-892-9992

A FRIENDLY VOICE

Trained volunteers provide empathetic support to seniors who may be feeling lonely or isolated.

AVAILABLE 24-HOURS

QUÉBEC

514-353-2463

TEL-AINÉS

A free, anonymous, and confidential listening support line for people 60 years of age and older.

AVAILABLE 10AM - 10PM

MARITIMES

NEW BRUNSWICK

1-800-667-5005

CHIMO HELPLINE

A crisis telephone line for all residents of New Brunswick.

AVAILABLE 24-HOURS

NEWFOUNDLAND

1-855-753-2560

CHANNEL WARM LINE

Trained peer volunteers are available to provide support for people of all ages who are feeling worried, isolated or alone.

AVAILABLE 10AM - 12AM

NOVA SCOTIA

1-888-429-8167

THE PROVINCIAL MENTAL HEALTH CRISIS LINE

This telephone line is available to help and provide support to people of all ages who are experiencing mental health troubles.

AVAILABLE 24-HOURS

PRINCE EDWARD ISLAND

1-800-218-2885

THE ISLAND HELPLINE

A free and confidential emotional support and crisis intervention telephone line for people of all ages to help with issues such as: social isolation, stress and anxiety, aging related issues, mental health and depression, alcohol and drug use, and suicidal thoughts.

AVAILABLE 24-HOURS

TERRITORIES

NORTHWEST TERRITORIES

1-800-661-0844

NORTHWEST TERRITORIES HELPLINE

A confidential and free telephone line that offers support to all residents of the Northwest Territories, with the option of follow-ups calls.

AVAILABLE 24-HOURS

NUNAVUT

1-800-265-3333

NUNAVUT KAMATSIAQTUT HELPLINE

A helpline for anyone who needs someone to talk with about their troubles, concerns or anything else on their mind. For those who are feeling lonely, hurting or in distress and require support are encouraged to call.

AVAILABLE 24-HOURS

YUKON

1-844-533-3030

YUKON DISTRESS AND SUPPORT LINE

A free, confidential, anonymous, and non-judgemental support line for all Yukoners.

AVAILABLE 7PM - 3AM

COMPILED BY



Canadian Coalition
for Seniors' Mental Health

Coalition Canadienne pour
la Santé Mentale des
Personnes Âgées

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