



District of Thunder Bay Mental Health Holiday Closure & Support Resources

	Monday Dec. 23	Tuesday Dec. 24	Wednesday Dec.25	Thursday Dec. 26	Friday Dec. 27
Dilico Anishinabek Family Care 1-855-623-8511 (toll free) www.dilico.com	closed				
North of Superior Counselling Programs 1-877-895-6677 (toll free) www.nosp.on.ca		closed 12:00pm			
People Advocating for Change Through Empowerment (PACE) Geraldton Office 1-807-356-4741			closed		
PACE Manitouwadge Office 1-807-631-0857		closed			
PACE Marathon Office 1-807-632-9139			closed		
PACE Nipigon Office 1-807-631-9732		closed			
PACE Schreiber Office 1-807-823-0540			closed		
	Monday Dec. 30	Tuesday Dec. 31	Wednesday Jan. 1	Thursday Jan. 2	Friday Jan. 3
Dilico Anishinabek Family Care 1-855-623-8511 (toll free) www.dilico.com	closed			Reopens 9:00 am	
North of Superior Counselling Programs 1-877-895-6677 (toll free) www.nosp.on.ca	closed			Reopens 9:00 am	
People Advocating for Change Through Empowerment (PACE) Geraldton Office 1-807-356-4741			closed	Reopens 9:00 am	
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PACE Marathon Office 1-807-632-9139			closed	Reopens 9:00 am	
PACE Nipigon Office 1-807-631-9732	closed				Reopens 9:00 am
PACE Schreiber Office 1-807-823-0540			closed	Reopens 9:00 am	

Additional Support Resources:

Crisis Response Services (CMHA)	1 866-888-8988	24/7
	Text to Chat: 807-346-8282	

Crisis Response offers a 24/7 mental health phone line for the entire Northwestern Ontario Region. Anyone residing from Kenora east to Wawa can access the regional crisis phone line 24/7.

9-8-8 Suicide Crisis Helpline	Text or Dial 9-8-8	24/7
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Suicide Crisis Helpline, a 3-digit crisis helpline for anyone who is thinking of suicide or who is worried about someone who is.

Hope for Wellness Helpline	1-855-242-3310	24/7
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Immediate support for indigenous individuals, Canada-wide. Services are anonymous and include crisis intervention and counselling. Services available in English, French, Cree, Ojibway and Inuktitut.

Kids' Help Phone	1-800-668-6868	24/7
	Text to Chat: 686868	

A 24/7 mental health support for children, teens and young adults, available in English and French.

Ontario Caregiver Helpline	1-833-416-2273 (CARE)	24/7
	Online live chat M-F 7am-9pm via:	
	https://ontariocaregiver.ca/helpline/	

A one-stop resource for information and referrals connecting caregivers to the support needed. This might include respite, a support group in the community or programs for the person being cared for. The Ontario Caregiver Helpline is not a crisis or counselling line.

Lifeguard Connect	https://lifeguarddh.com/	24/7
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Lifesaving overdose prevention app to reduce harm, prevent death, and improve quality of life. Lifeguard provides access to information and resources, as well as the app provides quick access to regional drug safety notifications, information any person can then share. Download on the AppStore or Get it on Google Play.

2SLGBTQ+ Support Youthline	1-800-268-9688	Sunday – Friday
	Text to Chat 647-694-4275	4:00 pm – 9:30 pm EST
	https://www.youthline.ca/	

YouthLine offers free support through for Ontario-wide 2SLGBTQ+ peer-support Helpline.

Online Support:

Canadian Virtual Hospice	https://www.mygrief.ca/
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MyGrief.ca is an online resource to help people move through their grief from the comfort of their own home, at their own pace. It can help you understand your grief and approach some of the most difficult questions that may arise. It was developed by people who have experienced the death of someone important to them and grief specialists.

Also:

<https://www.kidsgrief.ca/> free online resource that helps parents support their children and teens dealing with grief.
<https://youthgrief.ca/> free online resource developed by grieving youth, for grieving youth.
