

Support Services

Here are the support services available to you



CANADIAN CENTRE for CHILD PROTECTION®
Helping families. Protecting children.

Canadian Centre for Child Protection

1-800-532-9135 • protectchildren.ca

If you have concerns about a child, or if you are a victim (survivor) or a family member of a victim, you may contact the Canadian Centre for Child Protection for information or support.

Kids Help Phone

1-800-688-6868
kidshelpphone.ca



Kids Help Phone is Canada's only 24/7 national service offering professional counselling, information, referrals and volunteer-led text-based support for young people. Kids Help Phone's free, anonymous services are available in both English and French.

First Nations and Inuit Hope for Wellness

1-855-242-3310
hopeforwellness.ca



A helpline dedicated to supporting First Nations and Inuit Peoples. Service is available in Cree, Ojibway, Inuktitut, English and French.

Trans Lifeline

1-877-330-6366
translife.org



A helpline dedicated to the well-being of transgender people. The phone line is staffed by transgender people for transgender people.

Canadian Centre on Substance Use and Addiction

1-833-235-4048
ccsa.ca/addictions-treatment-helplines-canada



Canadian Centre
on Substance Use
and Addiction
Evidence. Engagement. Impact.

The Centre was created by the Canadian government to address and provide leadership on substance use in Canada.

Victim Services Canada

1-877-232-2610
crcvc.ca/how-we-help/victim-support



The Canadian government provides a number of services to victims of crime, including emotional support, counselling, advocacy and safety planning.

Canadian Association for Suicide Prevention (CASP)

613-702-4446
suicideprevention.ca



CASP CANADIAN ASSOCIATION
FOR SUICIDE PREVENTION
ACPS ASSOCIATION CANADIENNE POUR
LA PRÉVENTION DU SUICIDE

CASP's goal is to reduce the suicide rate in Canada and to minimize the consequences of suicidal behaviour.