

Distress Centres Ontario

Ontario

Website: dcontario.org

(DCO) Distress Centre Niagara

Ontario

Hotline: +1 (905) 688 3711

Hotline: 905 734 1212/905 382 0689

Website: dcontario.org

(DCO) Telecare Distress Centre Brampton

Ontario

Hotline: +1 (905) 459 7777

Website: telecarebrampton.org

(DCO) Distress Centre Lanark, Leeds & Grenville

Ontario

Hotline: 1 800 465 4442

Website: dcontario.org

(DCO) Distress Centre Durham

Ontario

Hotline: +1 (905) 433-1121

Website: distresscentredurham.com

(DCO) Telecare Distress Centre Etobicoke

Ontario

Hotline: +1(416) 247-5426

Website: webhome.idirect.com/~tdce

(DCO) Distress Line Grey & Bruce

Ontario

Hotline: 1 888 371 8485

Website: dcontario.org

(DCO) Tel-Aide Jewish Distress Centre

Ontario

Hotline: ++ 1 (416) 636-9610

Website: dcontario.org

(DCO) Distress Centre Hamilton

Ontario

Hotline: ++ 1 (905) 525-8611

Website: dcontario.org

(DCO) Distress Centre London & District

Ontario

Hotline: +1 (519) 667-6711

Website: londondistresscentre.com

(DCO) North Halton Distress Centre

Ontario

Hotline: +1 (905) 877-1211

Website: dcontario.org

(DCO) Distress Centre Oakville

Ontario

Hotline: +1 (905) 849 4541

Website: distresscentreoakville.com/

(DCO) Distress Centre Ottawa & Region

Ontario

Hotline: +1 (613) 238 3311

Website: dcottawa.on.ca

(DCO) Tel-Aide Outaouais

Ontario

Hotline: +1 (613) 741 6433

Hotline: 1 800 567 9699

Website: tel-aide-outaouais.org

E-mail Helpline: plume@tel-aide-outaouais.org

(DCO) Distress Centre Peel

Ontario

Hotline: +1 (905) 278 7208

Website: distresscentrepeel.com

(DCO) Distress Centre Sarnia-Lambton

Ontario

Hotline: +1 (519) 336 3000

Website: familycounsellingcentre.ca/home.cfm

(DCO) Distress Centres of Toronto

Ontario

Hotline: +1 (416) 408 4357

Website: torontodistresscentre.com

(DCO) Distress Centre Waterloo Region

Ontario

Hotline: +1 (519) 745 1166

Website: cmhawrb.on.ca/distress.htm

(DCO) Distress Centre Wellington/Dufferin

Ontario

Hotline: +1 (519) 821 3760

Website: dc-wd.org

(DCO) Distress Centre Windsor/Essex

Ontario

Hotline: +1 (519) 256-5000

Website: dcwindsor.com

E-mail Helpline: support@dcwindsor.com

(DCO) Telephone Aid Line Kingston

Ontario

Hotline: +1 (613) 544 1771

Website: <http://members.kingston.net/talk>

Suicide Action Montreal

2345 est. rue Belanger

H2G 1C9

MONTREAL

Quebec

Hotline: (514) 723 4000

Website: suicideactionmontreal.qc.ca

Chimo Helpline Inc.

PO Box 1033

NB E3B 5C2

FREDERICTON

Contact by: - Phone ✓

Hotline: Fredericton Area: 450-HELP (4357)

Hotline: Toll free provincial helpline: 1-800-667-5005

Distress Line of Southwestern Alberta (Canada)

426 - 6th Street South

T1J 2C9

Lethbridge

Alberta

Contact by: - Phone ✓

Hotline: 403 327 7905

24 Hour service: