Need a Helpline?

Toll Free Helplines for Northern Ontario

- Children
- Youth
- Adults



Nishnawbe Aski Nation

Support & Information Lines

Kids Help Phone **1.800.668.6868**

(P) 24 Hours

Operation Come Home

1.800.668.4663

8am - 4pm EST (Mon-Fri)

MissingKids.ca

1.800.KID.TIPS

1.800.543.8477

Assaulted Women's Helpline

L 1.866.863.7868

TTY

1.866.863.7868

Victim Support Line

1.888.579.2888

(F) 24 Hours

Senior Safety Line

L 1.866,299,1011

Good2Talk

(Post Secondary Helpline)

L 1.866.925.5454

LGBT Youth Line

L 1.800.268.9688

211

When you don't know where to turn

Connects you to health, community, government & social services.

(P) 24 Hours

Mental Health & Addictions

First Nations & Inuit Hope for Wellness Line

1.855.242.3310

(P) 24 Hours

Mental Health Service Information Ontario

1.866.531.2600

(P) 24 Hours

Drug & Alcohol Information Line

L 1.800.565.8603

(*) 24 Hours

Ontario Problem Gambling Helpline

L 1.888.230.3505

(F) 24 Hours

Al-Anon - Alateen

1.888.425.2666

(P) 8am - 6pm EST (Mon-Fri)

Talk4Healing

1.855.554.HEAL (4325)

Health

AIDS & Sexual Health Information Line

L 1.800.668.2437

(1) 10am - 10:30am EST (Mon-Fri)

11am - 3pm EST (Sat & Sun)

Telehealth Ontario (Health Information Line)

1.866.797.0000

(P) 24 Hours

Toll Free | Confidential | Anonymous



