

Do you need help finding resources for yourself or someone else?



Important note

If you have attempted to seriously hurt yourself or end your life within the last few hours, or intend to harm yourself, please call 9-1-1 immediately or go to your nearest emergency department. If you are at work, contact a supervisor or a co-worker who you trust to support you and drive you to the hospital if needed.

9-8-8 suicide and mental health crisis responders are available to support you at all times.

- Call 9-8-8
- Text 9-8-8

Want to learn more about the Suicide Crisis Helpline before you call? Check out their [website](#).

Finding supports

Finding support can be tough. Reach out to your employer (e.g., Human Resources, your supervisor, or your occupational health and safety representative) and union (if applicable) to learn about available support, including Employee and Family Assistance programs and health care benefits.

Before taking time off, remember to ask about the return-to-work process and accommodations, such as staying at work or gradually returning.

Download [this quick tip sheet](#) for questions to ask your employer and union. If you need additional support, check out the organizations below that can help you navigate services across Ontario.

Do you need access to culturally appropriate crisis support?

The Centre for Addiction and Mental Health (CAMH) offers [specialized resources and crisis lines](#) and supports for various identified groups and multiple language groups.

Are you struggling with thoughts of suicide?

[Hope by CAMH](#) is a free smartphone app with suicide prevention information, tools, and crisis resources to support and guide individuals when they are experiencing thoughts of suicide. One of the key features of this app is the ability for individuals to create a personalized suicide safety plan, which can be done in consultation with their healthcare professional, loved one, or someone they trust. The Hope by CAMH safety plan is accessible at any time—especially if someone is thinking about suicide.

It is now available for download on Android and [iOS](#).

Are you struggling with your mental health?

If you have been struggling with your mental health, start by reviewing these webpages from Workplace Strategies for Mental Health:

- [Assessing your current situation](#)
- [Self-assessment health tools](#)

Are you thinking about going to therapy?

- Review your employer or union benefits for cost assistance or find free local services.
- Check out [Therapy for Men](#), a Movember project that challenges myths, shares videos of men discussing their therapy experiences, and offers resources for accessing therapy.

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ConnexOntario

[ConnexOntario](#) provides information for people who are experiencing mental health issues or issues with drugs, alcohol, or gambling:

- 1-866-531-2600
- [Live web chat](#)
- [Email](#)

211 Ontario

[211 Ontario](#) provides information and referrals for community, government, social, and health services across Ontario, including mental health resources. This resource focuses on the Greater Toronto Area:

- 2-1-1 (toll-free: 1-877-330-3213)

- [Live web chat](#)
- [Email](#)

Ontario Government

[Ontario.ca](#) provides an extensive list of community-based services to support you and those who you may be helping find support. Bookmark this valuable webpage:

- [Get help. Talk to someone.](#)
- [Children and youth](#)
- [Indigenous communities](#)
- [Resources at work](#)

Centre for Addiction and Mental Health

The Centre for Addiction and Mental Health (CAMH) provides a list of resources available for areas in and around Toronto, including several multilingual offerings:

- [Distress lines](#)
- [Mobile crisis response](#)
- [Community crisis supports](#)
- [Specialized resources](#)
- [Additional resources](#)

Workplace Strategies for Mental Health

[Workplace Strategies for Mental Health](#) offers various community resources for a wide range of mental health concerns.

Peer support networks

- [The Peer Support program from Hard Hats](#) is a construction industry peer support program.
- [Hammer Time, a substance use peer support group](#), is a construction industry peer support program that meets virtually once a week.
- [Buddy Up](#) offers multiple peer support programs for men by men.

Are you interested in in-patient treatment?

In-patient treatment involves staying at a facility for a period of time to receive medical or mental health care. This approach offers a structured and supervised environment with 24/7 support and monitoring. There are many other public and private treatment options available. ConnexOntario can help you find a treatment option that is right for you. Check out the following treatment centres:

- [De Novo Treatment Centre](#) is an addiction treatment centre for Ontario unionized construction workers supported by Ontario's Provincial Building and Construction Trades Council.
- [Homewood Health Centre](#) is an in-patient treatment facility that can often be accessed with employer benefits.

Do you need help finding a therapist?

Use the following search tools to find a therapist:

- [Ontario Association of Mental Health Professionals](#)
- [Ontario Society of Registered Psychotherapists](#)

Remember to connect with your Employee and Family Assistance Program (EFAP) if you have one.

Are you returning to work after a suicide attempt?

Check out the following resources to prepare for your return to work:

- [Mental Health – Return to Work](#) (Canadian Centre for Occupational Health and Safety)
- [Supporting an employee's return to work](#) (Mental Health Works)
- [Supporting people after a suicide attempt or death](#) (Together to Live, a project by the Centre for Suicide Prevention)

Do you want to be an advocate for change at work?

Check out the following resources if you are wondering whether you can talk about your experience with suicide in the workplace:

- Read the [guidelines for sharing experiences with suicide](#) from the Centre for Suicide Prevention.
- Share your [personal story to inspire hope in others.](#)