

Emotional Support Resource List

The Ontario Youth Sector Compass



The topics addressed through the [Ontario Youth Sector Compass](#) may bring up feelings of discomfort, anxiety, confusion, sadness, and other difficult emotions. This is normal and should be temporary.

The following is a list of **free emotional support services** to get support. Please note that the services listed here have generally been regarded as safe and affirming for those marginalized by gender, race, sexuality, ability, migration status, and otherwise.

SERVICE NAME	SERVICE AREA	POPULATION SPECIALTY	CHANNELS USED	HOW TO ACCESS SUPPORT	WEBSITE / MORE INFORMATION
LGBT Youth Line	All of Ontario	2SLGBTQ+ youth	Confidential text, chat & phone Without appointment	Sunday-Friday Phone (6 PM – 9 PM ET) 1-800-268-9688 Text (4 PM – 9:30PM ET) 647-694-4275 Chat (4 PM-9:30 PM ET)	www.youthline.ca
Kids Help Phone	All of Canada	All youth	Confidential text, chat, FB messenger, and phone Without appointment	24/7 Text CONNECT to 686868 24/7 Phone 1-800-668-6868 24/7 FB Messenger Live chat (7pm – 12am ET)	www.kidshelpphone.ca
Good2Talk	All of Ontario	Post-secondary youth	Confidential phone and text Without appointment	24/7 Phone 1-866-925-5454 Text GOOD2TALKON to 686868	www.good2talk.ca

Our vision is an Ontario where shared knowledge is transformed into positive impact for all youth!

www.youthrex.com

SERVICE NAME	SERVICE AREA	POPULATION SPECIALTY	CHANNELS USED	HOW TO ACCESS SUPPORT	WEBSITE / MORE INFORMATION
Naseeha Youth HelpLine	All of Ontario	Muslim youth	Confidential phone and text Without appointment	12 pm – 12 am ET Phone or Text 1-866-627-3342	www.naseeha.org
Toronto Rape Crisis Centre Line	Toronto	Survivors of violence	Confidential phone Without appointment	24/7 Phone 416-597-8808 Chat (Wed-Sun, 7 pm – 12 am ET): visit their website and click on the ‘start a new chat’ button	www.trccmwar.ca/our-services/24-hour-crisis-line
Trans Lifeline	All of Canada	Trans, questioning, non-binary and other non-cis people	Confidential phone Without appointment	5 pm – 1 am ET, every day Phone 877-330-6366	www.translifeline.org/hotline
Assaulted Women’s Helpline	All of Ontario	Survivors of violence	Confidential phone and chat	24/7 Phone 1-866-863-0511 Chat (Mon – Fri, 11am - 8pm ET)	www.awhl.org
Toronto Distress Centre	All of Canada	Anyone in distress	Confidential phone and text	24/7 Phone 833-456-4566 Text 45645	www.dcoqt.com
Talk4Healing	All of Ontario	Culturally grounded counselling and advice for Indigenous women	Confidential helpline Supports offered in 14 languages	24/7 Phone 1-855-554-4325 Live chat	www.talk4healing.com
Distress Centre Ottawa and Region	Ottawa and Region	Anyone in distress	Confidential phone, text and chat	24/7 Phone 613-238-3311 Text or Chat (10am-11pm ET) 343-306-5550	www.dcottawa.on.ca