

Support Services

Here are the support services available to you.



Canadian Sport Help Line

1-888-837- 7678

<https://abuse-free-sport.ca/helpline>

The Canadian Sport Help Line is available to provide you with advice, guidance and resources on how to proceed/intervene appropriately in the circumstances.



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

Kids Help Phone

1-800-688-6868 <https://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.

Canada

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

translifeline.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

Evidence. Engagement. Impact.

Canadian Centre on Substance Use and Addiction

1-833-235-4048

ccsa.ca/addictions-treatment-helplines-canada

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

Canada

Victim Services Canada

1-877-232-2610

<https://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.



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

Canadian Association for Suicide Prevention (CASP)

613-702-4446

suicideprevention.ca/

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