

PROVINCE

CONTACT INFORMATION

DESCRIPTION



[Canadian Mental health Association \(BC\)](#)

Help Line: 1-888-COVID19

Virtual mental health support for BC provided via CMHA

Non-emergency COVID-19 support services



[Alberta Health Services: Help in Tough Times](#)

[Resources for COVID-19 Alberta](#)

Alberta health services COVID-19 comprehensive support list

Alberta wide COVID-19 support services



[Government of Saskatchewan: Mental Health and COVID-19](#)

[City of Regina: Community Partners](#)

306-777-7000

Government of Saskatchewan mental health supports for COVID-19

Regina COVID-19 preparedness page & resources

Regina food support services



[Province of Manitoba: Virtual Therapy](#)

[Province of Manitoba: information and Support for Manitobans](#)

[Help Next Door Manitoba](#)

Manitoba mental health virtual therapy

Support and Information for Manitobans for COVID-19

Community help and support network



[Government of Ontario: Mental health and addictions supports](#)

Province of Ontario comprehensive community support resources.

Also contains links to mental health resources



[Government of Quebec: Coronavirus in Quebec](#)

[Government of Quebec: Stress, Anxiety and Depression Associated with the Coronavirus COVID-19 Disease](#)

Quebec COVID-19 Support page

Strategies for dealing with stress, anxiety, and depression related to COVID-19

COVID-19 SUPPORTS



[Government of Newfoundland & Labrador: mental Health and Wellness](#)

[Government of Newfoundland & Labrador: COVID-19 Resources](#)

Mental health & wellness support for COVID-19

COVID-19 resources and support



[Government of New Brunswick: Mental Health and Coping During COVID-19](#)

Public health mental health resource



[Government of PEI: Mental Health and Addiction Supports](#)

[Government of PEI: Covid-19 Supports](#)

PEI mental health / COVID-19 resource

Full listing of COVID-19 support services



[Government of Nova Scotia: COVID-19: Support for Nova Scotians and Businesses](#)

[Health Nova Scotia: Online mental health services](#)

[Canadian Mental Health Association: Nova Scotia](#)

Helpline: 211 or <http://ns.211.ca>

Support for Individuals and businesses dealing with COVID-19

Nova Scotia health authority mental health services & resources

CMHA Nova Scotia resources

Nonemergency, nonmedical help



[Government of Yukon: COVID-19](#)

[Government of Yukon: COVID-19 Counselling and Crisis Support](#)

General COVID-19 community information

Mental health supports



[Health & Social Services Northwest Territories: Coronavirus Disease](#)

[Health & Social Services Northwest Territories: Mental Health and Social Distancing](#)

COVID-19 Information and local supports

Mental health and social distancing



[Government of Nunavut: COVID-19](#)

[Government of Nunavut: managing Stress and Anxiety During COVID-19](#)

Department of health COVID-19 Information

Resource for stress and anxiety dealing with COVID-19



[Wellness Together Canada: Mental Health and Substance Use Support](#)

COVID-19 SUPPORTS

1Mental health and addictions support