<table>
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<tr>
<th>PROVINCE</th>
<th>CONTACT INFORMATION</th>
<th>DESCRIPTION</th>
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|          | **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 |
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

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

1Mental health and addictions support